

Twelve Steps to Recovery Workbook for Sexual Addiction

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Based on *A Simple Guide To Working the Twelve Steps for Sex Addiction* by Charlie Risien (LCDC, AAC, CSAT, CCIP)
 With info from
Sex Addicts Anonymous
Big Book of Alcoholics Anonymous
 Joe McQ’s *The Steps We Took*
 Patrick Carnes’ *A Gentle Path through the Twelve Steps*

2ND STEP

Came to believe that a Power greater than ourselves could restore us to sanity

ADMISSION STATEMENT**PERSONAL AFFIRMATION****STEP TWO WORKSHEET EXERCISES**

1. Read pages 44-57 (“We Agnostics”) in the *Big Book of Alcoholics Anonymous*. It is suggested that you read these pages once and then reread them underlining or highlighting those area important to you.
2. Read “Step Two” (pages 25-28) in *Sex Addicts Anonymous* (Green Book). It is suggested that you read these pages once and then reread them underlining or highlighting those area important to you. ([optional] Read pages 89-92 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. Read The Promises on pages 83 and 84 in the *Big Book of Alcoholics Anonymous*.
5. [Exercise 5] Write about your religious heritage. Include the religious groups or denominations, how long you were involved or interested, and any significant memories (positive and/or negative).
6. [Exercise 6] Did your religious background or upbringing give you any obstacles, which prevent you from trusting in a Higher Power? Write them down.
7. [Exercise 7] Did your religious background or upbringing give you any strengths, which create trust in a Higher Power? Write them down.
8. [Exercise 8] Write about the person you want to be. Not what you don’t want to do, but focus on the positive of what you want to do and who you want to be. Be thorough. Practice loving yourself all week.
9. [Exercise 9] List what insanity you want out of your life and what sanity you want in your life (ten of each is suggested).
10. [Exercise 10] List the obsessions you have today.
11. [Exercise 11] Can you recall a time in your life when a power greater than yourself did for you what you could not do for yourself? List one or two of these times. Be precise. If possible, list something related to your sex addiction.
12. [Exercise 12] Complete this sentence in as many ways as you can:
“I am grateful for...” (List at least 10.)

The Principles of Step Two are Hope, Open-mindedness, Faith and Oneness.

LIST OF DEFINITIONS

Believe	To accept trustfully and on faith; to have firm conviction as to the reality or goodness of something; to hold as opinion; suppose; think
Power	Possession of ability to wield force, permissive authority, or substantial influence; one who possesses the ability to act or produce an effect
Ourselves	Those identical ones that are we; our normal, healthy, or sane condition
Could	Ability to accomplish; physically and mentally able to
Restore	To put or bring back into existence or use; renew
Faith	Firm belief in something for which there is no proof; complete trust; without doubt or question
Came	Arrived; reached the point of being
Obsession	A persistent disturbing preoccupation with an often unreasonable idea or feeling; compelling motivation; a haunting; vexing, or morbidly dominant idea, as if by and evil spirit
Sanity	Soundness and health of mind; free from hurt or disease; mentally sound; ability to anticipate and appraise the effect of one's actions
Grateful	Appreciative of benefits received; thankful
Sober	Possessing properly controlled facilities; even-tempered; well-balanced; realizing the importance and seriousness of life; not drunk

[EXERCISE 5] RELIGIOUS HERITAGE

Empty rectangular box for writing.

[EXERCISE 6] OBSTACLES PREVENTING TRUST IN A HIGHER POWER

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[EXERCISE 7] STRENGTHS CREATING TRUST IN A HIGHER POWER

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[EXERCISE 8] THE PERSON I WANT TO BE

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write their response to the exercise.

[EXERCISE 9] 10 "INSANITIES" I WANT REMOVED FROM MY LIFE

1.	
2.	
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10.	

[EXERCISE 9] 10 "SANITIES" I WANT IN MY LIFE

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8.	
9.	
10.	

[EXERCISE 10] LIST OF CURRENT OBSESSIONS

1.	
2.	
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10.	

[EXERCISE 11] EXAMPLES OF A GREATER POWER*(doing for me what I could not do for myself)*Non-Sex Addiction-related:

1.	
2.	
3.	
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6.	
7.	
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9.	
10.	

Sex Addiction-related:

1.	
2.	
3.	
4.	
5.	

[EXERCISE 12] "I AM GRATEFUL FOR..."

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