

Twelve Steps to Recovery Workbook for Sexual Addiction

Step Work Table of Contents - Step Five

5TH STEP2

Admission Statement 2

Personal Affirmation 2

Step Five Worksheet Exercises..... 2

List of Definitions..... 3

[Exercise 4] Examine My Own Processes Developed in Steps 1 thru 4 4

[Exercise 5] Discuss Understanding Concept of Disclosing Character Defects 5

[Exercise 8] List of My Character Defects 6

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

5TH STEP

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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

1. Read pages 72-76 ("Into Action") 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 Five" (pages 37-39) 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 111-114 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. [Exercise 4] The goal of the whole process of the first four steps is to find the truth. From our examination of spirituality, we have learned that God is Trust and God is Love. The whole process of the Steps is built around these principals. Step One helped us understand the problem - we were looking for the truth, the true nature of the problem. In Step Two, once we saw it, we came to believe in a Power greater than ourselves that would restore us to sanity, and that is the truth. In Step Three, we made a decision to turn our will and our lives over to the care of that truth. In order to act on that decision, we found out what was blocking us from the truth, and we did that in Step Four.
Examine your own process developed in Steps One through Four. Discuss this process with you sponsor.
5. [Exercise 5] It is important to understand the concept of admitting the exact nature of our wrongs to God, to ourselves, and to another human being. In Step Four, we admitted to ourselves the truth about the exact nature of our character defects. If we have had a problem for weeks, months, or even years, and did not know we had a problem, it is pretty obvious we are not an expert on the truth. No one individual really knows the truth; we have only our *perception* of the truth. Only God knows the truth. In talking to God about our shortcomings, we are talking about the truth with Truth, since God is Truth. We are strengthening our conscious contact with God (Truth). By talking to another human being about our character defects, we are getting someone else's viewpoint who is not involved in our lives. By telling someone else who is not emotionally involved in our lives, he or she can easily see the real truth of the situation.
Discuss your understanding of the concept with your sponsor.
6. Schedule a time to meet with your sponsor to go over the materials you developed in Step Four. This process will take time and may require several meetings. It is important that you take your time, be thorough and be rigorously honest - holding nothing back. Remember that your sponsor has been down this path before you. He or she is listening for the truth and is not there to judge you or your actions.

7. Once you have presented all of the materials you developed in Step Four, find a place where you can be quiet for an hour. Maybe this is a church, a park, a quiet room in your home, or special place only you know about. During this hour, carefully read the first five steps (pages 20-39) in *Sex Addicts Anonymous* (Green Book). Ask yourself if you have omitted anything. Pray about this to the God of your understanding. If you discover some omitted items, add these to your Step Four materials and go over them with your sponsor. If, at the end of the hour, you find that there are no omitted items, you are ready to complete this Step Five.
8. [Exercise 8] Complete the table entitled "Defects of Character," following the instructions included at the top of this table. Add additional defects of character as necessary.

Principles of Step Five are Integrity, Humility, Rigorous Honesty, Fearlessness and Courage.

LIST OF DEFINITIONS

Admitted	Acknowledged; recognized as true; confessed; owned up
Exact	Very accurate, methodical, correct
Nature	The essential characteristic of a thing
Fearlessness	Courageous; brave; bold
Wrong	Acting; judging, believing incorrectly

[EXERCISE 4] EXAMINE MY OWN PROCESSES DEVELOPED IN STEPS 1 THRU 4

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 prompt above it.

[EXERCISE 5] DISCUSS UNDERSTANDING CONCEPT OF DISCLOSING CHARACTER DEFECTS

Empty rectangular box for writing the exercise response.

[EXERCISE 8] LIST OF MY CHARACTER DEFECTS

Instructions:

In the [] to the left of each character defect:

- Place an [S] if it applies to you sometimes
- Place an [X] if it is a real problem
- Leave it [] (blank) if it does not apply to you

Add additional character defects in the blank spaces as necessary (in red).

Character Defect	Character Defect	Character Defect	Character Defect
Abusing others	Hopelessness	Revenge	
Anger	Hypersensitivity	Ruminating	
Arguing	Immodesty	Sarcasm	
Arrogance	Impatience	Secretiveness	
Boasting	Inconsiderate	Self-condemnation	
Cheating	Injustice	Self-destructiveness	
Closed-mindedness	Insincerity	Self-indulgence	
Co-dependency	Isolating	Self-justification	
Cold-heartedness	Insulting	Self-loathing	
Complaining	Intense/tense	Self-pity	
Compulsiveness	Interrupting	Self-seeking	
Controlling others	Intolerance	Selfishness	
Corrupt companions	Irresponsibility	Sexually compulsive	
Cowardice	Jealousy	Shame	
Criticizing	Judgmental	Shyness	
Defensiveness	Laziness	Sloth	
Dependency	Lewdness	Stubborn	
Depression	Lust	Theft	
Destructiveness	Lying	Thrill-seeking	
Deviousness	Meddling	Thoughtlessness	
Dishonesty	Miserliness	Uncleanness	
Enviousness	Need to know	Untrusting	
Exaggeration	Negative thinking	Verboseness	
Excess	Objectification	Vulgarity	
Faithlessness	Obsession	Waste	
Fanaticism	Over fantasizing	Withdrawn	
Favoritism	Overly Talkative		
Fearful	Perfectionism		
Filthy-mindedness	Pessimism		
Gluttony	Possessiveness		
Gossiping	Prejudice		
Grandiosity	Pride		
Greed	Procrastination		
Guilt-ridden	Recklessness		
Hate	Resentment		