

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

8TH STEP

Made a list of all persons we had harmed and became willing to make amends to them all.

ADMISSION STATEMENT

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PERSONAL AFFIRMATION

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STEP EIGHT WORKSHEET EXERCISES

1. Read pages 76-83 ("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 Eight" (pages 45-48) 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. Review the words under the section List of Definitions.
3. Complete the table entitled "List of Persons, Places, Things, and Animals Harmed". This will serve as a check list of the worksheets to be completed by the "Amends Worksheet". From Step 4, draw from the tables "A Review of My Sex Conduct" and "A Review of Harm Done to Others"; update these tables as you work Step 8.
4. Fill in Items 1-4 in the table entitled "Amends Worksheet" for each person, place, thing or animal you have harmed. Make additional copies of the "Amends Worksheet" as necessary. Items 5-7 will be filled in later.
5. Remember that this step is about making a list of all people, places, things, and animal you have harmed and becoming willing to make amends to them all. **DO NO MAKE ANY AMENDS AS PART OF THIS STEP.**

Principles of Step Eight are Loving, Kindness, Responsibility, Courage, Willingness and Charity.

LIST OF DEFINITIONS

| | |
|----------------|---|
| Harmed | Physically or mentally damaged; hurt; injured; abused |
| Willing | Ready; inclined; resolved |
| Amends | A return for something lost or suffered, usually through the fault of another; to set something right that is wrong |

9TH STEP

Made direct amends to such people wherever possible, except when to do so would injure them or others.

ADMISSION STATEMENT

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PERSONAL AFFIRMATION

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STEP NINE WORKSHEET EXERCISES

1. Read pages 83-84 ("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 Nine" (pages 48-52) 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. Review the words under the section List of Definitions.
3. Fill in Item 5 in the tables entitled "Amends Worksheet" developed in Step 8 for each person, place, thing or animal you have harmed. Then meet with your sponsor to discuss each Amends Worksheet. With your sponsor's help, fill in Item 6 on all of your Amends Worksheets.
4. After receiving guidance from your sponsor, proceed with making the type of amends to each person, place, thing or animal you and your sponsor have agreed require an amends. It is recommended that you "bookend" each direct amends with a phone call to your sponsor before you make the amends and again after you have made the amends. Amends can be difficult work, so ask for help.
5. As you make each amends, fill in Item 7 in the appropriate Amends Worksheet.

Principles of Step Nine are Self-Discipline, Charity, Responsibility, Courage and Justice.

LIST OF DEFINITIONS

| | |
|---------------|---|
| Direct | Straight, unswerving, undeviating; honest, open, forthright |
| Injure | Harm; hurt; damage; abuse |

LIST OF PERSONS, PLACES, THINGS & ANIMALS HARMED

| Name of Person, Place, Thing or Animal Harmed | Date Sponsor Reviewed | Date Amends Completed |
|---|-----------------------|-----------------------|
|---|-----------------------|-----------------------|

| Name of Person, Place, Thing or Animal Harmed | Date Sponsor Reviewed | Date Amends Completed |
|---|-----------------------|-----------------------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |
| 16. | | |
| 17. | | |
| 18. | | |
| 19. | | |
| 20. | | |

AMENDS WORKSHEET

[1] Person, Place, Thing, or Animal Harmed: Entity Name 1

[2] What I Did/Memories of Harm Committed:

[3] Thoughts and Feelings of What I Did:

[4] What My Intentions Are Now:

[5] Nature of Amends:

[6] Will Direct Amends Injure the Entry in Item 1? Yes No

[7] Date of Amends: