

# Step 1

## Mini introduction for newcomers

v1.4

We admitted we were powerless over  
addictive sexual behavior - that our lives  
had become unmanageable.

*KEY PRINCIPLE: Admit that you, of yourself, are powerless to overcome  
your addictions and that your life has become unmanageable.*



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[Could I have volunteer reader to read the Step 1 Summary Introduction - part 1](#)

## Step 1 intro summary

*We admitted that we were powerless over our addictive sexual behavior and that our lives were unmanageable. In order to move from addiction to recovery we need to become honest with ourselves and that is the principle behind the admission of being powerless over the addiction. As long as we can be honest, even a little bit, we can move forward in our recovery. Admitting that our willpower is insufficient allows us to be open to new ways of thinking and living.*

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The following reading is from Voices of Recovery Daily meditation Book - Page 155 June 3

*"With this step, we recognize that we have a disease, not a mere weakness or character flaw, and that we are powerless to change this fact"*

*Shame tells me that I have the power to control my addiction, but that I don't use that power because I'm a bad person, guaranteeing the cycle will continue.*

*Step One is the beginning of the end for my shame. Admitting powerlessness undoes the lie that I could control my sexual urges if only I were a better person.*

*Powerlessness allows me to see the truth - my addiction is a progressive disease, affecting my mind, body and spirit. I cannot control this disease with willpower any more than a person with cancer or Parkinson's.*

*No one judges them for not succeeding. My disease takes away my power of choice when it comes to sexual thoughts, feelings, and behaviors.*

*Powerlessness allows a paradigm shift from me being a bad person who needs to be good, to being a sick person who is getting well through the Twelve Steps of Sex Addicts Anonymous. The disease is never removed, but, one day at a time, the symptoms - harmful sexual behaviors - are lifted and I can begin to live a life with meaning, a life where I am no longer alone.*

*I am not a bad, unworthy, or weak person; I am just a human being with an illness. SAA offers a remedy for that illness if I'm willing to use it.*

*By admitting we have become powerless over it, we can examine the painful consequences and that will lead us towards true ownership of our actions and towards recovery."*

Stick around, The medicine is right here.

As the simplified first steps says **"I've got a problem"**  
*Could I have volunteer reader to read the Step 1 Summary Introduction - part 2*

In the first step, many of us have found it helpful to examine our sexual behavior in detail. Looking at our own story helps us see how we were powerless over our addiction. In writing a First Step, we list examples of our powerlessness, including the progression of our acting-out behaviors, actions that violated our own values, efforts we made to stop, and occasions where we knew that these behaviors would lead to serious consequences yet did them anyway.

In a written First Step we also list the ways that sex addiction made our lives unmanageable. If we spent money on our addiction, we can try to estimate how much money we spent. If

we spent time, we can consider how many hours we spent, including the time we spent in fantasy or obsession. If we took the risk of arrest, violence, or disease, we can examine each specific risk we took. We also write about the specific ways our behaviors affected our physical and mental health, our work, the lives of those we love, and any other consequences, internal or external, that we experienced.

*Could I have volunteer reader to read the Step 1 Summary Introduction - part 3*

Our disease left us with little time, energy, or money for anything else. Our fantasies and obsessions distracted us from the things we needed to do. We often neglected our responsibilities and put off doing things that we didn't want to face. Many of us had a number of simultaneous problems. We had relationships that needed mending, we had financial crises, and we sometimes faced legal problems. The consequences to our inner life were just as serious. Addictive sexual behavior increased our loneliness and insecurity, damaged our self-worth, estranged us from our spiritual nature, and often resulted in emotional trauma. All of these consequences add up to an unmanageable life.

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## Summary of Step 1

In Step One, we have admitted that we are powerless over our addiction, now we must find a Power in which we can trust will return sanity to our lives. For many addicts this can be a tough step.

Would any members care to share a brief first step introduction of their journey with our new comer and/or their life before the program and how the program is helping them.

# Newcomers' Introduction

We would like to welcome you to our meeting. We know the courage it takes walking into these rooms for the first time. All of us in this room were in your shoes at one time.

Our program is a spiritual program. You will hear mention of god but god is a personal reference subject to a person's personal definition.

Addiction is typically accompanied by a loss of spiritual and personal values that surprise and appall us when we examine our personal beliefs and values we have surrendered to our addiction and part of recovery involves reclaiming a the lost values and finding meaning in life again that supercedes the pull of the addiction.

This is a safe environment to share openly.

You are welcome to share and participate or listen and observe.

After the meeting, please stick around and talk to one of us.

Avail yourself of the resources we have - both in the way of literature and also the people in the room.

We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different. It is our sincerest hope that you find what you are looking for.

# First Step Prayer

*I admit that I am powerless over my addiction.*

*I admit that my life is unmanageable when I try to control it.*

*Help me this day to understand the true meaning of powerlessness.*

*Remove from me all denial of my addiction.*

*Additional Readings. Not part of the meeting script and reading but for newcomers to read alone if they choose.*

***“Addiction surrenders later freedom to choose. Sex addiction produces a dopamine response which strengthens the neural pathways associated with the behaviour and resulting in a dopamine hit in the same way as cocaine and other addictions. Through chemical means, one can literally become disconnected from his or her own will”***

Rarely do people caught in addictive behaviors admit to being addicted. To deny the seriousness of our condition and to avoid detection and the consequences of our choices, we tried to minimize or hide our behaviors. We did not realize that by deceiving others and ourselves, we slipped deeper into our addictions. As our powerlessness over addiction increased, many of us found fault with family, friends, Church leaders, and even God and our values. We plunged into greater and greater isolation, separating ourselves from others, especially from our spiritual base/God of our understanding. When we, as addicts, resorted to lies and secrecy, hoping to excuse ourselves or blame others, we weakened spiritually. With each act of dishonesty, we bound ourselves with *“flaxen cords”* that soon became as strong as chains. Then a time came when we were brought face to face with reality. We could no longer hide our addictions by telling one more lie or by saying, *“It’s not that bad!”*

A loved one, a doctor, a judge, or an ecclesiastical leader told us the truth we could no longer deny—the addiction was destroying our lives. When we honestly looked at the past, we admitted that nothing we had tried on our own had worked. We acknowledged that the addiction had only gotten worse. We realized how much our addictions had damaged relationships and robbed us of any sense of worth. At this point, we took the first step toward freedom and recovery by finding courage to admit that we were not just dealing with a problem or a bad habit. We finally admitted the truth that our lives had become unmanageable and that we needed help to overcome our addictions. The amazing thing about this honest realization of defeat was that recovery finally began.

## **Action Steps**

### ***BECOME WILLING TO ABSTAIN***

Even though people’s addictions are different, some truths, like this one, never vary—nothing begins without an individual’s will to make it begin. Freedom from addiction begin with a tiny flicker of will. People say individuals finally become willing to abstain when the pain of the problem becomes worse than the pain of the solution. Have you come to that point? If you have not and you continue in your addiction, you surely will reach that point because addiction is a progressive problem. Like a degenerative disease, it eats at your ability to function normally. The only requirement to begin recovery is the desire to stop participating in the addiction. If your desire is small and inconsistent today, don’t worry. It will grow!

Some people recognize the need to be free from addiction but are not yet willing to begin. If you are in that situation, perhaps you can begin by acknowledging your unwillingness and considering the costs of your addiction. You can list what is important to you. Look at your family and social relationships, your relationship to God, your spiritual strength, your ability to help and bless others, your health. Then look for contradictions between what you believe in and hope for and your behavior. Consider how your actions undermine what you value. You can pray that the Lord will help you see yourself and your life as He sees it—with all your divine potential—and what you risk by continuing in your addiction. A recognition of what you lose by indulging in your addiction can help you find the desire to stop. If you can find even the smallest desire, you will have room to begin step 1. And

as you progress through the steps of this program and see the changes that come into your life, your desire will grow.

In performing the first step, you will examine your powerlessness and list examples.

In listing examples of powerlessness and unmanageability, we include specific details, which helps us to recall the thoughts and feelings we had at the time, and makes the reality of our sexual addiction more and more evident to us. Although we work this step the best we can, more may be revealed later in our recovery. The important thing is to work the First Step now, to the best of our ability, in the knowledge that we can always work it again when we need to.

Our disease left us with little time, energy, or money for anything else. Our fantasies and obsessions distracted us from the things we needed to do. We often neglected our responsibilities and put off doing things that we didn't want to face. Many of us had a number of simultaneous problems. We had relationships that needed mending, we had financial crises, and we sometimes faced legal problems. The consequences to our inner life were just as serious. Addictive sexual behavior increased our loneliness and insecurity, damaged our self-worth, estranged us from our spiritual nature, and often resulted in emotional trauma. All of these consequences add up to an unmanageable life.

In a written First Step we also list the ways that sex addiction made our lives unmanageable. If we spent money on our addiction, we can try to estimate how much money we spent. If we spent time, we can consider how many hours we spent, including the time we spent in fantasy or obsession. If we took the risk of arrest, violence, or disease, we can examine each specific risk we took. We also write about the specific ways our behaviors affected our physical and mental health, our work, the lives of those we love, and any other consequences, internal or external, that we experienced.

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## Keep Coming Back - you are in the right place