

## Arizona Step Study Step One Assignments

*We admitted we were powerless over compulsive sexual behavior -- that our lives had become unmanageable.*

### Do all of these assignments:

- Define all the words in Step One.
- Read all the literature you can find on Step One, including the COSA Step One Booklet.
- Answer questions in COSA's Step One booklet.
- When you are finished with Step One, take some time to write about your experience.

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### These assignments are helpful but optional:

Identify the areas where you are NOT powerless - the realm within your control. Having done this, see which areas where you can identify where you ARE out of control, and where it may spread.

What things have brought you to your knees?

In what areas have you been mismanaging, neglecting, or ignoring?

Identify the areas in your life that are unmanageable: spiritual, physical, mental, emotional, financial, relational, others.

Additional thoughts when writing a narrative:

Ask yourself, "Where is the CORE of my addiction?" Noting that recovery is about you – not the sex addict – which reminds you that you are powerless over thoughts and feelings, but not over your actions and behavior.