

Step 1K We admitted we were powerless over our addictive sexual behavior and that our lives were unmanageable.

Sliding Back

Often, after a while of doing recovery, we start sliding back to the addiction. This can be due any number of factors.

In some cases, family members ask us to stop doing so much recovery efforts. They can suggest that recovery has become our new “addiction”. They can schedule events that conflict with meetings. Others can purchase acting out materials for us and give them as presents. How has the family system tried to pull me back into the addiction?

In many cases after a bit of intense learning, we find that the meetings don’t offer up any new material. We’ve heard this before. We might not be practicing it, but we’ve heard it before. How has boredom with the meetings suggested that I could slack off? What do others say about persistence in coming to meetings even through this “slack period”?

Much of work life expects us to overwork and use an addiction to compensate. Businesses have scheduled parties at strip clubs, expected us to take clients to other establishments, and asked us to work through our meeting times. How has my work interfered with recovery calls and meetings?

Once we are past the shock of “discovery” and shared the shame with others, we can feel far more at peace with our lives. We remember the high’s and forget the costs and unmanageability. How has my sense of “that wasn’t so bad” suggested that I don’t need to be doing recovery?

Many people come in order to save their relationships. Now that my relationship isn’t on the rocks anymore, how has that given me the idea that I don’t need to do this recovery stuff?

How has the religious language turned me off to being part of this recovery?

Some of the advice we hear in meetings and in phone calls can be very challenging. People suggest that we change a lot of stuff we don’t want to change. They may challenge our religion or even a relationship that we value highly. What types of challenging things have I heard and how has that suggested that I stop coming?

What does it cost me to skip a meeting? What would happen if I go back to the addiction?