

Step 1 We admitted that we were powerless over addictive sexual behavior and that our lives were unmanageable.

#### 1G - Honesty & Integrity

Many of us come into the program with a level of honesty: We are scrupulous in money. Others have a history of never telling the truth when a lie will do. Often we find that no matter what our level of honesty is prior to recovery, we learn more honesty in the program.

What has been my history with the truth to others?

The other part of honesty is to one's own self. We addicts often lie to ourselves. Human beings love fantasy (books, film, TV, video games, etc.), but as addicts, we turn fantasy into obsession. How am I living chunks of my life in fantasy? How much time do I spend obsessing or in fantasy?

Our fantasies rarely include the full story. When I have tried to live out the fantasy, what consequences have I had (which were not in the fantasy)? What are the risks I was taking in my addiction?

What fantasy / lies am I believing when I look at porn / act out?

What am I now seeing as the connections between my actions and the consequences?

Rarely does the acting out occur apart from our earlier history (including childhood). What am I learning about my past and its connection to my addiction?

We also learn what is not included in honesty to others. What boundaries am I learning about sharing details of my life with people not in recovery?