

Step 11 We admitted we were powerless over our addictive sexual behavior and that our lives were unmanageable.

One part of the recognition that we are powerless over this addiction is to look at the many ways we have used in the past to try to stop. We have tried self control, work, etc. to try to stop this. Often, we have had specific advice from other people about what to do to stop this. But it hasn't worked. Pick three methods you have used in the past and give examples of what you did and how it didn't work.

Some examples are:

Will power, "white knuckling", and "self control"

Using another addiction such as alcohol, drugs, food, etc.

Distraction through work / hobby / activities:

Religion, retreats, missionary work, etc.

Seeking other sexual outlets

Moving, changing job / other parts of my environment:

Having someone else try to manage my addiction / Fear of being caught

A. \_\_\_\_\_

example from my life:

B. \_\_\_\_\_

example from my life:

C. \_\_\_\_\_

example from my life:

What hope does the program offer that these do not?