

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

Triggers

Triggers happen. They happen when we least want them to.

What have been triggers for me?

What were my feelings when triggered?

When looking back at those triggers, what do I feel about them?

What would happen if I acted on such a trigger today?

How much power do I have over a trigger happening?

Who can I contact when triggered to help with dealing with the trigger?

What is keeping me from reaching out to those people when triggered?

Often, others will suggest changes to our lives to avoid triggering locations or situations. What is keeping me from making those changes to my life?