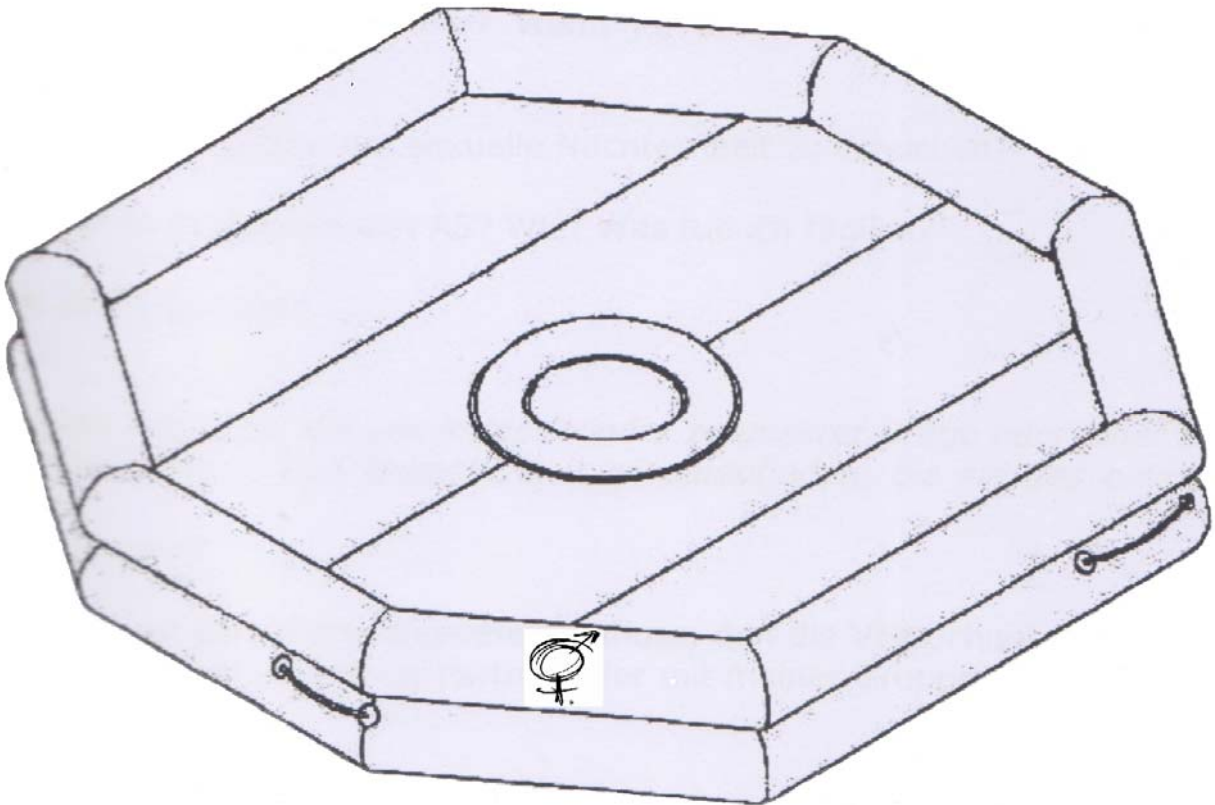


## 12 Step Workbook

Name: \_\_\_\_\_

Date: \_\_\_\_\_



This workbook is designed to support those wishing to work through the 12 Steps of SA in 16 hours as part of an organized workshop.

**The workbook is not AA or SA approved literature.**

**Step Zero** - from *Essay Issue 4* published in 2003

**Compulsion:** *Having started the process with one fix, one drink, one look, one thought, we cannot stop through our own power of will. Because of our sensitivity to lust, we are completely in the grip of a destructive power greater than ourselves.*

Have I stopped compulsion in all its forms?

Have I stopped feeding lust? - through my eyes? - my fantasies? - my memories?

Have I stopped living only and always inside my own head? This means, do I keep my thoughts, battles and struggles a secret? How do I deal with those outside of myself?

List and identify my forms of compulsion.

What are my methods of acting out?

What are my biggest triggers?

What do I try to stop the compulsions?

Do I have an accountability partner? If yes, explain the relationship. If no, why not?

What am I willing to do to achieve sexual sobriety?

Am I getting involved in the program of SA? How? What do I do daily?

Do I have a sponsor?

**Obsession:** *The fixed idea that takes us back time and time again to our particular drug or some substitute, to recapture the ease and comfort we once knew.*

What do I obsess over?

Do I talk about the overwhelming impact that the temptations have on me to my sponsor, accountability partner or group?

### Progress Sheet

Step	Done	Follow up Actions
0. We participated in the fellowship of SA.		a. b.
1. We admitted that we were powerless over lust - that our lives had become unmanageable.		
2. Came to believe that a Power greater than ourselves could restore us to sanity.		
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.		Repeat the 3rd Step prayer daily for life.
4. Made a searching and fearless moral inventory of ourselves.		Ask, what secrets have I still not shared?
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.		Share any secrets immediately. Ask, what do I not want to tell my sponsor? Then tell.
6. Were entirely ready to have God remove all these defects of character.		Ask, what defects am I still unwilling to surrender?
7. Humbly asked Him to remove our shortcomings.		Surrender my full list of defects to God for 14 days. Repeat the 7th Step prayer daily for life.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.		Add any more names that I later remember. Ask, which amend am I still not willing to make?
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.		Transfer each amend onto a separate index card Consult sponsor before making each amend Complete all amends as soon as possible.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.		Complete 10 Step proforma whenever disturbed. Share it with another person.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.		Pray and meditate daily.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to sexaholics, and to practice these principles in all our affairs.		a. b. c.

**Step 1****Test Yourself***Score 1 for each Yes*

Have you ever thought you needed help for your sexual thinking or behavior?	
That you'd be better off if you didn't keep "giving in"?	
That sex or stimuli are controlling you?	
Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?	
Do you resort to sex to escape, relieve anxiety, or because you can't cope?	
Do you feel guilt, remorse or depression afterward?	
Has your pursuit of sex become more compulsive?	
Does it interfere with relations with your spouse?	
Do you have to resort to images or memories during sex?	
Does an irresistible impulse arise when the other party makes the overtures or sex is offered?	
Do you keep going from one "relationship" or lover to another?	
Do you feel the "right relationship" would help you stop lusting, masturbating, or being so promiscuous?	
Do you have a destructive need—a desperate sexual or emotional need for someone?	
Does pursuit of sex make you careless for yourself or the welfare of your family or others?	
Has your effectiveness or concentration decreased as sex has become more compulsive?	
Do you lose time from work for it?	
Do you turn to a lower environment when pursuing sex?	
Do you want to get away from the sex partner as soon as possible after the act?	
Although your spouse is sexually compatible, do you still masturbate or have sex with others?	
Have you ever been arrested for a sex-related offense?	
<i>Total up here</i>	

**1 to 5** - Lust may be causing a few problems in your life and you probably have more of it than most people. You may or may not be a lust addict.

**5 to 10** - Reasonably strong likelihood that you are a lust addict.

**11 to 20** - There is a very high probability that you are a lust addict.

## Step 1

## Worksheet

I know that I am powerless over lust because:

- 1.
- 2.
- 3.
- 4.
- 5.

I know that my life is unmanageable by me because:

- 1.
- 2.
- 3.
- 4.
- 5.

I am / am not a lust addict    Signed \_\_\_\_\_

### Seven Yes or No Questions

1. Are you powerless over lust?
2. Has your life become unmanageable by you?
3. Do you admit to your innermost self that you are a lust addict?
4. Do you realize that there is no known medical cure for lust addiction?
5. Are you willing to abstain from sex, other than with spouse\*, for the rest of your life?
6. Do you realize that total abstinence from lust is required for your full recovery?
7. Do you want to stop lusting forever?

\* In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman.

**Step 2**

**Worksheet**

How Bill W wrote about G-d in Chapter 1 of *Alcoholics Anonymous*

- G-d
- A Power greater than me
- A Spirit of the Universe
- A G-d personal to me who was love, superhuman strength and direction
- Creative Intelligence
- Universal Mind
- Spirit of Nature
- Czar of the Heavens
- Father of Light
- My new found Friend

Where am I today on the G-d spectrum?

- A. I am certain that G-d does not exist
- B. I suspect that G-d does not exist
- C. G-d may or may not exist, there is no way of telling
- D. I suspect that G-d does exist but have no evidence for this
- E. I believe that G-d exists. He may/may not be friendly
- F. I believe in a G-d personal to me, who is love, superhuman strength and direction

G-d as I understand G-d

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Do I now believe, or am I even willing to believe, that there is a power greater than myself?

YES

NO

G-d is:

EVERYTHING

NOTHING

**Step 4**

Person or Institution	What happened 0-5 years old	Feelings
		<i>Anger, Sadness, Fear, Guilt, Pain, Shame, Numb, Excitement, Joy</i>

**Step 4**

Person or Institution	What happened 6-12 years old	Feelings



**Step 4**

Person or Institution	What happened 13-19 years old	Feelings

**Step 4**

Person or Institution	What happened years 20 to date	Feelings

Defects	Assets
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li></ul>	

Defects	Assets
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li></ul>	

Defects	Assets
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li></ul>	

Step 8 & 9

Person or Institution	Harm Done	Amend	Dead/ further harm	Loc not known	The rest

Step 8 & 9

Person or Institution	Harm Done	Amend	Dead/ further harm	Loc not known	The rest

Step 8 & 9

Person or Institution	Harm Done	Amend	Dead/ further harm	Loc not known	The rest



## Amends Aide-mémoire

Important - Do not attempt to make amends to anyone without your sponsor's supervision. As a general rule, we make INDIRECT amends to former sexual partners.

1. Write one index card per person to whom an amend is to be made.
2. Gain consent.
3. Ask, "How would you like to receive this - face to face, by letter or by phone?"
4. "I was wrong when I..." ("I am sorry" or "I apologise" may be added).
5. "Is there anything I can do to right this with you?"
6. Do not offer reasons or excuses for your conduct.
7. Do not share your own feelings.

### Some Amend Statement Examples

I've hurt you. How can I right this with you?

I am recovering from an addiction. Part of my recovery programme is making amends to people that I have harmed. I believe that I have harmed you. May I make my amends to you now?

I was wrong when I...

- lied to you
- stole from you
- abandoned you
- forgot your birthdays
- resented you
- feared you
- ignored you
- gossiped about you
- damaged your reputation
- was arrogant towards you
- put you at risk of pregnancy
- gave you a sexually transmitted disease
- told lies about you
- envied your good fortune
- disobeyed you
- refused to help you when you were in difficulties
- made you pregnant
- controlled you
- was violent towards you
- kept secrets from you
- committed adultery
- cursed you
- left you to sort out the mess I'd made

broke my marriage vows  
spent your money recklessly  
refused to share with you what I had  
expected you to lie for me  
brought pornography into our house  
took the benefits of marriage without giving the commitment  
engaged in depraved acts  
insulted your religious beliefs  
hated you  
looked down on you  
expected from you what only God can give  
aborted your child  
refused to communicate with you  
never said thank you  
made promises but never delivered  
wasted your time and fertility  
used foul language around you  
damaged your property  
shamed you in front of others  
raged at you and the kids  
failed to turn up at an important event  
treated you like a servant  
broke up your marriage  
made false accusations against you  
meddled in your private affairs  
tried to deceive you  
emotionally abused you  
hit you  
invaded your privacy  
did not pay my taxes  
made you use contraceptive pills  
aborted our child  
wasted your money by idling at work  
did not pay you the wages you had earned  
broke your tools  
ran away  
set a bad example  
made you do things you did not want to do  
etc.

How can I make restitution for the harm I have done you?

Step 10 Inventory

Person or Institution	What happened	Feelings	Defects	Assets	Harm Done	Amend Due
		Anger Sadness Fear Guilt Shame Excitement Numb Pain	Resentment Self-pity Fear of.. Dishonesty Selfishness ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....	Forgiveness Fortitude Trust in God Honesty Unselfishness ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....		

## A Daily Plan Example

### Morning Quiet Time:

- Pray on your knees for freedom from self-will and a lust-free day.
- Review your gratitude list.
- Read the "Just for Today" card.
- Consider your plans for the day, applying the test for G-d's will (below).
- Read from the AA Big Book or SA White Book.

### Throughout the Day:

- Phone your sponsor.
- If fearful, ask G-d to remove your fear. Say the Serenity Prayer and then think of someone you can help.
- If people offend you, pray for them. Say to yourself, "How can I be helpful? G-d save me from being angry. Thy will be done."
- Have frequent contact with newcomers - phone two every day.
- Go to a meeting at least twice a week. At your Home group arrive early to help set up and stay late for coffee.

### Evening Quiet Time:

- Read from the AA Big Book or SA White Book
- Constructively review your day using the Step 11 template (page 21)
- Add to your gratitude list.
- Pray on your knees, giving thanks for a sober day.

## Step 11 - Test for G-d's Will

... *praying only for knowledge of G-d's will for us and the power to carry that out.*

	Test for self-will		Test for G-d's will
	Self-seeking or		Unselfish and
	Dishonest or		Honest and
	Impure or		Pure and
	Fearful		Loving

**Step 11 Daily Review of Liabilities & Assets**

“When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?” AA BB page 86.

How have I been today?

lustful	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	sober
resentful	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	forgiving
skeptical	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	trusting
greedy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	modest
full of self-pity	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	hopeful
stressed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	relaxed
over-excited	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	serene
withdrawn	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	out-going
fearful	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	courageous
self-seeking	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	giving
dominant	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	loving
self-righteous	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	tolerant
self-deceptive	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	honest
lazy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	diligent
impatient	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	patient
thin-skinned	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	resilient
jealous	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	benevolent
miserable	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	joyful
ungrateful	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	grateful
gossipy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	discreet
compulsive	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	free to choose
weak-minded	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	determined
manipulative	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	straight
tardy	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	punctual
intrusive	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	respectful
disorderly	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	orderly

## **Just For Today Card**

Just for today I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. Most folks are as happy as they make up their minds to be.

Just for today I will adjust myself to what is and not try to adjust everything else to my desires. I will take my "luck" as it comes and fit myself into it.

Just for today I will try to strengthen my mind. I will study; I will learn something useful; I will not be a mental loafer; I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn & not get found out; if anybody knows of it, it will not count; I will do at least two things I don't want to do – just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as good as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

Just for today I will have a programme. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective on my life.

Just for today I will be unafraid. I will enjoy that which is beautiful and will believe that as I give to the world, so the world will give to me.

### Some Prayers for Each of the 12 Steps

1st Step: Dear G-d, I admit that I am powerless over lust. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.

Or: I admit that I am powerless over lust. My life has become unmanageable. (AA p. 29, SA p. 83)

2nd Step: Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.

Or: Without help, it is too much for me. But there is One who has all power--that One is G-d. May I find G-d now! Half measures avail me nothing. I stand at the turning point. I ask G-d's protection and care with complete abandon. (AA p. 59)

3rd Step: G-d, 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! (AA p. 63).

4th Step: Dear G-d, It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine, and I will begin a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

Or: When resentful: G-d, help me to show [this person or institution] the same tolerance, pity, and patience that I would cheerfully grant a sick friend. This is a sick person. How can I be helpful to him? G-d save me from being angry. Thy will be done. (AA p. 63).

Or: When afraid: G-d, remove my fear from me and direct my attention to what you would have me be. I ask in Your name. (AA p. 68)

Or: When aware of own defects and seeking G-d's help to change: G-d, mould my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? I earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. (AA pp. 69-70).

5th Step: G-d, my inventory has shown me who I am. I now ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, and I do it.

Or: G-d, I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted to tell another person. Help me to do what is necessary to walk as a free person at last. (AA p. 75).

6th Step: Dear G-d, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

Or: I have emphasized willingness as being indispensable. I am now ready to let G-d remove from me all things, which I have admitted are objectionable. If I still cling to something I will not let go, I ask G-d to help me be willing. (AA p. 76)

7th Step: My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding. Amen (AA p. 76)

8th Step: Dear G-d, I ask for Your help in making my list of all those I have harmed. I will take responsibility for my mistakes, and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Or: G-d, help me to become willing to sweep away the debris which has accumulated out of my effort to live on self-will. G-d, Thy Will be done for this person, as well as for me. (AA p. 76)

9th Step: G-d, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.

Or: G-d, give me the strength and direction to do the right thing no matter what the consequences may be. Help me consider others and not harm them in any way. Help me consult with others before I take any actions that would cause me to be sorry. Help me not to repeat such behavior. Show me the way of Patience, Tolerance, Kindness and Love, and to help me live the spiritual life. (AA pp. 79, 80, 83)

10th Step: I pray I may continue: To grow in understanding and effectiveness; To take daily spot check inventories of

myself; To correct mistakes when I make them; To take responsibility for my actions; To be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; To always remember I need Your help; To keep love and tolerance of others as my code; And to continue to ask, in daily prayer, how I can best serve You, my G-d.

Or: G-d, remove the selfishness, dishonesty, resentment, and fear that have cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly, if I have harmed anyone. Help me to cease fighting anything or anyone. Show me where I can be helpful to someone else. Help me to react sanely, not cocky and afraid. How can I best serve Thee? Thy will (not mine) be done. (AA pp. 84-85)

11th Step: Dear G-d, as I understand You, I pray to keep my connection with You open and clear from the confusion of daily life. Through my prayers and meditation I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your will Higher Power, not mine, be done.

Or: L-rd, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen

Or: Night Prayer: G-d, forgive me when I have been resentful, selfish, dishonest, and afraid today. Help me to not keep anything to myself, but to discuss it openly with another person. Show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Help me to think of what I could do for others. Please help me not to drift into worry, remorse, or morbid reflection, so that I may be of use to others. (AA p. 86)

Or: Day Prayer: G-d, direct my thinking today so that it be divorced from self pity, dishonesty, self-will, self-seeking, and fear. Inspire my thinking, decisions, and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next right step. G-d, give me what I need to take care of any problem. I ask, especially for freedom from self-will. I ask all these things that I may be of maximum service to You and everyone in my sphere. (AA pp. 86-87)

Or: As I go through the day: G-d, I'm agitated, and (fearful) doubtful right now. Help me to stop and remember that I'm no longer running the show. Give me the right thoughts and actions to help me in these specific situations. G-d, save me from fear, anger, worry, self-pity, or foolish decisions. Your will be done. (AA pp. 87-88)

12th Step: Dear G-d, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say. I need You, my friends and this Program every hour of every day. This is a better way to live.

Or: G-d, I ask you what I can do today for the person who is still sick. Please help me put my own house in order, and I believe that the answers will come. Help me make my relationship with You right, then great events will come to pass for me and countless others. That is the Great Fact, for us. Help me abandon myself to You. Help me admit my faults to You and to my fellows. Help me clear away the wreckage of my past. Help me give freely of what I have found and join with others. May G-d bless us and keep us. (AA p. 164)

Our Father Prayer: Our Father, Who art in heaven, hallowed be Thy Name; Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Serenity Prayer: G-d, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.