

SEXUAL RECOVERY PLAN

Name: _____ Sobriety Date: _____

<p>Things that I pray to my higher power to be freed from:</p>	<p>Things that I pray to my higher power to bring into my life:</p>
<p>BOTTOM LINE</p>	<p>ACTION PLAN</p>
<p>GRAY AREA</p>	<p>VISION PLAN</p>

BOTTOM LINE

Behaviors I abstain from no matter what (count time):

*Anything that puts me in legal or physical jeopardy.
 Anything that triggers my allergy (creates a physical craving for another slip that cannot be denied).
 Anything that causes so much pain and suffering, that I'd do anything to stop.*

GRAY AREA

Behaviors I work toward progress, not perfection:

*Anything that probably belongs on my Bottom Line, but I'm not ready to give it up yet.
 Any hard to define behaviors (i.e., cruising vs. flirting, compulsive vs. healthy masturbation).
 Any chronic character defect around sex and relationships.*

ACTION PLAN

Actions I take on a daily basis in order to stay sober:

*Step work: Steps, writing, inventory, amends, work with sponsor.
 Support: Meetings, fellowship, phone, SCA events, retreats.
 Service: Sponsees, newcomers, program commitments.
 Spirituality: Surrender, prayer, meditation, spiritual reading.
 Self-Care: Exercise, work, bills, mail, cleaning, responsibilities.*

VISION PLAN

Goals I want to achieve as a result of taking these actions:

*Self: Self-esteem, positive body image, accept imperfections.
 Social: Close friends, part of a community, clubs/hobbies.
 Material: Good career, car, home, debt free, financially stable.
 Emotional: Loved, joy, secure, freedom from fear and shame.
 Sexual: Healthy sex, dating or caring committed relationship.*