

Step 1-2 worksheet

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

My Acting out behavior _____

“Only when we admit our powerlessness over these behaviors, and our inability to manage our own lives, are we able to begin walking a path of recovery” Pg 22 “Honesty is the foundation on which all further progress is based. We start by admitting that we are completely powerless to stop our addictive behavior on our own.” Pg 23 “As long as we retain a belief in self control as a remedy for our addiction, we will continue to fail. With this step, we recognize that we have a disease, not a mere weakness or character flaw, and that we are powerless to change this fact. We honestly admit that we don’t have all the answers and that we need help. When we admit our powerlessness, we start letting go of control and become more open to receiving the help we so desperately need.” Pg 23

“Many of us have found it helpful to examine our sexual behavior in detail when working this step. Some of us write up a history of our sexual addiction, from as far back as we can remember up to the present, trying to leave nothing out. Looking at our own story helps us see how we were powerless over our addiction. In writing a First Step, we list examples of our powerlessness, including the progression of our acting-out behaviors, actions that violated our own values, efforts we made to stop, and occasions where we knew that these behaviors would lead to serious consequences yet did them anyway.” - *Sex Addicts Anonymous*. Pg 23

List the events that show you are powerless over this addiction

Powerlessness:

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

i. _____

j. _____

k. _____

l. _____

m. _____

n. _____

o. _____

p. _____

q. _____

r. _____