

# Step 1: We admitted we were powerless over lust that our lives had become unmanageable.

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**Tradition 1** Our common welfare should come first; personal recovery depends on SA unity.

Each member of [Sexaholics] Anonymous is but a small part of a great whole. [S]A must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward

**Promise 1** We are going to know a new freedom and a new happiness

**Reward 1** Hope instead of desperation

## Readings:

**White Book:** A Personal Story pg. 7-25  
The Problem pg. 27  
Surrender - Steps One, Two and Three pg. 79-81  
Step One pg. 83-88

**AA Big Book** Ch 2, There is a Solution pg. 17-29  
Ch 3, More about Alcoholism pg. 30-43

**Twelve & Twelve** Step One pg. 21-24

**SA Step Into Action** Step One pgs. 9-26

## First Step Prayer

*Dear Lord, 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.*

Working Step One.

Start writing. At the top of each page write *God write this.*

## Powerlessness:

Make a list of examples of your **powerlessness** over lust (e.g.)

- Engaging in sex in a manner that you would never tell anyone else about.
- Sex with persons you did not like.
- Placing yourself and others at risk of physical harm, arrest, or disease.
- Missing important events so you could act out.
- Engaging in activities that disgusted and overwhelmed you with shame.

Do not overlook the times that *lust* interfered with a precious relationship, even though that person was not the object of your lust (acting out with my sisters best friend harmed my relationship with my sister; trying to hold a conversation with a friend while being consumed with lust for a person across the room; etc.)

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### Unmanageability

Make another list of examples of the **unmanageability** in your life, **which were the consequences** of your addiction. Sometimes you can identify a direct consequence of an episode on the first list and place it on the second. However, there will be other consequences which are the cumulative result of years of pursuing lust.

Areas to search for consequences include:

- damaged relationships with family,
- lost friendships,
- missed opportunities in your career,
- legal scrapes,
- financial costs,
- time wasted in the pursuit of lust, and so on.

Try to look at as many areas of your life as possible where your addiction has caused difficulty. The result will not be pretty.

Once you have written these lists, sit down with your sponsor to review them. Look for where you seem to be enjoying the shock value rather than seeing the powerlessness and unmanageability.

Word the examples in a way that tells the truth, without embellishment or drama, and respects the feelings of the group members who will hear you present your 1<sup>st</sup> Step.

The reduction of shame, fear, and isolation is one of the greatest benefits of the 1<sup>st</sup> Step. Another is that if you are thorough in this effort, you will have written evidence of the nature and severity of your condition. You will begin to see the truth about yourself and your addiction.