

# SEXUAL RECOVERY PLAN

## Format

A Sexual Recovery Plan is a written guideline of those people, places and things that do and do not work for us as sexual compulsives. The purpose of this plan is to make clear to ourselves on paper the ways that we wish to express ourselves. Having a clearly defined written plan frees us to conduct ourselves in ways that are personally appropriate.

Any plan is valid which is written down, shared with another person and followed to the best of one's ability. The suggested outline below is based on the idea that we can act upon our compulsions without thought.

## Here's How It Works

1. *Identify the acts, places and people from which you would like to be freed:*

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2. *Identify the times these compulsions most frequently occur:*

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3. *List the people, places or things you are willing to commit yourself to adding to your life in recovery (be realistic by adding things that you are willing to do – not things you think you should do):*

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