

# Reading - Step 1



We admitted we were powerless over lust - that our lives had become unmanageable

1. Read **Step One** in "Step Into Action"
  - Highlight anything that hits you deeply
  - Write a word or two in the margin as to Why?
  
2. Read **Members of SA Share** in "Step Into Action"
  - Highlight anything that hits you deeply
  - Write a word or two in the margin as to Why?
  
3. Read **A Personal Step One** in "Step Into Action"
  - Make a short list (mental is OK) of the acting out behaviors or triggers that got you into SA.
  - Review in your head what YOUR Step One statement would sound like:  
I concede that I am completely incapable of handling \_\_\_\_\_  
and that I have completely lost control over \_\_\_\_\_.
  
4. Read **Preparing a Written Step One Inventory** in "Step Into Action"
  - a. Read the questions on **Sexual History** in "Step Into Action"
    - Answer the questions in your head.
    - Jot down a word or two to remind you of what you thought.
    - Highlight 3 questions on this list that really seem to apply to you.
  
  - b. Read the questions on **Powerlessness** in "Step Into Action"
    - Answer the questions in your head.
    - Jot down a word or two to remind you of what you thought.
    - Highlight 3 questions on this list that really seem to apply to you.
  
  - c. Read the questions on **Unmanageability** in "Step Into Action"
    - Answer the questions in your head.
    - Jot down a word or two to remind you of what you thought.
    - Highlight 3 questions on this list that really seem to apply to you.

