STEPS OF HOPE

DOUGLAS WEISS, PH.D.

CONTENTS

STEP		PAGE
1	"We admitted we were powerless over our sexual addiction--that our lives had become unmanageable."	7
2	"Came to believe that a Power greater than ourselves could restore us to sanity."	21
3	"Made a decision to turn our will and our lives over to the care of God as we understood Him."	31
4	"Made a searching and fearless moral inventory of ourselves."	41
5	"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."	51
6	"Were entirely ready to have God remove all these defects of character."	64
7	"Humbly asked Him to remove our shortcomings."	73
8	"Made a list of all people we had harmed, and became willing to make amends to them all."	81
9	"Made direct amends to such people where ever possible, except when to do so would injure them or others."	89
10	"Continued to take personal inventory and when we were wrong promptly admitted it."	99
11	"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out."	103
12	"Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs."	109

INTRODUCTION

The Twelve Steps have helped millions of people recover from such addictions as alcohol, drugs, food, sex and many others. This workbook takes us thoughtfully through our own personal recovery of sexual addiction. These steps allow us to work at our own pace and with as many people from our twelve step support group as we would like involved. Some twelve step groups use this for their step studies. Our prayer and hope is that you will experience hope and strength as you take your personal journey to recover in all the areas of your life that the addiction you suffer from has robbed you so you can once again experience the joy of living."

Other materials are available through Heart to Heart Counseling Centers that may be helpful in your recovery along with this workbook as well as 3 and 5 Day Intensives. Additional information is given at the back of this workbook. For further information please contact us at the following address or call us at 719-278-3708 or visit our website at www.sexaddict.com.

Heart to Heart Counseling Centers
P.O. Box 51055
Colorado Springs, CO 80949

"We admitted we were powerless over our sexual addiction--that our lives had become unmanageable."

WE

We is one of the most important words that this 12 step recovery program has to offer. It is in admitting to ourselves we are powerless over our sexual addiction and we need this new "we group" that we can stay sober or clean. The sex addict often has other "we groups" before recovery, which is our first topic of discussion.

What are some of the first words that come to your mind when you hear the word we?

1. _____ 2. _____ 3._____

What would you hope to gain from a clean we group?

1. _____ 3. _____

2. _____ 4. _____

What kind of peer we groups do you have in your life presently?

1. _____ 3. _____

2. _____ 4. _____

In the past, have the we groups (your friends) been other sex addicts, sex partners or non addicts? List them and tell why they were in your we groups?

Sex Addicts/Sex Partners	Why?
1. _____	1._____
2._____	2._____
3._____	3._____
Non Addicts	Why?
1._____	1._____
2._____	2._____
3._____	3._____

"We" can be especially hard for sex addicts because we have lived so much of our lives isolating ourselves and our behaviors from others. When you came into a twelve step group and experienced that "we" is really true, that there are other people who struggle with the same issues you do, what were some of the feelings you had when you began to realize that you were not alone in this recovery program?

I felt _____ when _____

When we realized we were not alone in our sexual addiction recovery, a feeling of being known and still being accepted energizes us to the point we desire to stay in our twelve step group. What are some of the strengths you can see this we group adding to your sexual addiction recovery?

1. _____ 3. _____

2. _____ 4. _____

What are some of the struggles you anticipate when opening up to a group by being honest about your sexually addictive behavior and by letting them support you?

1. _____

2. _____

3. _____

4._____

Shame over our behavior or not feeling loved (i.e., "If they really knew me, they wouldn't love me" or "I'm not worth helping, you don't know what I did") can really slow down our recovery. What are goals to not let this shame keep you from being a part of this important recovery "we" group.

1. _____

2. _____

3. _____

4._____

What other types of we groups do you need in your life to stay clean? (Circle)

Alcoholics Anonymous	Incest Survivors	Narcotics Anonymous
Narcotics Anonymous	CODA	Over-Eaters Anonymous
Other _____	Other _____	Other _____

ADMITTED

Admitted means we have acknowledged what has been a fact. We need to admit before we can become and stay clean. What, in Step One, are you trying to admit to yourself that is probably already a known fact to others?

1. _____

2. _____

3. _____

4._____

Who else already knows this fact?

1. _____

2. _____

3. _____

4._____

How do they already know what you are admitting about yourself? (For each person listed, give examples of how they may already know about your sexual addiction?)

1. _____

2. _____

3. _____

4._____

5. _____

Admitting your sexual addiction is one of the hardest things you will ever do! What are some of the feelings you are having about admitting you are a sex addict?

YOU ARE WORTH RECOVERY

The Twelve Steps of recovery have become a major influence in the restoration of this country from the age old problem of alcohol and substance abuse. This workbook follows in the tradition of the Twelve Steps, breaking down the various principles for each reader so that they can experience freedom from sexual addiciton. It is our hope that you will experience the freedom that this workbook presents in your journey.

DOUGLAS WEISS, PH.D.

is a nationally known author, speaker, and licensed psychologist. He is the Executive Director of Heart to Heart Counseling Center in Colorado Springs. Dr. Weiss is a frequent guest in the national television, radio, and print media and a prolific writer on marriage, addiction, and self-help topics. He is the author of more than thirty books on marriage, men's issues, addiction recovery, and self help.

FREE APP:
Dr. Doug's Tips

Dr. Doug's RECOVERY TIPS

719.278.3708
drdougweiss.com
heart2heart@xc.org

$14.95
ISBN 978-1-881292-21-0
51495>
9 781881 292210