

Step 12 Having had a spiritual awakening as a result of these steps, we tried to carry this message to other sex addicts and to practice these principles in all our activities

12 A - Having had a spiritual awakening

Considering what you have learned in recovery, what does “spiritual” mean?

What have you come to learn that a “spiritual awakening” means?

How has this recovery process helped me become more aware of what spirituality means for me?

How has my journey expanded my understanding of what a “spiritual awakening” might be and how has it made me more accepting of what other people might go through?

What opposition to my spiritual growth have I experienced - both internal and external opposition?

What is my higher power asking me to change in my life that would allow for more spiritual growth?

How is the spiritual growth that I have received helping me to help others?