

# Twelve Steps to Recovery Workbook for Sexual Addiction

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## Step Work - *Introduction*

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This simple guide to working the Twelve Steps for sexual addiction has been developed for the many men and women who are seeking spiritual recovery from their addictive and, in many cases, destructive sexual behaviors. It is intended to be used by the addict with their sponsor in conjunction with the 12-step recovery programs of Sex Addicts Anonymous, Sexaholics Anonymous, Sex and Love Addicts Anonymous, or others. All of the step guides are based on the spiritual principles and traditions of Alcoholics Anonymous.

Numerous resources have been utilized in the preparation of this guide, including the work of Pia Mellody, Patrick J. Carnes, Ph.D., Joe McQ, the Big Book Bunch of Woodland Hills, CA~ and my own training and experience as a therapist in the field of sexual addiction and compulsivity.

We are each a precious child of the God of our understanding with *inherent* value and worth, **And That Is Not Debatable!** Working the Twelve Steps is an act of self-love and self-care and **We Are Worth It!**

*Charlie Risien*

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Edited in August 2008 with Green book references – Paul M  
Step 4 revised with info from Roy Y's Fourth Step Inventory ([www.royy.com](http://www.royy.com)) August 2013 – Paul M

## Things to get

- 1) Sex Addicts Anonymous Green Book (<http://saa-store.org/book/> , [Amazon](#) or [Barnes & Noble](#))
- 2) Out of the Shadows, Patrick Carnes ([Amazon](#)) - Suggested
- 3) Alcoholics Anonymous Blue Book ([Amazon](#)) - Highly Suggested
- 4) Answers in the Heart ([Amazon](#)) - Suggested
- 5) Journal - Suggested