

Ugr "3/5"y qtmuj ggv

Y g'cf o kwgf 'vj cv'y g'y gtg'r qy gtrguu'qxgt'qwt'cf f levxg'ugz wcn'dgj cxkqt'cpf 'vj cv'qwt
rkxgu'y gtg'wpo cpci gcdrg0

Wpo cpci gcdrg<Skp"cy tkwgp HktuvUgr 'y g'cnuq'rkuv'y g'y c{ u'vj cv'ugz'cf f levkqp'o cf g
qwt'rkxgu'wpo cpci gcdrg0Kiy g'ur gpv'o qpg{ "qp"qwt'cf f levkqp.'y g'v{ "vq"gvko cvg"} qy
o wej "o qpg{ 'y g'ur gpv0Kiy g'ur gpv'ko g.'y g'ecp'eqpukf gt'j qy "o cp{ 'j qwtu'y g'ur gpv.
kpenwf kpi 'vj g'vko g'y g'ur gpv'kp'hcpcu{ "qt"qduguukqp0Kiy g'vqpm'y g'tkum'qh'cttguv.
xkqmpgeg."qt"fkugcug.'y g'ecp'gzco kpg'gcej "ur gekkle'tkum'y g'vqpm0Y g'cnuq'y tkw'cdqww
vj g'ur gekkle'y c{ u'qwt'dgj cxkqtu'chgevgf "qwt'r j { ulecn'cpf "o gpvcn'j gcmj ."qwt'y qtm
vj g'rkxgu'qh'y qug'y g'rxg."cpf "cp{ "qyj gt'eqpugs wpegu."kpwgtpcn'qt"gz vgtpcn'vj cv'y g
gZR gtlgpegf 0\$Cm'y gug'eqpugs wpegu'cf f "w "vq'cp'wpo cpci gcdrg'rkxg0/"Ugz
Cf f lew'Cpqp{ o qwu0

Rctv'qh'tgeqxgt{ "ku'i tkxkpi 'y j cv'y g'cf f levkqp'equv'o g0F gvckl'y j cv'y g'cf f levkqp
equv'o g'kp'gcej "ctgc"/"vj cv'Kxcnwg

Hco knf "

O qpg{ "

Lqdu"TEctggt"

J gcmj "

O qtcrg"TIJ qpguw{ "TKvgi tkv "TEqpuekgpeg"TXcnwgu"

Ur ktkwcnEquu{ "Nquu'qh'eqppgevkqp'vq'c'j ki j gt'r qy gt"

O cttkci g'Xqy u{ "Wpf gtuxcpf kpi "qh'y j cv'O cttkci g'o gcpu"

Kqrcvkqp'cpf "F lueqppgevtqo "Qyj gtu"

Qyj gt"

What would I risk the next time I act out?
Life / Health
Liberty / prison
Happiness
Risks to my family and relationships
Other Risks

One of the key parts of unmanageability is the interaction between our addiction and Shame. Shame keeps us stuck in our addiction and is the reason why we cannot recover on our own. Shame keeps us from taking the right actions and suggests harmful actions and secrecy instead.

To recover, we speak the shame to safe people. "we select the most significant" examples of our powerlessness, and the worst moments of unmanageability, no matter how much shame we feel about them." Sex Addicts Anonymous pg 24

What is the part of my addiction that I have the most shame about?