**Twelve Steps to Recovery Workbook for Sexual Addiction**

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Based on *A Simple Guide To Working the Twelve Steps for Sex Addiction* by Charlie Risien (LCDC, AAC, CSAT, CCIP)  
With info from  
*Sex Addicts Anonymous*  
*Big Book of Alcoholics Anonymous*   
Joe McQ’s *The Steps We Took*  
Patrick Carnes’ *A Gentle Path through the Twelve Steps*   
Roy Y’s *Forth Step Inventory* royy.com

# 6th Step

Were entirely ready to have God remove all these defects of character.

## Admission Statement

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## Personal Affirmation

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## Step Six Worksheet Exercises

1. Read page 76 (“Into Action”) in the *Big Book of Alcoholics Anonymous*. It is suggested that you read this page once and then reread it underlining or highlighting those areas important to you.
2. Read “Step Six” (pages 40-43) in *Sex Addicts Anonymous* (Green Book).  It is suggested that you read these pages once and then reread them underlining or highlighting those area important to you. ([optional] Read pages 115-121 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. Review the table entitled “Character Defects” you prepared in Step Five [Exercise 8].

*Depending on the Sponsee’s needs, either utilize [Exercise 5] or [Exercise 6]*.

1. [Exercise 5] Complete the table entitled “A Review of My Personality Characteristics,” following the instructions included at the top of this table.
2. [Exercise 6] Complete the table entitled “Step 6 & 7 Action Plan,” following the instructions included at the top of this table.

**Principles of Step Six are Willingness and Surrender.**

## List of Definitions

|  |  |
| --- | --- |
| **Character** | The combination of behaviors, traits, features, and qualities that identifies, sets apart, or distinguishes someone or something; the combined moral or ethical structure of person or group. |
| **Entirely** | Wholly; completely |
| **Defect** | Lack of something necessary for completeness; same as shortcoming |
| **Ready** | Willing; inclined; resolved |
| **Remove** | Get rid of; eliminate |

## [Exercise 5] A Review of My Personality Characteristics

**Instructions:**

1. In the left column, write in your character defects identified in Step 5.
2. In the right column, write in the personality trait(s) you want to adopt to replace each identified character defect.
3. In the row **Note:**, write your earliest feelings/memories around this character defect, from where you believe this character defect originated, and/or what conditions/feelings trigger this character defect.
4. In the row **Work:**, write what tool(s)/principle(s) you can utilize to help you replace the identified character defect with the desired, good personality trait.

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

| **Character Defect (Self-Will)** | | **Personality Characteristics of God’s Will** |
| --- | --- | --- |
|  | |  |
| **Note:** |  | |
| **Work:** |  | |

## [Exercise 6] Step 6 & 7 Action Plan

**Instructions:**

1. In the left column, check the character defects identified in Step 5. Additional rows are provide at the end of this table; add shortcomings not listed.
2. In the middle column, read the example characteristics of God’s will. Write additional characteristics that you want to replace the characteristics of self-will.
3. In the right column, write your action plan; how are you going to act differently; what are you going to do to change your attitudes and beliefs; and check if you are willing (or not) to implement the action plan. If you are not willing or committed; pray for the willingness.

| Attributes and characteristics of:  **SELF-WILL**  (defects and shortcomings) | Attributes and characteristics of:  **GOD’S WILL**  (the opposite of defects and shortcomings, a.k.a.: assets) | **Plan of ACTION:**  **What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.** |
| --- | --- | --- |
| *Example*:  🗹 Dishonesty, Lying, Evasiveness, Half-Truths | Honesty | *1.) I will stop stealing and start giving freely of myself to others.*  *2.) I will stop lying to my wife about our finances and start telling her the truth.*  *3.) When I am asked for my opinion, I will not “beat around the bush”; but instead give a direct and honest answer with as much love and kindness as possible.*  Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Selfishness,  Self-seeking | Interest in others/Altruism | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Self-Centeredness | Others-, God- & Love-Centeredness | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Resentment,  Hate | Forgiveness, Love, Concern for others | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Dishonesty, Lying,  Evasiveness, Half-Truths, Not Dealing With Reality | Honesty, Truth | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Fear | Courage/Faith & Trust In God | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Being  Inconsiderate | Being Considerate | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Pride | Humility,  Seeking God’s Will | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Greed | Giving, Sharing | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Lustful Thoughts | Respectful Thoughts | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Anger | Calm, Pause, Pray | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Envy | Grateful | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Sloth,  Procrastination | Take Action | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Gluttony | Moderation, Sharing | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Suspicion,  Doubt, Jealousy | Trust, Faith | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Impatience | Patience | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Intolerance | Tolerance | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Harmful Acts | Good Deeds | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Self-pity | Self-forgetfulness | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Self-justification | Humility,  Seek God’s Will | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Self-importance | Modesty | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Self-condemnation | Self-forgiveness | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Criticism | Kindness, Praise | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Being Judgmental,  Controlling | Acceptance,  Minding My Own Business, Letting “God’s Will Be Done” | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Gossipping | Close-mouthed, Praise, Trustworthy | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| 🞎 Guilt | Acceptance, Growth, Self-forgiveness | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
|  |  | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
|  |  | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
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|  |  | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
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|  |  | Am I willing? 🞎 YES 🞎 NO  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |