

**SAA step one:**

**We admitted we were powerless over addictive sexual behaviour-that our lives had become unmanageable**

**First Step To Recovery - A guide to working the First Step**

What follows are the 13 questions that are in the SAA booklet: *First Step To Recovery - A guide to working the First Step*. SAA

1. What specific activities have been a part of you addictive sexual behaviours and rituals?
2. In what ways have you been preoccupied with sex or a relationship: obsessively thinking about it, fantasising, sneaking, or taking time that should have been spent with family, work etc.?
3. What ways have you not been able to control these behaviours in spite of promises and attempts to stop? Have you found yourself engaging in repeated, unplanned instances of sexual behaviour and compulsive activity, such as planning to go to the grocery store and finding yourself in a porn shop, just cruising, or taking an out-of-the-way route to check out the activity?
4. In what ways have you been lured into sexual escapades or activities by being confronted by an object, person or image that “set off” addictive behaviour when you were planning to do something else?
5. In what ways have you tried to deny, rationalise, explain, or justify your sexual behaviour to yourself, your family and friends or others?
6. What lies have you told to conceal your sexual activity?
7. In what ways have you been abusive or disrespectful of others while engaging in your compulsive behaviours?
8. Can you give examples of euphoric recall (thoughts or feelings of exhilaration or a high) around previous experiences of fantasies of compulsive sexual behaviour?

9. Have you risked arrest or been arrested for illegal behaviour, or lots or jeopardized your job, or reputation, by your compulsive sexual behaviour

10. In what ways have you put yourself in danger of disease, physical abuse, assault or death while acting out your sexual addiction?

11. How has your compulsive sexual behaviour affected the following areas of your life? Identify one or two specific examples of each area that applies to your experience

- Education
- Career/employment
- Ability to be aware of your feelings
- Relationship with family, marriage, other primary relationships, children
- Relationship with friends
- Financial. Consider money spent on pornography, prostitution, sexual; paraphernalia, fetishes, fines, bail, legal fees, medical expenses, gas and car expenses of cruising
- Your spirituality, your relationship to your higher power
- Your physical health. Consider accidents, abuse, sexually transmitted diseases, and stress related symptoms such as allergies, psoriasis, headaches, back pains, ulcers, etc.
- Your mental health. Consider self-esteem, wholeness, integrity, depression, suicide, counselling, or therapy.
- Your morals and values

- Your personal Goals and objectives

12 What was your most recent episode of acting out behaviour? What precipitated it? Identify your feelings and thought patterns before, during and after the incident. What attempts did you make to stop of control the behaviour?

13 Many find it beneficial to do a detailed personal sexual history, including an exploration of sexuality in their family of origin. Tell your own story of how you came to be an addict.

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