

THE TWELVE STEPS AND RELATED SCRIPTURE

STEP ONE

We admitted we were powerless over our sex and love addiction, that our lives had become unmanageable.

"What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise." Romans 7:15 The Message

STEP TWO

Came to believe that God could restore us to sanity.

"You're not taking God seriously," said Jesus. "The simple truth is that if you had a mere kernel of faith. . .you would tell this mountain, 'Move!' and it would move. There is nothing you wouldn't be able to tackle." Matthew 17:20 The Message

STEP THREE

Made a decision to turn our will and our lives over to the care of God.

"So here's what I want you to do, God helping you: Take your everyday, ordinary life--your sleeping, eating, going-to-work, and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him." Romans 12:1 The Message

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40 NIV

STEP FIVE

Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed." James 5:16 The Message

STEP SIX

Were entirely ready to have God remove all these defects of character.

"So roll up your sleeves, put your mind in gear, be totally ready...Don't lazily slip back into those old groves of evil... Let yourselves be pulled into a way of life shaped by God's life, a life energetic and blazing with holiness." I Peter 1:13-15 The Message

STEP SEVEN

Humbly asked Him to remove all our shortcomings.

"So let God work his will in you...Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Quit playing the field. Hit bottom, and cry your eyes out...Get down on your knees before the Master; it's the only way you'll get on your feet." James 4:7-10 The Message

STEP EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

"And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive--only then will your heavenly Father be inclined to also wipe your slate clean of sins." Mark 11:25 The Message

STEP NINE

Made direct amends to such people whenever possible, except when to do so would injure them or others.

"If you enter your place of worship and...you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God." Matthew 5:23,24 The Message

STEP TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

"If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins—make a clean breast of them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing." I John 1:8,9 The Message

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God; praying only for knowledge of His will for us and the power to carry that out.

"Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down." Philippians 4:6,7 The Message

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex and love addicts, and practice these principles in all areas of our lives.

"Stoop down and reach out to those who are oppressed. Share their burdens and complete Christ's law." Galatians 6:2 The Message

Note the powerful phrases in "How It Works": "thoroughly", "completely give themselves", "rigorous honesty", "willing to go to any length", "complete abandon" and so on. We have found the same powerful principles discovered by the early A.A. movement to be the key to long-term recovery from sex and love addiction. We have been unable to find any "easier, softer way" to become free. Mentorship, in particular, we have found to be humbling, challenging, and time-intensive. One fellow addict

described his experience of recovery to be like jumping through a plate glass window into paradise. It's great to get to the other side, but it wasn't a lot of fun going through the glass. That jump lies ahead of you.

God, grant me the serenity

To Accept the things I cannot change,

Courage to change the things I can,

And the wisdom to know the difference.

Living one day at a time,

Enjoying one moment at a time.

Accepting hardship as a pathway to peace.

Taking, as Jesus did, this sinful world as it is, not as we would have it.

Trusting that You will make all things right if we surrender to your will,

So that I may be reasonably happy in this life,

And supremely happy with You forever in the next.

Twelve Steps and Twelve Traditions, p. 41