



| 1   | 2  | 3  | 4  |
|---|--|--|--|
| Step 1 - Honesty  | Step 2 - Hope  | Step 3 - Trust in God  | Step 4 - Truth   |
| We admitted we were powerless over lust - that our lives had become unmanageable.                                       | Came to believe that a Power great than ourselves could restore us to sanity.  | Made a decision to turn our will and our lives over to the care of God as we understood Him.   | Made a searching and fearless moral inventory of ourselves.  |
| <ul style="list-style-type: none"> <li>• Step One</li> <li>• Members of SA Share</li> <li>• Step Into Action</li> </ul> | <ul style="list-style-type: none"> <li>• Step Two</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul>           | <ul style="list-style-type: none"> <li>• Step Three</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul> | <ul style="list-style-type: none"> <li>• Step Four</li> <li>• Members of SA Share</li> <li>• Step Into Action</li> </ul>             |
| First Step Inventory  | Step 2 Inventory   | Write your own Step 3 Prayers  | Step 4 Inventory   |
| <ul style="list-style-type: none"> <li>• Sexual history</li> <li>• Powerlessness</li> <li>• Unmanageability</li> </ul>  | <ul style="list-style-type: none"> <li>• Powerful people</li> <li>• What happened</li> <li>• What I learned</li> <li>• Truth I choose today</li> </ul> |  | <ul style="list-style-type: none"> <li>• Resentments</li> <li>• Fears</li> <li>• Sexual Conduct</li> <li>• Harm to Others</li> </ul> |



|  | 5   | 6   | 7  | 8  |
|--|---|---|--|--|
|  | Step 5 - Confession   | Step 6 - Change of Heart  | Step 7 - Humility  | Step 8 - Seeking Forgiveness   |
|  | Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.   | Were entirely ready to have God remove all these defects of character.  | Humbly asked Him to remove our shortcomings.   | Made a list of all persons we had harmed, and became willing to make amends to them all.   |
|  | <ul style="list-style-type: none"> <li>• Step Five</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul> | <ul style="list-style-type: none"> <li>• Step Six</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul>          | <ul style="list-style-type: none"> <li>• Step Seven</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul> | <ul style="list-style-type: none"> <li>• Step Eight</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul> |
|  | Share your Step 4 Inventory   | Step 6 Inventory  | Write your own Step 7 Prayers  | Step 8 Inventory   |
|  |   | <ul style="list-style-type: none"> <li>• Defect</li> <li>• Life with this defect</li> <li>• Vision of life without</li> <li>• Affirmations</li> </ul> |  | <ul style="list-style-type: none"> <li>• Resentments</li> <li>• Fears</li> <li>• Sexual Conduct</li> <li>• Harm to Others</li> </ul>           |



| 9   | 10   | 11  | 12   |
|---|--|---|--|
| Step 9 - Restitution & Reconciliation   | Step 10 - Daily Accountability   | Step 11 - Spiritual Relationship  | Step 12 - Service  |
| Made direct amends to such people wherever possible, except when to do so would injure them or others.  | Continued to take personal inventory and when we were wrong, promptly admitted it.   | Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. | Having had a spiritual awakening as the result of these steps, we tried to carry this message to sexaholics and to practice these principles in all our affairs. |
| <ul style="list-style-type: none"> <li>• Step Nine</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul> | <ul style="list-style-type: none"> <li>• Step Ten</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul> | <ul style="list-style-type: none"> <li>• Step Eleven</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul>                                     | <ul style="list-style-type: none"> <li>• Step Twelve</li> <li>• Members of SA Share</li> <li>• Questions</li> <li>• Step Into Action</li> </ul>                  |
| Plan, discuss and make amends   | Create or pick a 10-Step Inventory   | Practice prayer and meditation (conversing and listening)   | Select and practice service steps  |
|   |  |   |  |