

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

7TH STEP

Humbly asked God to remove our shortcomings.

ADMISSION STATEMENT

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PERSONAL AFFIRMATION

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STEP SEVEN WORKSHEET EXERCISES

1. Read pages 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 Seven” (pages 43-45) 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 “A Review of My Personality Characteristics”, you prepared in Step Six [Exercise 5]. Concentrate on the personality characters of God’s will.
5. [Exercise 5] Complete the table entitled “Personal Crazyiness Index” following the instructions included at the top of each subsection.
6. [Exercise 6] Complete the table entitled “List Most Critical Personal Crazyiness Signs”, selecting the top ten signs from the table entitled “Personal Crazyiness Index” completed in exercise 5.
7. Having now admitted my powerlessness and made a decision to turn my will and life over to the care of God, *as I understand Him*, I recognize that I do not decide which defects of character get removed, the order in which these defects get removed, or the time frame in which they get removed. I ask *God* to decide which defects stand in the way of my usefulness to Him and to others, and then I *humbly* ask Him to remove them.
8. Recite the Seventh Step Prayer found on page 76 in the *Big Book of Alcoholics Anonymous* with your sponsor.

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen”

Humble myself to God.

Principle of Step Seven is Humility.

[EXERCISE 3] LIST OF DEFINITIONS

Humbly	Having or showing feelings of humility rather than of pride or arrogance; not showing or feeling superiority toward others; modest; being aware of one's shortcomings; reflecting a spirit of submission or courteous yielding to the opinion, wishes, or judgment of another
Shortcoming	Falling short of what is expected or required; same as defect

[EXERCISE 5] PERSONAL CRAZINESS INDEX

The following is from Patrick Carnes *A Gentle Path through the Twelve Steps*.

'The Personal Crazyiness Index (PCI) is based on two assumptions:

1. **Craziness first appears in routine, simple behaviors that support lifestyle balance.**
2. **Behavioral signs will occur in patterns involving different parts of our lives.** Thus, we can be caught up in issues of cosmic importance and not notice that our checking account is overdrawn. If our checking account is overdrawn, we are probably out of socks as well, because we have not done our laundry. If this pattern is pervasive, there is a risk that our lives will become emotionally bankrupt as well—cosmic issues notwithstanding.

Addicts and co-addicts are particularly vulnerable to the “insanity” of loss of reality from having neglected the basics. “Keep it simple” and “a day at a time” are not shopworn clichés, but guidelines borne out by the experience of many recovering people. The PCI helps you to remember what you need to do each day. It helps you establish good recovery habits. Without a structured process to keep you on track, “cunning and baffling” self-destructive behavior patterns will return. You’ll also find the PCI helpful during periods of stress and vulnerability.

The process of creating your own PCI is designed to be as value-free as possible. Each person uses his or her own criteria to develop the index. In other words you are asked to generate behavioral signs (or “critical incidents”) which, through your own experience, you have learned to identify as danger signs or warnings that you are “losing it,” “getting out of hand,” or “burnt out.” Thus, you will judge yourself by your own standards.

You may change the items in the index as you progress in your recovery. The following are ten areas of personal behavior suggested as sources of danger signs. Please add some of your own, if you wish.'

[1] Physical Health	The ultimate insanity is to not take care of myself and my body. List examples of not taking care of your physical health.
[2] Transportation	How people get from place to place is often a statement about their lifestyles. List examples of transportation behaviors indicating that your life is getting out of control.

[3] Environment

To not have time to do our personal chores is a comment on the order of your life.
List examples of household or living space negligence.

[4] Work

Chaos at work is risky for recovery.
List examples of unmanageability in the workplace.

[5] Interests

What are some positive interests besides work which give you perspective on the world?
List examples of neglected past passions and interests.

[6] Social Life

Think of friends in your social network who constitute significant support for you and are not family or significant others.
List examples of behaviors when you become isolated, alienated, or disconnected from others.

[7] Family/Significant Others

When you are disconnected from those closest to you, what is your behavior like?
List examples of behaviors when you are isolated, alienated, or disconnected from family.

[8] Finances

We handle our financial resources much as we do our emotional ones. Financial overextension is like emotional bankruptcy.
List examples of overextended/overextending financial obligations.

[9.a] Spiritual Life

Spirituality can be diverse and can include such practices as meditation, yoga, and prayer.
List examples of neglected spiritual life.

[9.b] Personal Reflection

Personal reflection includes keeping a personal journal, working the Twelve Step program with daily readings, and getting therapy.
List examples of neglected personal reflection.

[10.a] Other Addictions

Compulsive behaviors that have negative consequences are symptomatic of your general well-being or the state of your overall recovery.
List examples of other addictions.

[10.b] Symptom Behaviors

Symptom behaviors are behaviors that are evidence of overextension, such as forgetfulness, slips of the tongue, and jealousy.
List examples of your symptom behaviors.

[EXERCISE 6] LIST OF MOST CRITICAL PERSONAL CRAZINESS SIGNS

From the previous table "Personal Crazyiness Index", select the top 10 most critical signs that personal crazyiness is taking hold of you. Enter them in whichever of the 10 categories they apply below.

[1] Physical Health

Note(s):

[2] Transportation

Note(s):

[3] Environment

Note(s):

[4] Work

Note(s):

[5] Interests

Note(s):

[6] Social Life

Note(s):

[7] Family/Significant Others

Note(s):

[8] Finances

Note(s):

**[9] Spiritual Life and
Personal Reflection**

Note(s):

**[10] Other Addictions or
Symptom Behaviors**

Note(s):