

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*

3RD STEP

Made a decision to turn our will and our lives over to the care of God as we understood God.

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

1. Read pages 58-64 (“How It Works”) in the *Big Book of Alcoholics Anonymous*. It is suggested that you read these pages once and then reread them underlining or highlighting those areas important to you.
2. Read “Step Three” (pages 28-31) in *Sex Addicts Anonymous* (Green Book). It is suggested that you read these pages once and then reread them underlining or highlighting those areas important to you. ([optional] Read pages 93-96 in *Sexaholics Anonymous* (White book).)
3. Review the words under the section List of Definitions.
4. [Exercise 4] Write down some instances where you *self-will* has gotten you into trouble. For each example of self-directed thoughts and actions (self-will), list the consequences that have led you to acting out, to other negative consequences and/or despair.
5. [Exercise 5] Write down the understanding you once had of God (your old concept). For many of us, our perception of God falls into one of the following four categories:
 - A punishing God, who punishes our mistakes but does not reward or help.
 - A non-involved, God who is detached and unconcerned with our lives.
 - A nonexistent God, from whom no help is available.
 - An accepting God, who accept that we fail and cares anyway.
6. [Exercise 6] Write down your understanding of God or a Higher Power today (your new concept)? If you do not have an understanding today of God or a Higher Power, *write down characteristics that you would like to have in our ideal Higher Power*. Your concept of God can be anything that is greater than yourself and that is not another person.
7. [Exercise 7] Write down what it means to you to turn it over.
8. [Exercise 8] Write down what you are making a decision to turn over to your concept of God (i.e. - people, health, job, hopes, desires, dreams, sanity, situation, etc.).
9. [Exercise 9] Write out a commitment to God of what you will do for your share in the partnership between you and God each day. Your commitment is how you intend to accomplish this turning over.

Stop once each day to ‘Be still.’ Stay around positive people. Keep your house and car clean. Do self-care.

10. Recite the Third Step Prayer found on page 63 in the *Big Book of Alcoholics Anonymous* with your sponsor.

“God, I offer myself to thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”

Give myself to God and invite God into my life.

The Principles of Step Three are Action, Faith, Trust, Surrender, Willingness and Humility.

LIST OF DEFINITIONS

Made	Artificially produced either physically or mentally; to form and hold in the mind
Decision	A determination arrived at after consideration; a report of a conclusion; promptness and firmness in deciding
Turn	Shift control; to exchange for something else
Will	Desire of wish; disposition to act according to principles or ends
Care	Painstaking or watchful attention; maintenance
Understood	Fully comprehended; agreed upon
Pride	Conceit; ostentatious display; sexual desire; consciousness of youth or power; high spirits; an undue sense of one's own superiority; arrogance or egotism
Ostentatious	Marked by or indulging in conspicuous or vainglorious and sometimes pretentious display

[EXERCISE 4] LIST INSTANCES WHERE SELF-WILL GOT ME INTO TROUBLE

[1] My self-will...

[consequences]

[2] My self-will...

[consequences]

[3] My self-will...

[consequences]

[4] My self-will...

[consequences]

[5] My self-will...

[consequences]

[6] My self-will...

[consequences]

[7] My self-will...

[consequences]

[8] My self-will...

[consequences]

[9] My self-will...

[consequences]

[10] My self-will...

[consequences]

[11] My self-will...

[consequences]

[12] My self-will...

[consequences]

[13] My self-will...

[consequences]

[14] My self-will...

[consequences]

Question: What is self-will?

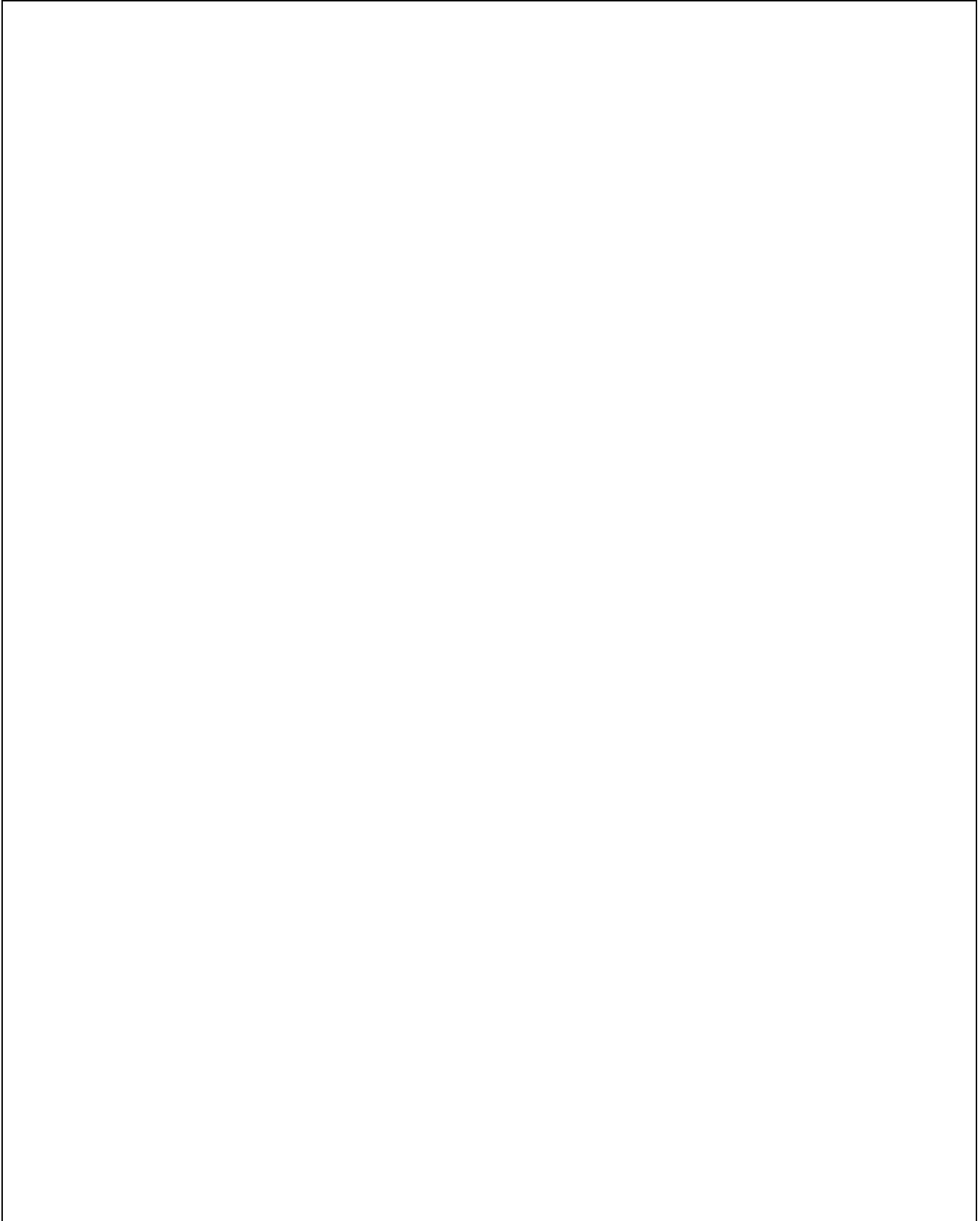
[EXERCISE 5] STATE MY OLD CONCEPT OF GOD

Empty space for writing the response to the exercise.

[EXERCISE 6] STATE MY NEW CONCEPT OF GOD

Empty space for writing the response to the exercise.

[EXERCISE 7] WHAT DOES "TURN IT OVER" MEAN?



[EXERCISE 8] LIST WHAT I AM TURNING OVER TO GOD

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

[EXERCISE 9] STATE MY COMMITMENT TO GOD IN OUR RELATIONSHIP

A large, empty rectangular box with a black border, intended for writing the response to the exercise.