

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

Crazy Thinking

In our addiction, we often justify the addiction with arguments that sound great at the time. Later on, we might wonder “what were we thinking?” Let’s look at some of these arguments and ask how sensible are they?

“I deserve love and sex is love.”

“Of course, I can do that.” “I deserve that kind of treatment from them.” “My need for sex is more important than their issues.”

“Hey, I’ve got this.” “I can control this.” “Just this one time.” “I could stop.”

“If I do a confession afterwards, everything will be alright.” “When I clear my browser, that means that the police can’t find anything.” “If it isn’t illegal, it’s not that bad.” “I can keep this secret.” “I can throw it out and it will be over.”

“If I didn’t do any violence, then it wasn’t assault.” “I’m not harming anyone.” “That wasn’t that big of a deal.” “She came on to me.” “What’s the big deal?” “I had fun, what is the problem?”

“I deserve sex after how my spouse keeps nagging me about my stories.”

“I deserve sex after working that hard.” “If she were working her program better, I wouldn’t need to go outside the marriage for sex.” “This will help me not feel lonely anymore.”

“I’m failing because I can’t be perfect.”

“I felt like it therefore I did it.”

“I’m only hurting myself.” “It’s not cheating if it isn’t in person.” “Those people in the pictures want to be there and are being paid for it.”

Which arguments have I used in the past to justify continuing in my addiction?

For each argument, what is reality? How much shame do I have if I were to share this argument with the group?

How have the results impacted my life?