Step One

We admitted we were powerless over our addictive sexual behavior-
That our lives had become unmanageable.

Summary

- In taking the First Step, we admit that our addiction is destroying us, and that we are unable to stop it.
- Addictive sexual behavior increased our loneliness and insecurity, damaged our self-worth, estranged us from our spiritual nature, and often resulted in emotional trauma.
  (Step One Worksheet Pg 2 Question 6)
- We often neglected our responsibilities and put off doing things that we didn't want to face.
  (Step One Worksheet Pg 2 Question 5)
- Our disease left us with little time, energy, or money for anything else.
  (Step One Worksheet Pg 2 Question 2)
- No matter how many promises or resolutions we made, no matter how strong our efforts and our determination, the behaviors eventually returned, along with their painful consequences.
  (Step One Worksheet Pg 1 Question 1)(Step One Worksheet Pg2 Question 3)
- For many of us, the first crack in our denial comes with the hitting bottom, and the despair of facing an unbearable situation. *(Step One Worksheet Pg 1 Question 6)*
- When we admit that our powerlessness, we start letting go of control and become more open to receiving the help we so desperately need. *(Step One Worksheet Pg 1 Question 7)*
- Admitting that our lives had become unmanageable allows us to honestly examine the painful consequences of our sexual behavior, consequences that affected every aspect of our existence.
  (Step One Worksheet Pg 2 Question 7)
- In writing a First Step, we list examples of our powerlessness, including the progression of our acting-out behaviors, actions that violated our own values, efforts we made to stop, and occasions where we knew that these behaviors would lead to serious consequences yet did them anyway. *(Step One Worksheet Pg 1 Question 2) (Step One Worksheet Pg 1 Question 5)*
- If we spent time, we can consider how many hours we spent, including the time we spent in fantasy or obsession. *(Step One Worksheet Pg 2 Question 1)*
- If we took the risk of arrest, violence, or disease, we can examine each specific risk we took.
  (Step One Worksheet Pg 2 Question 3)
- We also write about the specific ways our behaviors affected our physical and mental health, our work, the lives of those we love, and other consequences, internal or external that we experienced. *(Step One Worksheet Pg 2 Question 4) (Step One Worksheet Pg 1 Question 4)*
- Looking at our own story helps us see how we were powerless over our addiction.
- Sharing our First Step with a group creates and opportunity to connect with other members.
- We may feel vulnerable. But it can also help break the bonds of shame and isolation, deepen the process of healing, and increase our commitment to recovery.

Principles

- Honesty
- Surrender
- Humility

Promises

- As long as we retain a belief in self control as a remedy for our addiction, we will continue to fail.
- As long as we can be honest, even a little bit, we can move forward in our recovery.
- Experiencing the common bond of our powerlessness promotes the healing of every member.
- With the First Step, we stop lying to ourselves.
- As we fully admit our dilemma, and our inability to find a way out, we find that we are now ready to hear the solution.
- We are ready for Step Two.

(Sex Addicts Anonymous, Pgs 22-25 Third Edition)

Step One

We admitted we were powerless over addictive sexual behavior–
that our lives have become unmanageable.

Part 1 - Powerlessness

Suggestions:*For the below questions 1-6, list three examples. For question 7 answer in as many, or as little words as needed, if need be attach more paper to back of worksheet to complete answer.*

1. List three acting out behaviors that violated your own set of values.
   1) _____
   2) _____
   3) _____
2. List three painful consequences of your addictive sexual behavior.
   1) _____
   2) _____
   3) _____
3. List 3 times you made efforts to stop only to go right back to acting out again.
   1) _____
   2) _____
   3) _____
4. Describe three times when you physically harmed yourself or someone else as a direct result of or in the process of acting out .
   1) _____
   2) _____
   3) _____
5. List three circumstances when you risked or knew you would face significant consequences if you acted out sexually, yet you did anyway. (Pg 23)
   1) _____
   2) _____
   3) _____
6. Describe three lies you told to yourself or others that aided in your denial of being a sex addict.
   1) _____
   2) _____
   3) _____
7. What does Powerlessness mean to you? Are you powerless over addictive sexual behavior?

   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____

Part 2 - Unmanageably

Suggestions:*For the below questions 1-6, list three examples. For question 7 answer in as many, or as little words as needed, if need be attach more paper to back of worksheet to complete answer.*

1. List three times you spent more time acting out than you planned to, or realized until after the fact.
   1) _____
   2) _____
   3) _____
2. Give three examples of times you spent money on acting out, that you later wished you hadn't.
   1) _____
   2) _____
   3) _____
3. List three incidents of acting out that involved taking risks of arrest, disease, or violence.
   1) _____
   2) _____
   3) _____
4. Give three examples of how acting out sexually, has impacted your mental health.
   1) _____
   2) _____
   3) _____
5. Describe three times you used sexual acting out to avoid responsibilities, or put off doing something you didn't want to face.
   1) _____
   2) _____
   3) _____
6. Give three examples of how acting out has increased your loneliness, insecurity, and damaged your self-worth.
   1) _____
   2) _____
   3) _____
7. What does unmanageably mean to you? Is your life unmanageable?

   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____
   _____