

First Step Q&A

Early Years

1. During this period of your life, what experiences did you have or what things influenced you in your views towards sex?
2. Where there any key events or relationships during this period in your life that affected your values and beliefs about God, life, and relationships?
3. Did you participate in attitudes, desires, or behaviors during this period in your life that made you feel shame or guilt?
4. During this period, how did you try to manage or control this hidden part of your life? Were you successful?
5. During this period, what were ways in which your inability to manage it affected your life negatively?

Adolescence

1. During this period of your life, what experiences did you have or what things influenced you in your views towards sex?
2. Where there any key events or relationships during this period in your life that affected your values and beliefs about God, life, and relationships?
3. Did you participate in attitudes, desires, or behaviors during this period in your life that made you feel shame or guilt?
4. During this period, how did you try to manage or control this hidden part of your life? Were you successful?
5. During this period, what were ways in which your inability to manage it affected your life negatively?

High School

1. During this period of your life, what experiences did you have or what things influenced you in your views towards sex?
2. Where there any key events or relationships during this period in your life that affected your values and beliefs about God, life, and relationships?
3. Did you participate in attitudes, desires, or behaviors during this period in your life that made you feel shame or guilt?
4. During this period, how did you try to manage or control this hidden part of your life? Were you successful?
5. During this period, what were ways in which your inability to manage it affected your life negatively?

College

1. During this period of your life, what experiences did you have or what things influenced you in your views towards sex?
2. Where there any key events or relationships during this period in your life that affected your values and beliefs about God, life, and relationships?
3. Did you participate in attitudes, desires, or behaviors during this period in your life that made you feel shame or guilt?
4. During this period, how did you try to manage or control this hidden part of your life? Were you successful?
5. During this period, what were ways in which your inability to manage it affected your life negatively?

Early Adult

1. During this period of your life, what experiences did you have or what things influenced you in your views towards sex?
2. Where there any key events or relationships during this period in your life that affected your values and beliefs about God, life, and relationships?
3. Did you participate in attitudes, desires, or behaviors during this period in your life that made you feel shame or guilt?
4. During this period, how did you try to manage or control this hidden part of your life? Were you successful?
5. During this period, what were ways in which your inability to manage it affected your life negatively?

Later Adult

1. During this period of your life, what experiences did you have or what things influenced you in your views towards sex?
2. Where there any key events or relationships during this period in your life that affected your values and beliefs about God, life, and relationships?
3. Did you participate in attitudes, desires, or behaviors during this period in your life that made you feel shame or guilt?
4. During this period, how did you try to manage or control this hidden part of your life? Were you successful?
5. During this period, what were ways in which your inability to manage it affected your life negatively?

Post Recovery

1. During this period of your life, what experiences or inputs have you had that influenced you in your views towards your addiction to sex?
2. Where there any key events or relationships during this period in your life that affected your values and beliefs about God, life, and relationships?
3. What tools have you learned about and started using that are helpful to you in recovery?
4. What practices in the SA Fellowship have been the most impacting or helpful in terms of your recovery?
5. How is your life different now that before you started recovery?