

Step 3 Made a decision to turn our wills and our lives over to the care of god as we understood god

3K Healthy Sexuality

As we turn our will and our lives over to a higher power, that brings up the question of what is healthy sexuality? What does it really mean to turn our sexual will and our sexual lives over?

What in my life has not been healthy sexuality?

Often, we bounce from addiction to anorexia in fear. How have my fears kept me from expressing my sexuality? How have I jumped into things out of fear and to avoid something?

What have I learned in this program that can keep my addiction from taking over my sexuality?

What goals do I have for my sexuality / relationships and how am I choosing those goals?

How am I caring for myself and my sexuality? How am I more in balance today?

How are my relationships changing as I let go of control? How am I keeping myself safe in those relationships?

What would it look like to bring a higher power into my sexual expression? What would it mean for me to let a higher power direct my sexuality and its expression?

What are valid fears about my sexual expression and relationships and how is my higher power giving me direction to avoid what I fear?