

## **STEP 1 WRITTEN INVENTORY**

**Step 1.** We admitted we were powerless over lust – that our lives had become unmanageable.

Consider these questions, which are borrowed from meetings and recovery literature. Add your own as you see fit. Copy and expand this template in your own notebook.

Consider responding in detail with specific examples, rather than rote yes's or no's.

### **Read:**

- Step 1 (9-11 SIA)
- Preparing a written first step inventory (19-22 SIA) & Answer the following question

**I SEXUAL HISTORY** - A brief review of our behavior and feelings about it.

What is my earliest recollection of sex? Was there anything compulsive or deviant about it?

Did I have any unusual pre-puberty experiences with sexual behavior?

When did I discover masturbation? Did it become compulsive and frequent?

What about visualization and romantic or sexual fantasy? Have these occupied a lot of my time?

Do I dress to attract attention?

Have I felt I had to have a relationship in order to feel okay about myself?

Did I engage in serial or overlapping relationships or affairs?

Did I use a sexual or romantic high to mask feelings?

Was the anticipation or the pursuit more important than the relationship? Did acting out ever really take away my craving for “more”?

Have I harmed myself or others physically, emotionally, or spiritually?

Have I experienced remorse, guilt, shame, or depression because of my fantasies or behavior? Did my behavior conflict with my religious teachings or beliefs?

What finally brought me to SA? What were the final incidents?

## **II POWERLESSNESS** - Our constant and vain attempts to control or stop lusting.

Were there times when I've been so consumed with lust that I was no longer aware of the world around me, or able to think about the choices I was making?

When did I recognize that I lost control of my lust?

Did I go to absurd lengths to be with my pornography, romantic novel, or my current relationship?

Did I masturbate while driving? Did I act out sexually in public?

Did I have sex with persons who meant nothing to me or persons I didn't like? Did I objectify people? Did I notice only the attractive people in my environment?

What have I done that I didn't want to do? Whom have I associated with that I wouldn't have otherwise? Where have I gone that I would have never gone? Is lust running my life?

Did I do things that my better nature told me I shouldn't do? Did I put myself in dangerous situations in the pursuit of sex?

Did I dress, flirt, or manipulate others in order to be lusted after?

Were there particular neighborhoods I could not drive through without acting out? Did I go to particular neighborhoods or places in order to stalk or spy on someone? Did I find myself looking in windows?

Did I do things that disgusted me or overwhelmed me with shame?

Did I cross boundaries of behavior that I had set for myself? Was it impossible to say no?

What promises did I make to myself or others? Did I keep them?

How many times have I tried unsuccessfully to quit? What happened when I failed? In what ways has my disease been active recently? How do I behave compulsively?

### **III UNMANAGEABILITY** - The consequences of being sexaholic.

How much time have I spent in sexual obsession? How has time spent on the addiction affected other areas of my life?

How has sexaholism affected my home life, my spouse (or lack of spouse), my children (or lack of children)?

What other relationships have been damaged by my acting out obsession? What friendships have I lost?

Did lust interfere with a precious relationship, whether or not that person was the object of lust?

How has sexaholism affected my education or other areas of personal or skill development?

How has sexaholism affected my work, career, or a promotion? Could I have been fired if discovered? Was I fired?

How has sexaholism affected my finances? Have I lost income or incurred significant costs? Have I remained trapped in an underpaid position because of my compulsion?

Did I miss important events so I could act out? Did I create events, trips, or situations so I could act out?



How long has being sexaholic affected my reputation, my social standing? Have I or my loved ones received negative publicity or been under public scrutiny because of my acting out? Has being sexaholic affected me legally?

Have I paid for or had an abortion to cover up my acting out?

Have I contracted or passed on a sexually transmitted disease?

Have I ever been arrested in pursuit of sex or lust? Could I have been arrested for things I have done? Could I have been sued?

When and how has my mind told me that one lust hit will not hurt?