

# 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

**11<sup>TH</sup> STEP**

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

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

1. Read pages 85-88 ("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 Eleven" (pages 55-58) 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 135-141 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. Daily prayer and meditation are essential to sober living and continued spiritual recovery. Prayer is the act of asking God for guidance and giving thanks. Meditation is the act of receiving His power and wisdom.
5. [Exercise 5] Complete the 10 tables below the section "Balanced Equations". Use each equation as a daily meditation upon imbalances in your life. Record your reflections and then compose a prayer for each day, a prayer that helps you find balance. At the end of the ten days, have a discussion with your sponsor about the process you would like to develop and use to maintain your conscious contact with God.
6. [Exercise 6] Make a commitment to find a time during each day to pray to the God of your understanding. Then, clear your mind and quietly listen for his response. Many addicts pray and meditate each morning upon arising, reciting the prayer of their choice. Do this for 30 consecutive days.

Complete the exercises under the section "Improving Conscious Contact with God". At the end of the 30 day period, discuss this experience with your sponsor.

7. In addition to daily mediation and prayer, your plan to keep your connection to your Higher Power may include any practices, which help you achieve the balance you need to stay spiritually centered.

**Principles of Step Eleven are Unity with All Life, Awareness, Patience, Openness, and Discipline.**

## LIST OF DEFINITIONS

<b>Sought</b>	Seek
<b>Prayer</b>	Call upon for or request help
<b>Meditation</b>	Purpose and intentional focusing of one's thoughts; to reflect upon; to ponder or consider thoughtfully; contemplation
<b>Conscious</b>	Aware; personally felt; aware of by thought or observation
<b>Contact</b>	State or condition of touching, meeting or communicating; relationship; connection

## [EXERCISE 5] BALANCED EQUATIONS

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

"In the following exercise, ten equations are provided that represent the essential, but delicate, balance we all need in our lives. The first equation, the happiness equation, is taken from Dan Milan's *Way of the Peaceful Warrior*, which served as the inspiration for the exercise. These equations are illustrations of the relative components of these key recovery issues:

Happiness  
 Growth  
 Serenity  
 Peace of mind  
 Reality  
 Achievement  
 Intimacy  
 Productivity  
 Health  
 Spirituality

Use each equation as a daily meditation upon imbalances in your life. Record your reflections and then compose a prayer for each day, a prayer that helps you strike a balance. Stay in the moment. Describe thoughts and feelings that are present for you today.

At the end of the ten days, have a discussion with your guides about what process you would like to develop and use to maintain your conscious contact with God. Spirituality is fundamentally a personal and dynamic process."

## [DAY 1] HAPPINESS EQUATION

Happiness =	Satisfaction
	Desires

**[Day One]** Happiness exists when what you want is matched by what you have. If your desires are few, they are easy to satisfy.

Are you so obsessed with what you do not have that you miss what you have now?

Are your desires so intense that you always have to be striving for more to satisfy them?

**Reflection:**

**Prayer:**

## [DAY 2] GROWTH EQUATION

Growth =	Change
	Stability

**[Day Two]** Systems need to change or they die. Change is an essential ingredient to growth. Change without a stable foundation, however, leads to chaos. Any recovery program has elements of change as well as elements of stability.

Do you have a stable foundation to support your growth?  
Are you afraid to risk change, remaining stuck where you are?

**Reflection:**

**Prayer:**

## [DAY 3] SERENITY EQUATION

Serenity =

Boundaries

Options

**[Day Three]** Addicts and coaddicts live in the extremes, which means they can take any option to an excess. Imposing limits in the form of boundaries creates balance. The Serenity Prayer epitomizes this principle by praying for courage “to change the things I can.”

Do you pursue all your possibilities without any limits?

Are you too caring, too helpful, too involved, too committed, too generous?

**Reflection:**

**Prayer:**

## [DAY 4] PEACE OF MIND EQUATION

Peace of Mind =

Known to Others

Known to Self

**[Day Four]** Anxiety originates in secrets about yourself that others do not know. Worry about others discovering the truth destroys your peace of mind. When there are others in your life who know all there is to know, you can be peaceful and stop living in terror of another abandonment.

Are you living in fear because of untold secrets?

Have you lied to people because you wanted to avoid conflict or hurting someone?

**Reflection:**

**Prayer:**

## [DAY 5] REALITY EQUATION

Reality =	Light Side
	Dark Side

**[Day Five]** Reality is acknowledging both your strengths and your weaknesses. To focus only on your failures distorts reality. To see only the successes equally blurs your vision. Both need to be full-not-partially--acknowledged and accepted.

Do you have more difficulty admitting strengths or weaknesses?

Do you fully admit that you have both?

**Reflection:**

**Prayer:**



## [DAY 6] ACHIEVEMENT EQUATION

Achievement =	Vision
	Plan

**[Day Six]** Genuine achievement combines both an image of what needs to be done and a concrete plan of action to get the tasks done. A plan without vision goes nowhere. A vision without concrete action never becomes reality. Part of thinking “a day at a time” is to break a dream down into little pieces that can be done a “piece” at a time.

Do you procrastinate about taking action on your ideas?  
Do you think about what you want to do before you act?  
Do you break big dreams into daily, doable pieces?

**Reflection:****Prayer:**

## [DAY 7] INTIMACY EQUATION

Intimacy =

Fidelity to Others

Fidelity to Self

**[Day Seven]** Ultimately, intimacy exists because of trust. When fidelity to yourself matches faithfulness to others, trust occurs. People who report clearly their own needs, boundaries, and feelings are trustworthy. You can predict--or trust--what they will do. If you are accountable to others, people will feel safe being close to you.

Do you compromise yourself or give in too easily and then get mad?

Do you say yes when you really want to say no?

Do you follow through on your promises?

Can people trust you enough to be intimate?

**Reflection:**

**Prayer:**

## [DAY 8] PRODUCTIVITY EQUATION

Productivity =	Being
	Doing

**[Day Eight]** Truly productive people take time to re-create themselves by doing nothing. Stopping to enjoy all that is around you is essential to renewing your energy. What you do needs to be matched by times of simply being.

Do you stop to smell the flowers?

Do you have "busy" vacations?

Do you have daily downtime?

Do you take time to be quite?

Are you meditating too much and not accomplishing anything concrete?

**Reflection:**

**Prayer:**

## [DAY 9] HEALTH EQUATION

Health =	Awareness
	Practice

**[Day Nine]** As a recovering person, you need to take greater responsibility for your health. This means that you need to learn about it and develop your awareness. Your awareness must be matches by action.

Do you do what you know you should?

Are there aspects of your own health you need to know more about?

Do you take care of yourself physically and respect your body?

Are you doing what you need to?

**Reflection:**

**Prayer:**

## [DAY 10] SPIRITUALITY EQUATION

Spirituality	Morality Meaning
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**[Day Ten]** Spirituality starts with understanding your own human limitations, beginning with your morality. Given those limits, you need to explore what meaning they have for you. Philosophical speculation without the reality of your human limits has no foundation and quickly becomes irrelevant. Daily life becomes pointless and without a sense of higher purpose.

Do you live each day as if it were your last?  
Did you find time today to address your priorities?

**Reflection:****Prayer:**

[EXERCISE 6] IMPROVING CONSCIOUS CONTACT WITH GOD

WHAT IS PRAYER?

Empty space for writing the answer to the question "WHAT IS PRAYER?".

WHAT IS MEDITATION?

Empty space for notes or answers.

WHERE DO I FIND SPIRITUALITY?

Empty space for writing.



WHAT IS MY HIGHER POWER?

Empty space for writing the answer to the question: WHAT IS MY HIGHER POWER?

WHAT WILL RESTORE ME TO SANITY?

Empty space for writing.

HOW WILL I MAINTAIN CONSCIOUS CONTACT WITH GOD?

Empty response area for the 11th step question.