

CFC Step Packet (modified for Step Writing Meeting)

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

In this Step, I will become very clear, beyond any doubt, that I am a sexaholic (powerless over lust), and that my life is a mess (unmanageable). I will see that I think about sex way too much of the time (obsession), and that I have been unable to control my sexual behavior (compulsion). I will write the important points of my story in two parts:

A. Powerlessness

B. Unmanageability

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Now that I have no doubt left that I cannot control my lust and that my life has been really messed up, I am ready to look outside myself for help from a Higher Power. For most of us, this power is God. But for some of us, who don't really believe in God, our Higher Power will have to be the experience, strength, and hope of the SA fellowship, at least for now.

My own idea of my Higher Power (God or SA) is:

I believe that I can get help in my life from my Higher Power by:

Step 3: Made a decision to turn our will and our lives over to the care of God, as we understood Him.

Although I know it will be very hard for me to live up to this decision, I have decided to do my very best anyway. Whenever I see that I am trying to control my own life in some way, I will need to remind myself of this decision and change my thinking and my actions. The best way to do this is by saying my own short prayer (or reminder). I keep it short so that I can always remember it and say it as often as I need to, even many times a day. This is something I will need to do one day at a time. I must surrender!

My short prayer asking God to take over the care of my will and my life is:

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I will answer the questions found on pages 41, 43, & 44 of Step Into Action 4-7

Step 6: Were entirely ready to have God remove all these defects of character.

In Step 4, I came to know why I hurt others. These are my character defects. There are probably many reasons why I hurt others, and I will list all of them that I can think of. Then I will try to see that some of them are very much like each other. I will group them together as best I can into two, three, or four groups (not more than five), so that I can easily remember them.

These are all of the reasons that I know of that I hurt other people:

These are the main groups of reasons that I know of that I hurt other people, my main character defects that I have decided to get rid of:

Step 7: Humbly asked him to remove our shortcomings.

Now I will ask God to remove each one of my main character defects (shortcomings). I will also ask God to replace each character defect with the opposite virtue or good behavior. And I will again keep this prayer very short so that I can easily remember it and say it often, especially when I catch myself falling into my old habits.

My short prayer asking God to remove each of my main character defects and to replace them with the opposite virtue is:

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

In my Step 4, I made a list of all the people I have hurt. Now I will list them again, say how I hurt them, and plan the ways and times I intend to make amends. In some cases, I may have to give back what I stole or pay for damage I caused to property. In other cases, I may need to make an honest and sincere apology for the hurt I caused. If I can't locate the person or meet with them, I will need to get some advice from my sponsor. Some amends may be done very soon, and others may take a lot of time. But I need to do this plan now. This is my plan for making amends:

Name	Hurt I caused	Kind of amends	Planned date

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Direct amends are best made face-to-face. When that is not possible, a telephone call is a good substitute. When neither of these is possible, I will send a very carefully worded letter. In any case, my amends will include the specific things I am sorry for and a sincere apology for the hurt I caused. And sometimes I will have to pay back what I owe.

Sometimes my direct contact may cause additional hurt for the person or others who are now in their lives. In these cases, I will need to make indirect amends. In each case, I will ask my sponsor for advice on the best way to do this.

Maybe the person I hurt has died or I have no way to contact them. Again I will ask my sponsor for the best way to make amends.

The most important thing about making amends is my attitude about making things right with the people I hurt. I must do my part whether or not they accept my apology. Even if they refuse to see me or take my phone call, I have to do my part.

Before I make each amends, I will tell my sponsor exactly how I intend to do it. If I am planning to send a letter, I will send it to my sponsor first to get his ideas for improving it. Above all, I will pray for the guidance to say the right things with the right attitude, so that I don't cause more hurt to the same person.

Step 10: Continued to take personal inventory, and when we were wrong promptly admitted it.

As we live and work with people every day, there are many times when we need to say our 7th Step prayer. This will help us to avoid our character defects and practice the opposite virtues.

At the end of each day, we may want to review the events of the day to see where we fell into our old habits and might have practiced the opposite virtue instead.

If we have hurt anyone that day, we will plan how to make amends as soon as possible, probably the next day.

Eventually, we'll be able to keep our defects and virtues in mind so that we can correct our behavior while it's happening. Then we won't have to go back and make amends later.

This Step, along with our 3rd Step prayer and our 7th Step prayer will become daily habits as we grow in recovery and in positive sobriety.

Here is my review of today:

Step 11: Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

By now, I have developed the habit of saying my 3rd and 7th Step prayers often, and I have also developed the habit of taking a daily inventory. Now it's time to start the never-ending process of improving my relationship with God. This is a very personal activity; I need to do it for myself, and I will never be finished. The best way to do this is to practice two special activities: prayer and meditation.

Prayer is talking to God, recognizing that He is always with me and that He is much more than my best friend. So, I tell Him what's going on in my life and I ask for His help. Actually, He already knows what is going on, but I need to think about these things myself. And His help is always there, but I need to be in the right attitude to accept His help. So, this kind of prayer is mostly for me to change, and not for God to do anything He's not already doing. Perhaps I used to pray for God to do my will (give me the things I wanted, make others do what I wanted, etc.), but now I turn this around. I pray only that I will know and do God's will for me.

Meditation, on the other hand, is listening to God. When I sit quietly and clear my mind, ideas will come to me. This is how God talks to me. But if I pay careful attention, He also talks to me through other people and through everything that happens to me. Listening to God takes a lot of practice, and my sponsor may have more tips on how to meditate better.

So, I set aside a certain time each day for prayer and meditation. Again, this is something I will need to do so that I will grow spiritually for the rest of my life. Here are some prayer & meditation ideas I plan to try this week:

Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to sexaholics, and practice these principles in all our affairs.

If I have carefully worked the steps to this point, somewhere along the line I saw that I was becoming aware of spiritual things, especially in my own life. And this awareness has continued to grow, to strengthen, and to deepen for me.

I have found a new way of living. I am now aware of living in partnership with God. He's the senior partner, and I'm the junior partner! I have also found that through this partnership I can stay sober for a long time, probably for the rest of my life. And I have come to see that love is the opposite of lust, and that I can take the actions of love to improve my relations with others. My life has turned completely around, and I am headed in the opposite direction. My selfishness has been converted into a real interest in helping others.

So, I begin to do what I can, what God puts in front of me to do, to help other sexaholics to find the peace and love that I have found. I become more aware of opportunities to serve, but I'm careful not to put my will above God's, as I respond to the need for information, sponsorship, and other assistance.

(This, too,) I will need to practice all of these principles for the rest of my life in order to continue to grow in positive sobriety and live in recovery.

I will begin writing my story of experience, strength, and hope to share with others, using Chapter 7 of the AA Big Book as a guide: