

Step 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives

"Working this program leads to a spiritual awakening." Pg 58

"But every step of the program contributes to a fundamental change in our outlook, from self-obsession and control to surrender and acceptance." Sex Addicts Anonymous pg 59

"We endeavor to live according to our true purpose, which is God's will for us." Sex Addicts Anonymous pg 59

How have I changed during the course of working this program?

How has my understanding of "spirituality" changed by working this program? What have been the consequences in my life?

"We notice in ourselves a deepening humility that allows us to ask for and receive help when we need it. We find ourselves being less judgmental, more ready to let go of resentments and admit when we are wrong. We make the effort to repair relationships that we have damaged." Sex Addicts Anonymous pg 59

Give examples of how we are more willing to reach out for and accept help.

How am I repairing the damaged relationships of my past?

"We choose to keep the company of people who respect us, care for us, and treat us well. We start to see life in terms of growth, change, and transformation. We have a greater sense of belonging, intimacy, and true friendship. We endeavor to live according to our true purpose, which is God's will for us." Sex Addicts Anonymous pg 59

How have my associations with people changed through this program?

Discuss how my life is more rewarding to me now.

"The Steps are an expression of spiritual principles that can be practiced in all aspects of life. Honesty, willingness, courage, humility, forgiveness, responsibility, gratitude, and faith are just some of the names we give to the spiritual principles that gradually come to guide us in our lives." "Continuing to apply them on a daily basis keeps us spiritually fit and growing in recovery." Sex Addicts Anonymous pg 60

How am I applying these principles in the rest of my life?