



# Beyond Love

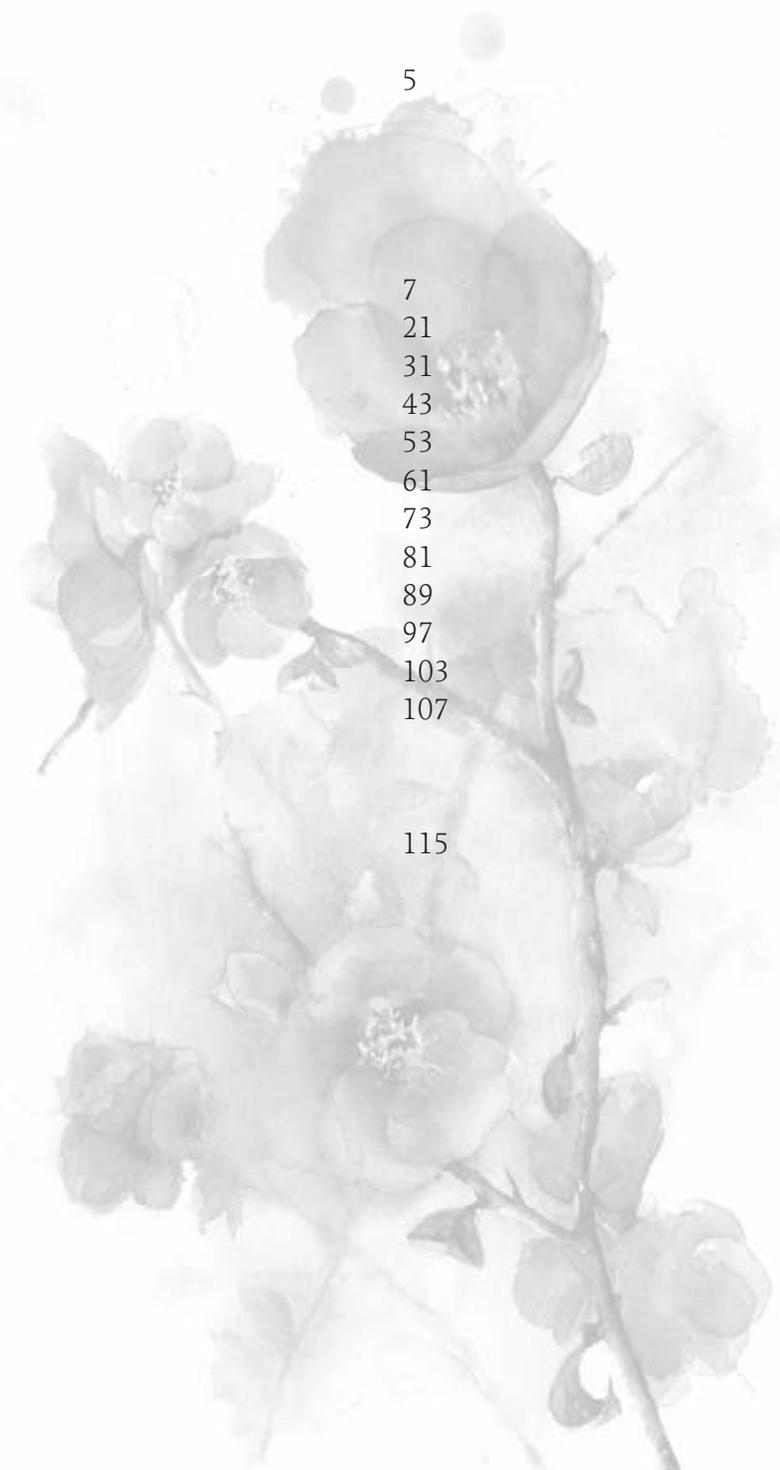
A 12 Step Guide for Partners



Douglas Weiss, Ph.D.

# Table of Contents

Introduction	5
<i>Steps</i>	
Step One	7
Step Two	21
Step Three	31
Step Four	43
Step Five	53
Step Six	61
Step Seven	73
Step Eight	81
Step Nine	89
Step Ten	97
Step Eleven	103
Step Twelve	107
<i>Appendix</i>	
	115



## Introduction

The Twelve-Steps have helped millions of people recover from addictions such as alcohol, drugs, co-dependency, food, sex and many other addictions. This workbook takes you thoughtfully through your own personal healing from the affects of living with a sex addict. These steps will allow you to work at your own pace and with as many people from a partners Twelve-Step support group as you would like involved. Some Twelve-Step groups use this workbook for their step studies.

Our prayer is that you will experience hope and strength in your personal recovery journey, in all the areas of your life that his sex addiction has robbed you, so that you can once again experience the joy of living. Other resources that may help you in your recovery are available through Heart to Heart Counseling Center (see Appendix). May your healing be a gift you give to yourself and those you love.

For more information or to place orders, contact us at:

Heart to Heart Counseling Center  
719-278-3708  
[www.sexaddict.com](http://www.sexaddict.com)  
[heart2heart@xc.org](mailto:heart2heart@xc.org)

# step one

We admitted we were powerless over our partner's sexual addiction and that our lives had become unmanageable.



We is one of the most essential words in the Twelve-Steps. Often you may think you are the only one who is going through this crazy life-style with a sex addict. You may have consciously or unconsciously isolated yourself for years, but now you have come to a step that requires you to be part of a group.

What are some of the fears you have about becoming part of a recovering group?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are some of the hopes and expectations you have as you enter into a group?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

We also means that you are finally not alone. You now have other caring women who have suffered some of the same hurts and who carry similar fears. You are now finally understood. When the women in this group say, "I know what you mean and I know how you feel," you know you can believe them.

Have you come to a place where you shared some of your story and you felt accepted by a group?

Yes \_\_\_\_\_ No \_\_\_\_\_

If you answered yes to the previous question, briefly write this experience of being understood as it relates to your recovery.

---

---

---

---

If you believe you cannot write anything in the above space, list your reasons for not having opened up in the presence of other partners who are also healing from the affects of sexual addiction.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

If you were able to identify any of these issues, take them to your group, discuss them and record your feedback here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Admitted

Admitting can be a difficult thing to do. This can mean that in your sanest moments you will finally verbalize what you know to be true about yourself and your own situation. What are some of the things you have accepted about yourself as a partner of a sex addict?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

How do you feel now that you have admitted these things to yourself?

*I feel* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I feel \_\_\_\_\_

---

---

---

How long has it taken you to admit these things to yourself? \_\_\_\_\_

---

---

Admitting can be one of the more difficult parts of your early recovery especially as you admit new and sometimes not so wonderful things about yourself. It seems to take even more energy and courage to admit something about yourself to others. Admitting is letting others know the truth about yourself.

What are some of the things you have admitted to yourself and to another person regarding being a partner of a sexual addict?

---

---

---

---

---

---

Powerless 

What are some definitions of power?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What does the suffix “less” mean to you? (i.e. jobless, clueless, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Combining your work in the previous two questions, what would your definition of “powerless” be?

---

---

---