**Twelve Steps to Recovery Workbook for Sexual Addiction**

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Based on *A Simple Guide To Working the Twelve Steps for Sex Addiction* by Charlie Risien (LCDC, AAC, CSAT, CCIP)  
With info from  
*Sex Addicts Anonymous*  
*Big Book of Alcoholics Anonymous*   
Joe McQ’s *The Steps We Took*  
Patrick Carnes’ *A Gentle Path through the Twelve Steps*   
Roy Y’s *Forth Step Inventory* royy.com

Roy Y’s Flaws and Assets –

1Dr. Bob’s Fourth Step List; in “He Sold Himself Short,” (*Alcoholics Anonymous,* p. 292)  
2Seven Deadly Sins (*Twelve Steps and Twelve Traditions,* p. 48)  
3Clarence Snyder’s Fourth Step List (one of the original 40 members of AA, see “Home Brewmeister,” *Alcoholics Anonymous,* pp. 297-303)  
4Boy Scout Law, Robert Binkey's *The Official Boy Scout Handbook* (10th edition, 1990)

# 4th Step

Made a searching and fearless moral inventory of ourselves.

## Admission Statement

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## Personal Affirmation

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## Step Four Worksheet Exercises

1. Read pages 64-71 (“How It Works”) in the *Big Book of Alcoholics Anonymous*. It is suggested that you read these pages once and then reread them underlining or highlighting those areas important to you.
2. Read “Step Four” (pages 31-37) in *Sex Addicts Anonymous* (Green Book).  It is suggested that you read these pages once and then reread them underlining or highlighting those area important to you. ([Optional] Read pages 97-110 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. [Exercise 4] Reviews the table entitled “Basic Instincts of Life Which Create Self” and thoroughly understand how social instinct, security instinct and sex instinct apply to you and your life.
5. [Exercise 5] Review the Checklist of Flaws and Assets and complete the Review of Flaws and Review of Assets tables.

**Instructions for Completion:**

**Instruction** 1 - This inventory is **not** an exercise in beating yourself up. Be scrupulously honest but be fair to yourself. Inventory **your strengths as well** as your defects.

**Instruction 2** - The following checklist merely **sug­gests** what some people consider flaws. You must decide how they fit with your own moral code. Do not be limited by this list--add your other flaws and assets. It is in this Fourth Step that you begin to discover **your** values–what **you** consider right and wrong, functional and dys­functional behavior–and how you live up to **your** standards.

**Instruction 3 -** This inventory is about who you are **now**, not who you were when you were drinking and taking drugs. Be careful, however, not to blame all past bad behavior on drinking and drugs if the seed of that bad behavior still exists in you.

**Instruction 4 -** Don't be discouraged when your character defects are not immediately lifted after you have completed your 5th Step--that is the ongoing work of the 6th, 7th and 10th Steps.

**Instruction 5 - Prioritize!** Spend most of your time on the **20%** of your flaws that cause **80%** of the trouble in your life. Initially check off as many flaws as you want on the checklist but then **prioritize** to the 12 that cause the most trouble. **If you list more than 12 flaws on the *Review of Flaws* form, you are probably beating yourself up!**

On the following list, check all of your defects and all of your assets. This is an in­ventory of both bad and good characteristics. You must check at lease twice as many assets as you check flaws or you really are beating yourself up. Then discuss your defects (with your best example of each) on the Review of Flaws form.

1. [Exercise 6] Complete the table entitled “A Review of My Resentments.” Take your time and be thorough.

**Instructions for Completion:**

**Instruction** 1 - In dealing with resentments we set them on paper. We listed people, institutions, or principles with whom we are angry. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

**Instruction 2** - We asked ourselves why we were angry. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

**Instruction 3** - On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

**Instruction 4 -** Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

**Instruction 5 -** Reading from left to right we now see the resentment (column 1), the cause (column 2), the part of self that had been affected (column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God’s will (column 4).

1. [Exercise 7] Complete the table entitled “A Review of My Fears.”  Take your time and be thorough.

**Instructions for Completion:**

**Instruction** 1 - In dealing with fears we set them on paper. We listed people, institutions, or principles with whom we were fearful. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

**Instruction 2** - We asked ourselves why we have the fear. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

**Instruction 3** - What part of self-caused this fear. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

**Instruction 4 -** Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

**Instruction 5 -** Reading from left to right we now see the fear (column 1), why we have the fear (column 2), the part of self that caused the fear (column 3), and the exact nature of the defect within us that allowed the fear to surface and block us off from God’s will (column 4).

1. [Exercise 8] Complete the table entitled “A Review of My Sex Conduct.”  Take your time and be thorough.

**Instructions for Completion:**

**Instruction** 1 - We listed the people we sexually harmed. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

**Instruction 2** - We asked ourselves what we did. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

**Instruction 3** - Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

**Instruction 4 -** Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

**Instruction 5 -** Reading from left to right we now see the sexual harm (column 1), what we did (column 2), the part of self that caused the harm (column 3), and the exact nature of the defect within us that allowed the harm to surface and block us off from God’s will (column 4).

1. [Exercise 8] Complete the table entitled “A Review of Harm Done to Others.”  Take your time and be thorough.

**Instructions for Completion:**

**Instruction** 1 – We listed the people we harmed. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

**Instruction 2** - We asked ourselves what we did. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

**Instruction 3** - Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

**Instruction 4 -** Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

**Instruction 5 -** Reading from left to right we now see the harm (column 1), what we did (column 2), the part of self that caused the harm (column 3), and the exact nature of the defect within us that allowed the harm to surface and block us off from God’s will (column 4).

**Remember: Character defects are assets gone awry.**

**Principles of Step Four are Courage, Honesty, Responsibility, Thoroughness, Perseverance, and Fearlessness.**

## List of Definitions

|  |  |
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| **Made** | Caused to exist; created; brought about; composed; prepared |
| **Searching** | Thorough; leaving no loopholes |
| **Fearless** | Free from fear; brave |
| **Moral** | Ethical; relating to principles of right and wrong - good and bad in conduct; conforming to a standard of behavioral and character principles, be they personal, social , or of a particular belief system of what is right and good |
| **Inventory** | An itemized list of current goods or asset |
| **Fear** | A feeling of anxiety, agitation, uneasiness, apprehension, etc. |
| **Resentment** | A persistent feeling of ill will and suppressed anger caused by a sense of injustice, insult, injury, offense, or wrong done; to resent basically means to ‘feel again’ strongly or to ‘re-live again’ |
| **Assets** | Valuable thing; total of valuable things or quantities owned |
| **Selfish** | Too much concern with one’s own welfare or interests and having little or no concern for others; same as self-centered |
| **Self-Seeking** | Seeking only or mainly to further one’s own interest |
| **Dishonest** | The act or practice of telling a lie, or of cheating, deceiving, stealing, etc. |
| **Inconsiderate** | Without thought or consideration of others |
| **Self-Centered** | Occupied or concerned only with one’s own affairs; same as selfish |
| **Harm** | Physical or mental damage; hut; injury; abuse |
| **Shame** | Embarrassment, humiliation, guilt, mortification; one down; less than |
| **Lustful** | A strong or excessive sexual desire |
| **Prideful** | Filled with: conceit; ostentatious display; sexual desire; consciousness of youth or power; high spirits; an undue sense of one’s own superiority; arrogance or egotism |
| **Grandiose** | Lofty, flamboyant, showy, pompous, melodramatic; one up; better than |
| **Self-Pity** | Pity for oneself; an unrestrained or excessive dwelling on one’s own sorrows or misfortunes |
| **Awry** | Askew, amiss |

# [Exercise 4] Basic Instincts of Life Which Create Self

Review the table entitled “Basic Instincts of Life Which Create Self” and thoroughly understand, how social instinct, security instinct and sex instinct apply to you and your life.

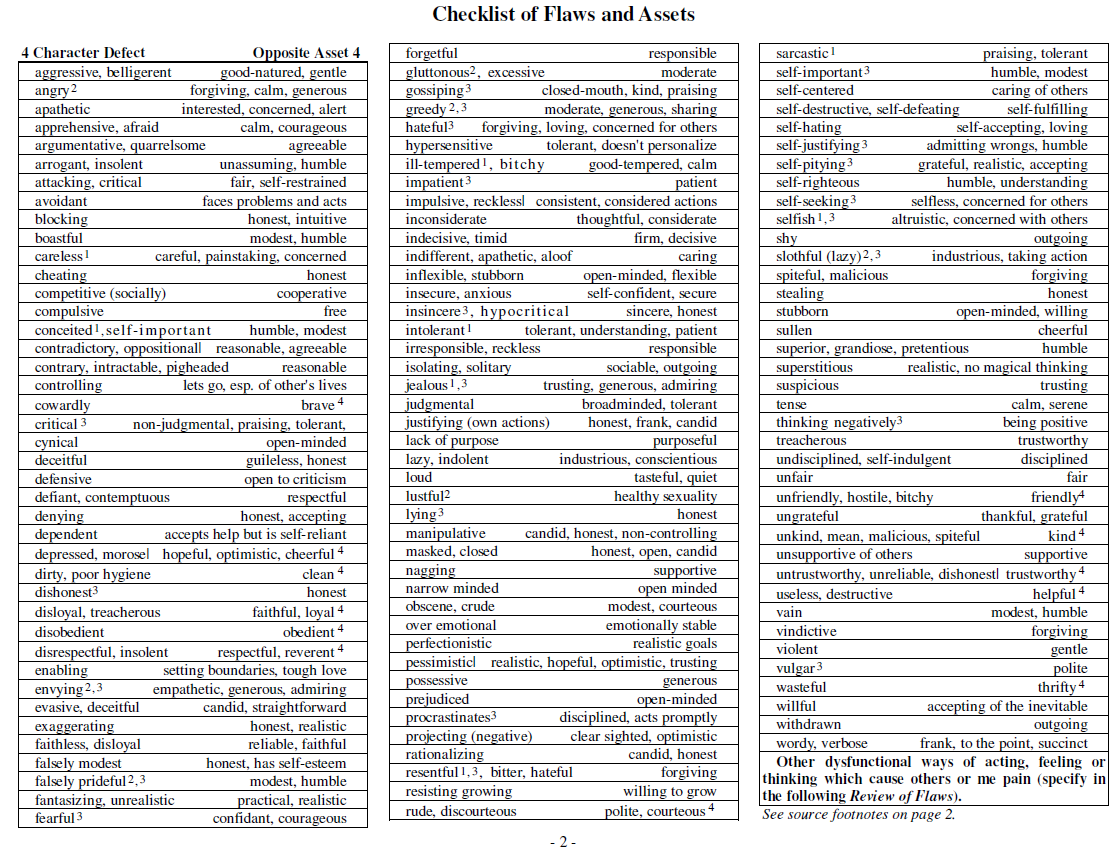
## Basic Instincts of Life Which Create Self

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| **Social Instinct** |
| Companionship - Wanting to belong or be accepted.  Prestige - Wanting to be recognized, or to be accepted as a leader.  Self Esteem - What we think of ourselves, high or low.  Healthy self-esteem comes from practicing esteeming acts of self-love and self-care.  Pride - Excessive/unjustified opinion of oneself, either positive (self-love) or negative (self-hate).  Personal Relationships - Our relations with other human beings and the world around us.  Ambitions - Our plans to gain acceptance, power, recognition, prestige, etc. |
| We have a desire for companionship.  We need prestige or recognition by others.  We need self-esteem.  These things are part of our lives.  They are instincts that allow us to survive.  If we didn’t feel a need for companionship, we wouldn’t come together to cooperate.  We couldn’t accomplish much.  Our companionship instincts are natural and necessary to our survival. |

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| **Security Instinct** |
| Material - Wanting money, buildings, property, clothing, etc., in order to be secure in the future.  Emotional - Based upon our needs for another person or persons.  Some tend to dominate, some are overly dependent on others.  Ambitions - Our plans to gain material wealth, or to dominate, or to depend on others. |
| If it weren’t for our basic need for security, we wouldn’t plant and harvest crops, and we wouldn’t construct shelter.  The human race would die out. |

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| **Sex Instinct** |
| Acceptable - Our sex lives as accepted by society, God’s principles or our own principles  Hidden - Our sex lives that are contrary to either society, God’s principles or our own principles.  Ambition - Our plans regarding our sex lives, either acceptable or hidden. |
| This instinct brings about reproduction, and keeps the human race going. |

# Flaws and Assets



## [Exercise 5] Review of Flaws

*First, we searched out the flaws in our make-up which caused our failure.*

|  | **FLAW** | **Give your best example of this specific flaw in your life** |
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## [Exercise 5] Review of Assets

*You do have 24 assets. These are the assets you had before sex became a problem, or reappear in sobriety.*

|  | **ASSET** | **Give your best example of this specific flaw in your life** |
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# Resentments

*Do not be restricted by this list. It is just to help get you started.*

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| **PEOPLE**  Father  Mother  Boy Friends/Lovers  Brothers  Sisters  Sponsors  Employers  A.A. Friends  Acquaintances  Aunts  Best Friends  C.A. Friends  Childhood Friends  Clergy  Co-Workers  Cousins  Creditors  Doctors  Employees  Girl Friends  Husbands | In-Laws  Judges  Lawyers  Life-long Friends  Parole Officers  Police  Probation Officers  School Friends  Teachers  Uncles  Wives  **INSTITUTIONS**  Authority  Bible  Child Protection  Church  Correctional System  Education System  Government  Law  Marriage  Health/Mental Health System | Nationality  Philosophy  Races  Religion  Society  **PRINCIPLES**  Adultery  Death  God-Deity  Golden Rule  Heaven  Hell  Homophobia  Jesus Christ  Life After Death  Original Sin  Retribution  Satan  Seven Deadly Sins  Sin  Ten Commandments  **MORE from your experience!** |

## Resentments Checklist

*“Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?”*

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| **SELFISH**   * Not seeing others point of view, problems or needs * Wanting things my way * Wanting special treatment * Wanting others to meet my needs–dependence * Wanting what others have * Wanting to control–dominance * Thinking I'm better–grandiosity * Wanting to be the best * Thinking others are jealous * Wanting others to be like me * Being miserly, possessive * Wanting more than my share * Reacting from self-loathing, self-righteousness * Too concerned about me * Not trying to be a friend * Wanting to look good or be liked * Concerned only with my needs | **DISHONEST**   * Not seeing or admitting where I was at fault * Having a superior attitude–thinking I'm better * Blaming others for my problems * Not admitting I've done the same thing * Not expressing feelings or ideas * Not being clear about motives * Lying, cheating, stealing * Hiding reality–not facing facts * Stubbornly holding on to inaccurate beliefs * Breaking rules * Lying to myself * Exaggerating, minimalizing * Setting myself up to be “wronged” * Expecting others to be what they are not * Being perfectionistic | **SELF-SEEKING**   * Manipulating others to do my will * Putting others down internally or externally to build me up * Engaging in character assassination * Acting superior * Acting to fill a void * Engaging in gluttony or lusting at the expense of another person * Ignoring others’ needs * Trying to control others * Getting revenge when I don't get what I want * Holding a resentment * Acting to make me feel good   **FRIGHTENED (OF)**   * Peoples' opinions * Rejection, abandonment * Loneliness * Physical injury, abuse * Not being able to control or change someone * My inferiority, inadequacy * Criticism * Expressing ideas or feelings * Getting trapped * Exposure, embarrassment |

| [Exercise 6] A Review of My Resentments | | | **COLUMN 3** | | | | | | | | | **COLUMN 4** | | | | | | | | | | |
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| **AFFECTS MY...**  **“Which part of self is affected?”** | | | | | | | | | “What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?” | | | | | | | | | | |
| **Social Instinct** | | **Security Instinct** | | **Sex Instinct** | | **Plans & Ambition** | | |
| Self-esteem | Personal Relationship | Material Security | Emotional Security | Acceptable Sex Relations | Hidden Sex Relations | Social Ambitions | Security Ambitions | Sexual Ambitions | SELFISH | DISHONEST | SELF-SEEKING | FEARFUL | INCONSIDERATE | NEED TO KNOW | LUSTFUL | PRIDEFUL | GRANDIOSE | SELF-PITY | SHAME |
| **COLUMN 1** | | **COLUMN 2** |
| I’m resentful at | | Because they did or are... |
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# Fears (What am I Afraid of)

**Do not be restricted by this list. It is just to help you get started. List your fears on the next pages**

|  |  |  |
| --- | --- | --- |
| abandonment  aging  anger  authority figures  being alone  being deceived  being found out  being myself  change  compliments  confrontation  creditors  death  denial, my  disapproval  disease  divorce  embarrassment  employment  facing myself  failure  fear  feelings  financial insecurity | flying  fourth & fifth steps  future, the  getting fat or thin  God  going home  going out on a “whim”  having children  homelessness  homosexuality  honesty  humiliation  hurting others  I’m a fraud and others will find out  incarceration  intimacy  IRS, the  letting go  living  loneliness  losing hope  love  mediocrity  money | needing anyone  not being good enough  not being happy  not being liked  not being perfect  people (specify who)  police, the  poverty  procrastination  rape  rejection  relationships  resentments, my  responsibility  risks  saying that I can’t do something  sex  sponsor, my  success  unemployment  unknown, the  violence  work  ***Search your own experience for other fears.*** |

| [Exercise 7] A Review of My Fears **FEAR =False Expectations Appearing Real**  **FEAR =Future Events Appearing Real** | | | **COLUMN 3** | | | | | | | | | **COLUMN 4** | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **AFFECTS MY...**  **“Which part of self is affected?”** | | | | | | | | | “What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?” | | | | | | | | | | |
| **Social Instinct** | | **Security Instinct** | | **Sex Instinct** | | **Plans & Ambition** | | |
| Self-esteem | Personal Relationship | Material Security | Emotional Security | Acceptable Sex Relations | Hidden Sex Relations | Social Ambitions | Security Ambitions | Sexual Ambitions | SELFISH | DISHONEST | SELF-SEEKING | FEARFUL | INCONSIDERATE | NEED TO KNOW | LUSTFUL | PRIDEFUL | GRANDIOSE | SELF-PITY | SHAME |
| **COLUMN 1** | | **COLUMN 2** |
| I’m fearful of… | | I have this fear because… |
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| [Exercise 8] A Review of My Sex Conduct | | | **COLUMN 3** | | | | | | | | | **COLUMN 4** | | | | | | | | | | |
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| **AFFECTS MY...**  **“Which part of self is affected?”** | | | | | | | | | “What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?” | | | | | | | | | | |
| **Social Instinct** | | **Security Instinct** | | **Sex Instinct** | | **Plans & Ambition** | | |
| Self-esteem | Personal Relationship | Material Security | Emotional Security | Acceptable Sex Relations | Hidden Sex Relations | Social Ambitions | Security Ambitions | Sexual Ambitions | SELFISH | DISHONEST | SELF-SEEKING | FEARFUL | INCONSIDERATE | NEED TO KNOW | LUSTFUL | PRIDEFUL | GRANDIOSE | SELF-PITY | SHAME |
| **COLUMN 1** | | **COLUMN 2** |
| Who did I harm? | | What did I do? |
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| [Exercise 9] A Review of Harm Done to Others | | | **COLUMN 3** | | | | | | | | | **COLUMN 4** | | | | | | | | | | |
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| **AFFECTS MY...**  **“Which part of self is affected?”** | | | | | | | | | “What is the exact nature of my wrongs, faults, mistakes, defects, and shortcomings?” | | | | | | | | | | |
| **Social Instinct** | | **Security Instinct** | | **Sex Instinct** | | **Plans & Ambition** | | |
| Self-esteem | Personal Relationship | Material Security | Emotional Security | Acceptable Sex Relations | Hidden Sex Relations | Social Ambitions | Security Ambitions | Sexual Ambitions | SELFISH | DISHONEST | SELF-SEEKING | FEARFUL | INCONSIDERATE | NEED TO KNOW | LUSTFUL | PRIDEFUL | GRANDIOSE | SELF-PITY | SHAME |
| **COLUMN 1** | | **COLUMN 2** |
| Who did I harm? | | What did I do? |
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