



SLA Worksheet

Step Zero

Use the following questions to examine the loss of control of sexual behaviors in your own life:

1. Were there times when you said you were going to stop the sexual behaviors and then you did not? Why not?
2. Describe the experiments you tried to help you stop (e.g., promising yourself, God, or someone else; or limiting the behaviors or situations).
3. Did your compulsiveness cause you to change your attitude, behaviors, or feelings towards family members or others (e.g., breaking promises or appointments)?
4. In what areas of your life has your compulsiveness cost you something (e.g., a relationship, job, loss of money)?
5. During the course of your life, how much time has your compulsivity cost you time away from:
 - Friends?
 - Family?
 - Career?
 - Church?
6. Have you paid a cost with your physical health, either directly or indirectly? Direct consequences would be through a sexually transmitted disease. Indirectly would be through consequences which are secondary to the acting out behaviors such as loss of sleep through staying up late which costs you your alertness at work the next day.

7. What has your commitment to your sexual thoughts or behaviors cost your spiritual life?

8. What legal consequences have resulted from your commitment to your sexual thoughts or behaviors?

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These final two questions are on their own page for a good reason, which you shall see later.

9. Considering what you have written above, list 7 good reasons for not acting out again:

a)

b)

c)

d)

e)

f)

g)

10. Considering what you have written above, list 7 good reasons for seriously working toward recovery:

a)

b)

c)

d)

e)

f)

g)