

Twelve Steps to Recovery Workbook for Sexual Addiction

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6TH STEP 2

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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*
 Roy Y's *Forth Step Inventory* royy.com

6TH STEP

Were entirely ready to have God remove all these defects of character.

ADMISSION STATEMENT

--

PERSONAL AFFIRMATION

--

STEP SIX WORKSHEET EXERCISES

1. Read page 76 (“Into Action”) in the *Big Book of Alcoholics Anonymous*. It is suggested that you read this page once and then reread it underlining or highlighting those areas important to you.
2. Read “Step Six” (pages 40-43) 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 115-121 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. Review the table entitled “Character Defects” you prepared in Step Five [Exercise 8].
Depending on the Sponsee’s needs, either utilize [Exercise 5] or [Exercise 6].
5. [Exercise 5] Complete the table entitled “A Review of My Personality Characteristics,” following the instructions included at the top of this table.
6. [Exercise 6] Complete the table entitled “Step 6 & 7 Action Plan,” following the instructions included at the top of this table.

Principles of Step Six are Willingness and Surrender.

LIST OF DEFINITIONS

Character	The combination of behaviors, traits, features, and qualities that identifies, sets apart, or distinguishes someone or something; the combined moral or ethical structure of person or group.
Entirely	Wholly; completely
Defect	Lack of something necessary for completeness; same as shortcoming
Ready	Willing; inclined; resolved
Remove	Get rid of; eliminate

[EXERCISE 5] A REVIEW OF MY PERSONALITY CHARACTERISTICS

Instructions:

1. In the left **column**, write in your character defects identified in Step 5.
2. In the right **column**, write in the personality trait(s) you want to adopt to replace each identified character defect.
3. In the row **Note:**, write your earliest feelings/memories around this character defect, from where you believe this character defect originated, and/or what conditions/feelings trigger this character defect.
4. In the row **Work:**, write what tool(s)/principle(s) you can utilize to help you replace the identified character defect with the desired, good personality trait.

Character Defect (Self-Will)		Personality Characteristics of God's Will	
Note:			
Work:			

Character Defect (Self-Will)		Personality Characteristics of God's Will	
Note:			
Work:			

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Work:			

Character Defect (Self-Will)		Personality Characteristics of God's Will	
Note:			
Work:			

[EXERCISE 6] STEP 6 & 7 ACTION PLAN

Instructions:

1. In the left column, check the character defects identified in Step 5. Additional rows are provide at the end of this table; add shortcomings not listed.
2. In the middle column, read the example characteristics of God’s will. Write additional characteristics that you want to replace the characteristics of self-will.
3. In the right column, write your action plan; how are you going to act differently; what are you going to do to change your attitudes and beliefs; and check if you are willing (or not) to implement the action plan. If you are not willing or committed; pray for the willingness.

Attributes and characteristics of: SELF-WILL (defects and shortcomings)	Attributes and characteristics of: GOD’S WILL (the opposite of defects and shortcomings, a.k.a.: assets)	Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.
<i>Example:</i> <input checked="" type="checkbox"/> Dishonesty, Lying, Evasiveness, Half-Truths	Honesty	1.) <i>I will stop stealing and start giving freely of myself to others.</i> 2.) <i>I will stop lying to my wife about our finances and start telling her the truth.</i> 3.) <i>When I am asked for my opinion, I will not “beat around the bush”; but instead give a direct and honest answer with as much love and kindness as possible.</i> Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Selfishness, Self-seeking	Interest in others/Altruism	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Self-Centeredness	Others-, God- & Love-Centeredness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)

Attributes and characteristics of: SELF-WILL (defects and shortcomings)	Attributes and characteristics of: GOD'S WILL (the opposite of defects and shortcomings, a.k.a.: assets)	Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.
<input type="checkbox"/> Resentment, Hate	Forgiveness, Love, Concern for others	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Dishonesty, Lying, Evasiveness, Half-Truths, Not Dealing With Reality	Honesty, Truth	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Fear	Courage/Faith & Trust In God	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Being Inconsiderate	Being Considerate	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Pride	Humility, Seeking God's Will	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)

Attributes and characteristics of: SELF-WILL (defects and shortcomings)	Attributes and characteristics of: GOD'S WILL (the opposite of defects and shortcomings, a.k.a.: assets)	Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.
<input type="checkbox"/> Greed	Giving, Sharing	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Lustful Thoughts	Respectful Thoughts	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Anger	Calm, Pause, Pray	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Envy	Grateful	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Sloth, Procrastination	Take Action	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)

Attributes and characteristics of: SELF-WILL (defects and shortcomings)	Attributes and characteristics of: GOD'S WILL (the opposite of defects and shortcomings, a.k.a.: assets)	Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.
<input type="checkbox"/> Gluttony	Moderation, Sharing	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Suspicion, Doubt, Jealousy	Trust, Faith	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Impatience	Patience	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Intolerance	Tolerance	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Harmful Acts	Good Deeds	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)

Attributes and characteristics of: SELF-WILL (defects and shortcomings)	Attributes and characteristics of: GOD'S WILL (the opposite of defects and shortcomings, a.k.a.: assets)	Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.
<input type="checkbox"/> Self-pity	Self-forgetfulness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Self-justification	Humility, Seek God's Will	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Self-importance	Modesty	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Self-condemnation	Self-forgiveness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Criticism	Kindness, Praise	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)

Attributes and characteristics of: SELF-WILL (defects and shortcomings)	Attributes and characteristics of: GOD'S WILL (the opposite of defects and shortcomings, a.k.a.: assets)	Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.
<input type="checkbox"/> Being Judgmental, Controlling	Acceptance, Minding My Own Business, Letting "God's Will Be Done"	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Gossiping	Close-mouthed, Praise, Trustworthy	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Guilt	Acceptance, Growth, Self-forgiveness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
		Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
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