

“I am _____ and I am a recovering sex addict”

Closing

[From Sex Addicts Anonymous, page 98, paragraph 6]

“This is how recovery has been for us. Each of us has taken steps of courage and leaps of faith. Each of us has contributed, not only to our own recovery, but to the recovery of other suffering sex addicts as well. We have contributed by showing up at meetings and by sharing our experience, strength, and hope. We have listened to our fellow addicts and supported them in their recovery journey. Like the first members of our fellowship, we continue to remain sexually sober by helping our fellow addict stay sober.

Our prayer is that every sex addict who seeks recovery will have the opportunity to find it. And keep coming back.” Let’s close with the Step prayer for today's step.

First Step Prayer

God,

I admit that I am powerless over my addiction.

I admit that my life is unmanageable when I try to control it.

Help me this day to understand the true meaning of powerlessness.

Remove from me all denial of my addiction.

Second Step Prayer

God, I know in my heart that only you can restore me to sanity.

I humbly ask that you remove all twisted thought & addictive behavior from me this day.

Heal my spirit & restore in me a clear mind.

Alternate Prayer

I pray for an open mind so I may come to believe in a Power greater than myself.

I pray for humility & the continued opportunity to increase my faith.

I don't want to be crazy any more.

Third Step Prayer

God, I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness
to those I would help of Thy Power, Thy love & Thy way of life.
May I do Thy will always!

Fourth Step Prayer

God, It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine & I will begin a
searching & fearless moral inventory.
I will write down my wrongs,
but I will also include that which is good.
I pray for the strength to complete the task.

Fifth Step Prayer

God, My inventory has shown me who I am, yet I ask for Your help
in admitting my wrongs to another person & to You.
Assure me, & be with me, in this Step,
for without this Step I cannot progress in my recovery.
With Your help, I can do this & I will do it.

Sixth Step Prayer

God, I am ready for Your help
in removing from me the defects of character
which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself &
guide me toward spiritual & mental health.

Seventh Step Prayer

God, I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every
single defect of character which stands in the way
of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do Your bidding.

Eighth Step Prayer

God, I ask Your help in making my list of all those I have harmed.
I will take responsibility for my mistakes &
be forgiving to others as You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.

Ninth Step Prayer

God, I pray for the right attitude to make my amends,
being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
by staying abstinent, helping others &
growing in spiritual progress.

Tenth Step Prayer

God, I pray I may continue:

- To grow in understanding & effectiveness;
- To take daily spot check inventories of myself;
- To correct mistakes when I make them;
- To take responsibility for my actions;
- To be ever aware of my negative & self-defeating attitudes & behaviors;
- To keep my willfulness in check;
- To always remember I need Your help;
- To keep love & tolerance of others as my code; &

- To continue in daily prayer how I can best serve You, My Higher Power.

Eleventh Step Prayer

God, as I understand You,
I pray to keep my connection with You
open & clear from the confusion of daily life.
Through my prayers & meditation I ask especially for
freedom from self-will, rationalization & wishful thinking.
I pray for the guidance of correct thought & positive action.
Your will, Higher Power, not mine, be done.

Twelfth Step Prayer

God, My spiritual awakening continues to unfold.
The help I have received I shall pass on & give to others,
both in & out of the Fellowship.
For this opportunity I am grateful.
I pray most humbly to continue walking
day by day on the road of spiritual progress.
I pray for the inner strength & wisdom to practice
the principles of this way of life in all I do & say.
I need You, my friends & the program every hour of every day.
This is a better way to live.