

Mentee Toolkit

About Program

IT IS ...

- Character building & creates sexual integrity
- Proven, spiritual program of action
- Has higher success rate than regular sponsorship
- Helps you gain “sea legs” & provides new “freedom, happiness & serenity”
- Models new sober “lifestyle”

IT IS NOT ...

- “Quick-Fix” program – Sex Addiction recovery is at least a “5 year” journey
- A place to sit on your laurels

KNOW & DO THE FATHER'S WILL

“Not every one that say unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that do the will of my Father which is in heaven.” - Matt 7:21

Week 1 - Introduction

According to Mayo Clinic, approximately 6% to 8% of U.S. adults could be classified as addicted to sex. This could be up to 24 million people.

Out of this, approximately 60% are men and 40% are women. The numbers are the same both inside and outside the American Church. This is a problem!

GOD

POWER GREATER THAN OURSELVES



A THREE-PART PROGRESSIVE DISEASE

PHYSICAL CRAVING



BAD NEWS: I'M SCREWED
QUESTION: DO YOU REALLY WANT TO STOP?

SPIRITUAL MALADY



MENTAL OBSESSION



GOOD NEWS: IT IS OF MY OWN MAKING
WE CAN SHOW YOU WHAT OTHERS SHOWED US

Daily Spiritual Plan

(The cornerstone in which we are built up.)

Prayer & Meditation: Upon awakening go through 15 min. prayer & meditation sequence.

Study Big Book recovery text: (Pray, read & write from the following:)

- Read a page or few paragraphs from the Big Book. *(Read between page 1 to 164 & journal about what your heart is receiving/learning.)*
- The goal is to think about what the instructions in the Big Book are saying about your recovery. *(Ask Jesus for guidance.)*

Call 1 Fellow Addict: *(Briefly share what you are learning from your readings & videos to encourage him. Leave voicemail if he doesn't answer.)*

Nightly Review: Step 10 *(Text your answers to your mentor each night.)*

- Where was I resentful, selfish, dishonest, or afraid?
- Do I need to apologize to anyone? Who? What for? When will I?
- Do I have anything in my head that I really should share with someone?
- Was I kind and loving to everyone today?
- What good things did I do today?
- What thing could I have done better today?
- Was I thinking of only myself most of the day?
- Did I think of serving others today? Who?
- Now we ask for forgiveness from Jesus for any area where we may have fallen short and for guidance if there is anything we need to do to make it right.

Daily Prayer & Meditation Sequence

(15 mins.)

(See front insert)

Homework:

- Read **pages 1 - 57** from the Big Book. (*Meditate on these pages/share insights during week calls.*)
- Daily Spiritual Plan
- Watch week 1 video series.

Week 2

Pure Heart

"So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart." - (2 Timothy 2:22)

Step 1: We admitted we were powerless over sex addiction --that our lives had become unmanageable

Step 2: Came to believe that a Power greater than ourselves could restore us to Sanity.

Homework:

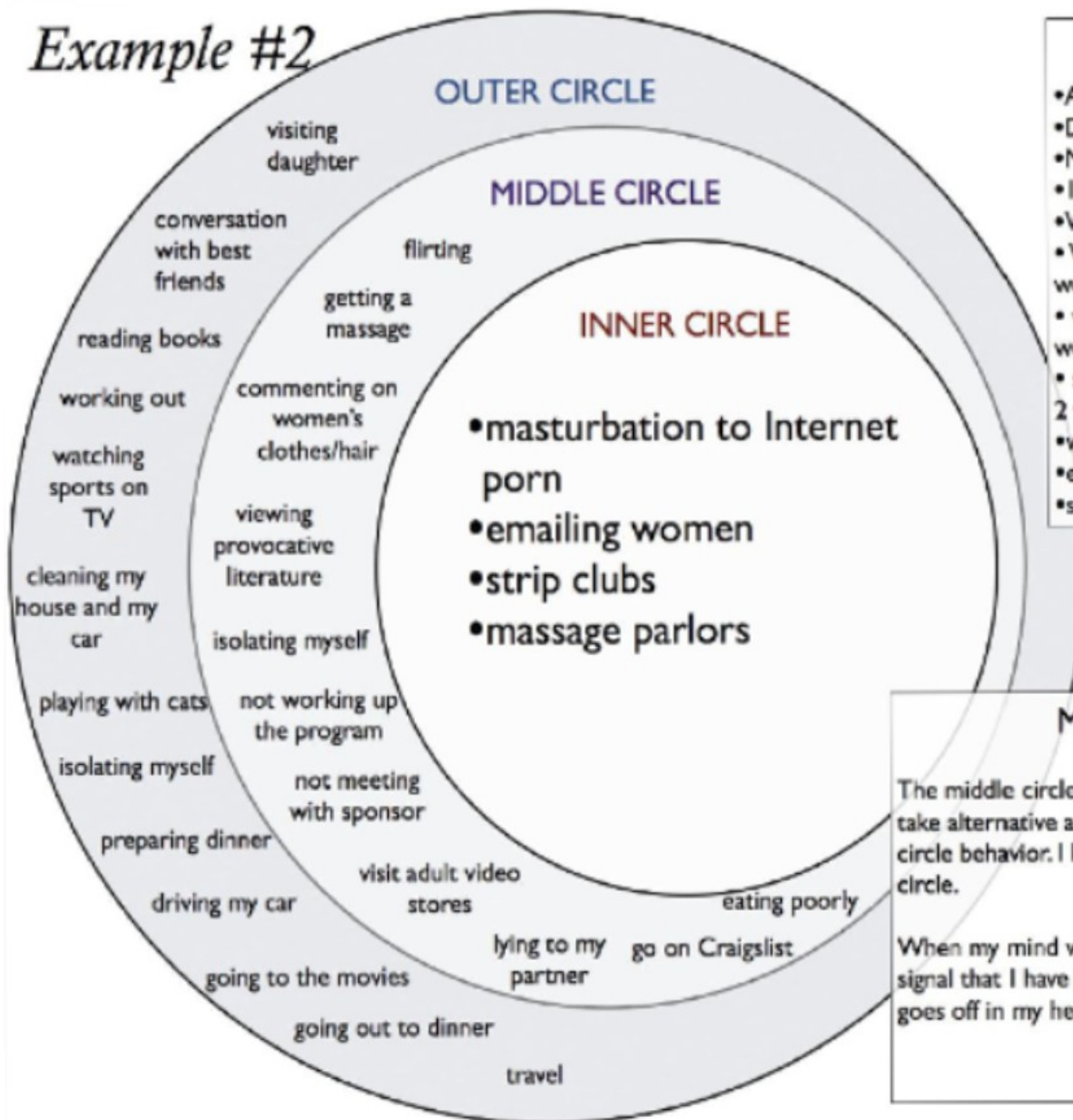
- Read **pages 58 - 103** (*Meditate on these pages during week/share insights.*)
- Daily Spiritual Plan - (*The cornerstone in which we are built up*).
- Watch week 2 video series
- **Define Sobriety Commitment Statement & Complete Circles Charts** (*pray for Jesus' guidance with assignment.*)

Sobriety Commitment Statement Example:

- I will work to receive a spiritual experience through completing the program which includes working the 12-Steps and related assignments within the allotted time. For the next 130 days and until I finish the 12 steps, I will not act out sexually in any form such as masturbation, porn or sex with others. I will also use the 3 second rule with my eyes to avoid sexual stimulation and avoid being triggered.

My Sobriety Commitment Statement:

Example #2

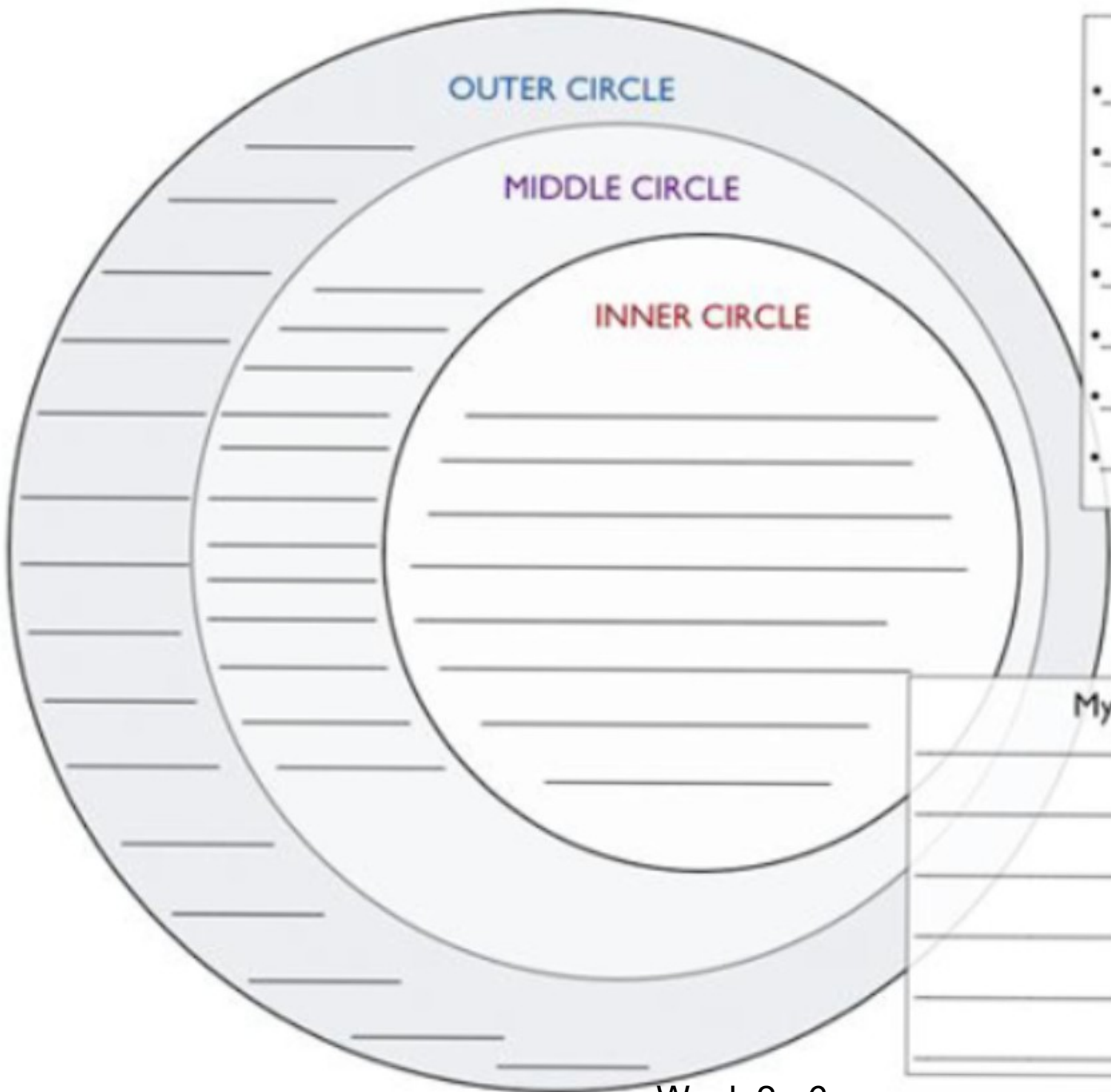


- ### Sobriety Plan
- Attend 4 meetings a week
 - Daily prayer
 - Meditation
 - 1 phone call per day
 - Work with sponsor 1x per week
 - Working with my sponsee 1x per week
 - working with my therapist 1x per week
 - seeing marriage counselor every 2 weeks
 - work Step program
 - exercise 4x per week
 - service week

My thoughts ...

The middle circle are dangerous. I am learning to take alternative actions when I engage in a middle circle behavior. I know they can lead to the Inner circle.

When my mind wanders to the inner circle, it is a signal that I have been triggered. A "danger" signal goes off in my head.



Sobriety Plan

- _____
- _____
- _____
- _____
- _____
- _____
- _____

My questions ...

Week 3

Abstain

"For it is God's will that you be sanctified: You must abstain from sexual immorality." - (1 Thessalonians 4:3; Acts 15:29)

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4: Made a searching and fearless moral inventory of ourselves.

Homework:

- Daily Spiritual Plan
- For next week, plan to do a shorter dinner to make sure you have sufficient time to process your inventory (6:30 pm - 7:00 pm dinner followed program work).]
- Watch week 3 video series
- **Step 4 - Made a searching and fearless moral inventory of ourselves.**
- Inventory Sheets - Resentments & Fears (*Pray for Jesus' guidance with assignment.*)

FOURTH STEP INVENTORY: RESENTMENTS

Read from bottom of page 63 through 65 of the Big Book before beginning.

1. Column 1: Page 64: "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry." (Complete column 1 from top to bottom. Do nothing with column 2,3,4 until column 1 has been completed.
2. Column 2: Page 64: "We asked ourselves why we were angry." (Complete column 2 from top to bottom. Do nothing with column 3 & 4 until column 2 has been completed.
3. Column 3: Page 65: "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?" (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations. Do nothing with column 4 until column 3 has been completed).
4. Column 4: Page 67: "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."

I'm resentful at:	The Cause	What part of self was hurt or threatened?						Where was I to blame?					
		Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate
List the names of people Institutions or principles with whom we were angry.	Why am I angry?												The exact nature of my wrong. Be specific.

Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed.
2. Column 2: Page 68: "We asked ourselves why we had them." (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.
3. Column 3: Page 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse. " (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).
4. Column 4: What part of self does the fear affect? (Complete each column within column 4.
5. Column 5: Page 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.

What Am I Afraid Of?	Why do I have the fear?	Which Part of Self Have I Been Relying On Which Has Failed me?				What Part of Self Does The Fear Affect?						We ask for the fear to be removed	
		Self-reliance	Self-confidence	Self-discipline	Self-will	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations		Sex Relations
List the names of people Institutions, principles or anything else that you fear.	Why am I afraid?												<p>"Perhaps there is a better way- we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.</p> <p>We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."</p> <p>Fear Prayer: "God, please remove my fear of _____ and direct my attention towards what you would have me to be."</p>

Week 4

You Are Temple of the Holy Spirit

"18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies." - (1 Corinthians 6)

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Homework:

- Pray Resentment & Fears Removal Prayers (for each Resentment & Fear)
 - Resentment Prayer - "This is a sick man. How can I be helpful to him? Jesus please save me from being angry in accordance with God's will, I agree in Jesus' name."
 - Fears Prayer - "Lord Jesus, please remove any ungodly fears & direct me to what you would have me to be in accordance with God's will, I agree in Jesus' name."
- Watch week 4 video series
- Reframe any Resentments (as needed)
- Sit, pray and think about whether you have omitted anything. (**OMITTED** does not mean **FORGOTTEN**. *In the future, things will come to mind for a long time. These are not part of your inventory today.*)
- Call mentor tomorrow, and tell me whether there is anything else or not. If there is, share it with me.
- Start Character Defects & Assets sheet (*Pray for Jesus' guidance.*)
- **Sex Conduct & Harms Done To Others** Inventory Worksheets (*Pray for Jesus' guidance.*)
- Read **pages 68-70**: Again, make a list for yourself. What happened in each instance? How did it make you feel?
- Read and meditate on **pages 68 - 76** during the week. (*Meditate on these pages/share insights during week calls.*)
- Continue **Daily Spiritual Plan**

Character Defects & Assets

PERSONALITY CHARACTERISTICS OF SELF-WILL			PERSONALITY CHARACTERISTICS OF GOD'S WILL
SELFISH AND SELF-SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PAITENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTFUL	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE - CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODEST
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH

FOURTH STEP INVENTORY: SEX CONDUCT

- Read from bottom of page 68 through 70 of the Big Book before beginning.

1. Column 1: "We reviewed our own conduct over the years past." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed.)
2. Column 2: "We did we do?" (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: "We list the exact nature of our shortcomings. " (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed).
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5, 6, until column 4 has been completed).
5. Column 5: "Who did I harm? (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed).
6. Column 6: "What should I have done instead?" (Complete column 6 from top to bottom).

Who Was It?	What did we do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings.					Did I unjustifiably arouse:			Who Did I Harm?	What should I have done instead?
		Was I Selfish?	Was I Dishonest?	Was I Inconsiderate?	Was I Self-seeking?	Was this relationship selfish?	Jealousy?	Bitterness?	Suspicion?		
We list the people with whom we have experienced sexual conduct.	We ask ourselves what we did									Who was harmed?	"We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." Page 69 "To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." Page 70

FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED

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BE SURE TO do this page just like the other inventory pages. One column at a time, top to bottom -- NOT straight across

Big Book, page 70, paragraph 3 "We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can."

Note 1: -- On those pages 58-63, you'll find examples of attitudes and defects that cause us to fail in our relationships and often fuel self-seeking conduct that harms others.

Note 2: "Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves.

.... Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension-that makes for more drinking." Page 73 -- Alcoholics Anonymous

Who Did I Harm?	What did I do - or fail to do?	Which part of self caused the harm?										What is the nature of my wrongs, faults, mistakes, defects?				What should I have done instead?				
		Self-will	Self Esteem - Ego	Emotional Security	Pocketbook - Material Security	Pride - Defiance - Independence	Self-pity	Self-reliance	Personal Relationships	Social Ambitions	Sexual Ambitions	Financial Ambitions	Selfish	Self-seeking	Dishonest		Inconsiderate	Frightend / Fear	Lack of Self-discipline / Self-control	Playing God - Trying to control others.
Who was harmed by my conduct?	What did I do - or, failed to do that caused the harm?																			

Week 5

Be Clean

"Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow." - (Psalm 51:7)

Step 6: Were entirely ready to have God remove all these defects of character.

Step 7: Humbly asked Him to remove our shortcomings.

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Character Defects & Assets

PERSONALITY CHARACTERISTICS OF SELF-WILL			PERSONALITY CHARACTERISTICS OF GOD'S WILL
SELFISH AND SELF-SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PAITENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTFUL	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE - CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODEST
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH

Homework:

- Watch week 5 video series
- Sit in a quiet place and pray and think about whether you have omitted anything else from your inventory. If you have, call me and process it.
- Pray Sex Prayer: *“I pray for the right ideal, for guidance in each situation, for sanity, and for the strength to do the right thing regarding sex in accordance with God's will, I agree in Jesus' name.”*
- Review **page 76** – Are you ready to remove all these defects of character? Step 6.
- Humbly ask God to remove the shortcomings by reciting the **Step 7 prayer**.
- When ready, we pray this ... “Jesus, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Please replace my character defects with the character assets you want me to have. Grant me strength, as I go out from here, to do your bidding in me. Never the less Gods will be done, I agree in Jesus' name.”
- Step 8 - Made a list of all persons we had harmed and became willing to make amends to them all. *(Pray for Jesus' guidance.)*
- In your inventory, make a list of people you have harmed. *(This includes every name on the harms inventory sheet. Review and add items on the harms sheet if there are people you have Resentments/Fears and have harmed them as well, plus any names that were not on the inventory, but you remember harming this person.)*
- Create a new list of all these people and label them into 4 categories:
 - Now, Later, Someday, Not currently willing
 - Prepare this for discussion next week
- Read **pages 71 - 88** during the week. *(Meditate on these pages/share insights during week calls.)*
- Continue Daily Spiritual Plan
- Write down any Resentments or Fears that come up during the week on your Inventory Worksheets.

Week 6

Right Spirit

"10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy Holy Spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit." - (Psalm 51:10-12)

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Amends Template

PERMISSION	FAULT	REGRET	TRANSFORMATION	RESTITUTION	FORGIVENESS
Hi Mom, I have something in my heart I would like to share if you have few minutes. I am part of a men's group where we make restitution for harms done in the past.	I was wrong to have lied, disrespected, and mistreated you when I was a teenager, especially between ages 10 to 15.	I deeply regret my immature, selfish & self-seeking actions and I can only imagine how this may have hurt you.	I pray the guy you see now is a new man who does not wish to repeat such a thing.	Please let me know if there is any way I can make things right with you or if there are any other harms I may have caused you.	I pray and hope that one day you will have the heart will forgive me. Will you please forgive me?

Homework:

- Watch week 6 video series
- Fill out the Amends Template with Amends.
- For fantasy related harms, write out individual amends using the guidelines.
- For Amends with dates, do the direct amends. (Call me during the week before you makes amends (as needed.)) Pray for Jesus' guidance and will before you make the amends.
- Read **pages 83 - 88**. (*Meditate on these pages/share insights during weekly calls.*)
- Read **pages 171 - 181** (Dr. Bob's nightmare). (*Meditate on these pages/share insights during week calls.*)
- Daily Spiritual Plan
- Write down any Resentments or Fears that come up during the week on your Inventory Worksheets.

Week 7

Think On Purity

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” - Philippians 4:8

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11: 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.

Updated Daily Spiritual Plan
(The cornerstone in which we are built up.)

Prayer & Meditation: Upon awakening go through 15 min. prayer & meditation sequence.

Study Big Book recovery text: (Pray, read & write from the following:)

- Read a page or few paragraphs from the Big Book. *(Read between page 1 to 164 & journal about what your heart is receiving/learning.)*
- The goal is to think about what the instructions in the Big Book are saying about your recovery. *(Ask Jesus for guidance.)*

SAC (Spot, Admit, Correct):

- Watch for selfish, dishonest, resentments & fears.
- When they crop up, process them using inventory worksheets.
- Ask Jesus to remove them.
- Discuss them with someone from program quickly (if needed).
- Make amends quickly.
- Turn your thoughts to someone you can help.

Nightly Review: Step 10 *(Text your answers to your mentor each night.)*

- Where was I resentful, selfish, dishonest, or afraid?
- Do I need to apologize to anyone? Who? What for? When will I?
- Do I have anything in my head that I really should share with someone?
- Was I kind and loving to everyone today?
- What good things did I do today?
- What thing could I have done better today?
- Was I thinking of only myself most of the day?
- Did I think of serving others today? Who?
- Now we ask for forgiveness from Jesus for any area where we may have fallen short and for guidance if there is anything we need to do to make it right.

Build a network of men to connect with in the 12 Step system.

Homework:

- Watch week 7 video series
- Read **pages 89 – 103 & 151 – 164** (Meditate on these pages/share insights during weekly calls.)
- Use Updated Daily Spiritual Plan
- Keep processing any Resentments/Fears that come up using your Inventory Worksheets.
- Continue with making Amends.

Week 8

Be Made Useful to the Master

“Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work.” - 2 Timothy 2:21

Give Back to Keep It

“Give freely as you have received.”

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex addicts and to practice these principles in all our affairs.

Sustainable Spiritual Maintenance Plan

Vision: The goal of the Christian 12 Step Mentorship Program is to help the Mentee find a spiritual experience as a result of working the 12 Steps per the Big Book (BB).

Mission: Empowers the Mentee to integrate back as a fully functioning member of society as spiritually awakened 12 stepper.

Suggestive Plan

Attending Meetings - 1 or 2 per week (we encourage one of them to be a Big Book meeting to continue to stay close to the text and brothers working the steps per the Big Book). *(Note: Attending meeting is a good use of time but it must not be confused with working Steps (10, 11 & 12).*

Service Opportunities - (Some Options)

- Serving in various leadership capacities in meetings.
- Carrying the message to the man who still suffers either in meetings or outside
- Serve as part of program outreach.
- Serve outside of the program as a member of your family/community/society. An example of this is carrying the message to half-way houses.
- Talk to your mentor for more ideas.

Working with the Man Who Still Suffers - *(per instructions in the BB)* - Practical experience shows that nothing will so much ensure immunity from drinking (acting out) as intensive work with other (addicts). It works when other activities fail pg. 89.

Possible Options are:

- Use the instructions in the Big Book to work with the man who still suffers. *(You can find them in meetings. Talk to your mentors for more ideas.)*
- Join the Christian 12 Step Mentorship Program as one of the Mentors doing 12 Step work with Mentees. *(Minimum Criteria Halfway through Step 9 Amends - we want you to reap the Step 9 promises.)*

Sustainable Spiritual Maintenance Plan (Cont.)

Expand Your Community

- Find people who have worked the program per the Big Book and build a relationship/friendship with them.
- Find opportunities to serve them.
- Add them to your list of people whom you can call.
- Step 12 work has the opportunity to build a community around you.

Big Book 152 - The most satisfactory years of your existence lie ahead.

Thus, we find the fellowship, and so will you. How is that to come about? You ask. Where am I to find these people? You are going to meet these new friends in your own community. Near you, sex addicts are dying helplessly like people in a sinking ship.

If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Sex Addicts Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life.

You will learn the full meaning of love thy neighbor as thyself.

Sustained Connection with the Christian 12 Step Mentorship Program Mentors:

- As we get to Spiritual Maintenance mode. *Suggestion: Call the Mentors in the program once a month going forward.*
- Start making and receiving calls to members of the broader community (as you expand your community).
- Keep practicing the Updated Spiritual Plan shared by the Mentor covering Steps 10 & 11.
- Move from sharing the nightly review with group to a personal nightly review.
- Program Community is here for you if you need us – We want to encourage you expand your community and integrate back to society.

Work the 12-Steps each year with a sponsor (recommendation).

If you have trauma in your background, seek a therapist to resolve these issues.

Address any Co-Dependency issues. Three 12-Step programs that can help are Adult Children of Alcoholics and Dysfunctional Families (ACA), Co-Dependents Anonymous (CODA), and for friends and families of alcoholics (Al-Anon).

Integrate Back to Society - Let recovery be the bridge to be a fully functioning member of society.

Homework:

- Watch week 8 video series.
- Complete your Amends.
- Read **pages 89 - 103.** (*Meditate on these pages.*)
- Read **pages 151 - 164.** (*Meditate on these pages.*)
- Continue Practicing the Updated Daily Spiritual Plan as shared in Week 7.
- Stay connected with the 12 Step Community.