

The Twelve Steps of Alcoholics Anonymous¹

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1. The Twelve Steps of AA are taken from *Alcoholics Anonymous*, 3d ed., published by AA World Services, Inc., New York, N.Y., 59-60.

The Twelve Steps of Alcoholics Anonymous Adapted for Sexual Addicts

1. We admitted we were powerless over our sexual addiction—that our lives had become unmanageable.
2. Came to believe a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

Resources Guide

Following is a list of recovery fellowships that may be helpful in you.

Adult Children of Alcoholics
310-534-1815
www.adultchildren.org

Alateen (ages 12–17)
800-356-9996
www.al-anon-alateen.org

Al-Anon
800-344-2666
www.al-anon-alateen.org

Alcoholics Anonymous
212-870-3400
www.alcoholics-anonymous.org

Co-Dependents Anonymous
602-277-7991
www.codependents.org

Co-Dependents of Sex Addicts
612-537-6904

Cocaine Anonymous
800-347-8998
www.ca.org

CoAnon
www.co-anon.org

Debtors Anonymous
781-453-2743
www.debtorsanonymous.org

Emotions Anonymous
651-647-9712
www.mtn.org/EA

Families Anonymous
310-815-8010
www.familiesanonymous.org

Gamblers Anonymous
213-386-8789
www.gamblersanonymous.org

Marijuana Anonymous
212-459-4423
www.marijuana-anonymous.org

Narcotics Anonymous
818-773-9999
www.na.org

**National Council for Couple
and Family Recovery**
314-997-9808

**National Council on Sexual
Addiction and Compulsivity**
770-989-9754
www.ncsac.org

Nicotine Anonymous
www.nicotine-anonymous.org

Overeaters Anonymous
www.oa.org

**Recovering Couples
Anonymous**
314-830-2600
www.recovering-couples.org

Recovery Online
[www.onlinerecovery.org/
index.html](http://www.onlinerecovery.org/index.html)

Runaway and Suicide Hotline
800-621-4000

S-Anon
615-833-3152
www.sanon.org

**Sex and Love Addicts
Anonymous**
781-255-8825
www.slaafws.org

Sex Addicts Anonymous
713-869-4902
www.sexaa.org

**Sexual Addiction Resources/Dr.
Patrick Carnes**
www.sexhelp.com

**Sexual Compulsives
Anonymous**
310-859-5585
www.sca-recovery.org

Survivors of Incest Anonymous
410-282-3400

Contact List for More Information

This workbook was written in part to serve as a companion to the book *In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior*, which was written with Patrick Carnes, Ph.D., and is published by Hazelden (www.hazelden.org).

For more information about treatment and recovery services at the Hazelden Foundation, please call 1-800-257-7800, or access them on the Internet at www.hazelden.org.

For information on both inpatient and outpatient treatment and recovery services at The Meadows in Wickenburg, Arizona, contact them at 1-800-MEADOWS.

For more information about Dr. Patrick Carnes and his speaking engagements, access his Web site at www.sexhelp.com or call him at 1-800-708-1796.

For information about Dr. David Delmonico and his speaking engagements, contact him at Duquesne University at 412-396-4032.

For information about Elizabeth Griffin and her speaking engagements, contact her at the American Foundation for Addiction Research at 952-915-9454.

Books of related interest written by Dr. Patrick Carnes

The Betrayal Bond: Breaking Free of Exploitive Relationships
(Deerfield Beach, Fla.: Health Communications, 1998)

In a savage psychic twist, victims of abuse and violence often bond with their perpetrators to the stunning point that they will die rather than escape. Carnes's breakthrough book focuses on how betrayal intensifies trauma and illuminates the keys to escaping destructive relationships.

Sexual Anorexia: Overcoming Sexual Self-Hatred (with Joseph Moriarity)
(Center City, Minn.: Hazelden, 1997)

The devastating mix of fear, pain, and betrayal can lead to obsessive sexual aversion. Tracing the dysfunction's roots in childhood sexual trauma, neglect, and abuse, Carnes explores dimensions of sexual health, targeting key issues that let recovery proceed.

Out of the Shadows: Understanding Sexual Addiction, third edition
(Center City, Minn.: Hazelden, 2001)

The groundbreaking book that first identified and defined sexual addiction. A must for anyone looking to understand the illness, it's an expert and in-depth look at the origins of sexual addiction and the addiction cycle.

Facing the Shadows: Beginning Sexual and Relationship Recovery
(Center City, Minn.: Hazelden 2001)

A companion workbook for Carnes's book, *Out of the Shadows*, it takes techniques used by thousands of recovering sex addicts and shows readers, step by step, how to break free of problematic sexual behaviors and live a healthier, more fulfilling life.

Contrary to Love: Helping the Sexual Addict
(Center City, Minn.: Hazelden, 1989)

This sequel to *Out of the Shadows* traces the origins and consequences of the addict's faulty core beliefs. Building upon his earlier work, Carnes describes the stages of the illness and lays the groundwork for potential recovery.

Don't Call It Love: Recovering From Sexual Addiction
(Phoenix, Ariz.: Gentle Path Press, 1991)

This landmark study of one thousand recovering sex addicts and their families explores how people become sex addicts and the role of culture, family, neurochemistry, and child abuse in creating addiction.

A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery
(Center City, Minn.: Hazelden, 1994)

A guidebook for people in recovery that helps them understand their own story and begin planning a new life of recovery. With more than 250,000 copies sold, it holds invaluable insights for beginners and old-timers alike in any Twelve Step program.

VIDEOTAPES BY GENTLE PATH PRESS

For more information or to order videotapes from Gentle Path Press, call 800-708-1796.

Trauma Bonds: When Humans Bond with Those Who Hurt Them

Victims often cling to destructive relationships with baffling desperation. In this riveting videotape, Dr. Patrick Carnes analyzes how trauma bonding develops and outlines strategies for breaking free from its compulsive torment.

Addiction Interaction Disorder: Understanding Multiple Addictions

Few addicts—about 17 percent—have only one addiction. More commonly, assorted compulsions combine in a complex systemic problem called addiction interaction disorder. This tape outlines how to screen for the disorder (a major factor in relapse) and explores the role of addiction as a “solution” to trauma.

Contrary to Love: Helping the Sexual Addict

A twelve-part PBS video in which noted addiction psychologist Dr. Patrick Carnes discusses the spectrum of compulsive-addictive behavior and its treatment. The titles of the twelve parts are

- “Our Addictive Society”
- “Cultural Denial of Addiction”
- “Am I an Addict?”
- “Interview with Three”
- “The Addictive Family”
- “Interview with Melody Beattie”
- “Child Abuse
- “The Twelve-Step Recovery Process”
- “Healthy Sexuality and Spirituality”
- “Finding a Balance in Recovery”
- “Coping in a World of Shame”
- “The Ten Risks of Recovery”

AUDIOCASSETTES BY GENTLE PATH PRESS

For more information or to order audiocassettes from Gentle Path Press, call 800-708-1796.

Trauma Bonds: When We Bond with Those Who Hurt Us

Addiction Interaction Disorder: Understanding Multiple Addictions

Toward a New Freedom: Discovering Healthy Sexuality

Sexual Abuse in the Church

Sexual Dependency, Compulsion and Obsession

For Further Reading

The following list contains books referenced in this book, in addition to further readings that may be helpful.

Cybersex

- Carnes, Patrick, David Delmonico, Elizabeth Griffin, Joseph Moriarity. *In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior*. Center City, Minn: Hazelden, 2001. [Ed. note: This workbook was written in part to serve as a companion to the book, *In the Shadows of the Net*, which offers additional information about problematic cybersex behavior and recovery that you will find valuable in your work. Topics in the book that may interest you include the stages of courtship, patterns of sexual arousal and ways they change, setting appropriate relationship boundaries, relapse prevention, the impact of cybersex on the family, and the Web frontier.]
- Schneider, Jennifer and Robert Weiss. *Cybersex Exposed: Simple Fantasy or Obsession*. Center City, Minn.: Hazelden, 2001.

Co-Sex Addiction Recovery

- Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*. New York: Walker, 1989.
- Calof, David L., and Robin Simons. *The Couple Who Became Each Other and Other Tales of Healing of a Master Hypnotherapist*. New York: Bantam Books, 1996.
- Carnes, Patrick J. *The Betrayal Bond: Breaking Free of Exploitive Relationships*. Deerfield Beach, Fla.: Health Communications, 1998.
- Fossum, Merle A., and Marilyn J. Mason. *Facing Shame: Families in Recovery*. New York: Norton, 1989.
- Friel, John, and Linda Friel. *Adult Children: The Secrets of Dysfunctional Families*. Deerfield Beach, Fla.: Health Communications, 1988.
- Schaeffer, Brenda. *Is It Love or Is It Addiction?* 2d ed. Center City, Minn: Hazelden, 1997.
- Schneider, Jennifer. *Back from Betrayal: Recovering from His Affairs*. New York: Ballantine Books, 1990.
- Schneider, Jennifer P., and Burt Schneider. *Sex, Lies, and Forgiveness: Couples Speaking Out on Healing From Sex Addiction*. Center City, Minn.: Hazelden, 1991.

Family

- Bradshaw, John. *Bradshaw on the Family: A Revolutionary Way of Self-Discovery*. Pompano Beach, Fla.: Health Communications, 1988.
- Evans, Patricia. *The Verbally Abusive Relationship: How to Recognize It and How to Respond*. Holbrook, Mass.: Adams Media Corporation, 1996.
- Love, Patricia. *Emotional Incest Syndrome: What to Do When a Parent's Love Rules Your Life*. New York: Bantam Books, 1991.
- Mellody, Pia, with Andrea Well Miller and J. Keith Miller. *Facing Codependence*. San Francisco: Harper San Francisco, 1989.

Key Recovery Works

- Beattie, Melody. *Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul*. San Francisco: Harper San Francisco, 1996.
- Bradshaw, John. *Healing the Shame That Binds You*. Deerfield Beach, Fla.: Health Communications, 1988.
- Breton, Denise, and Christopher Largent. *The Paradigm Conspiracy: Why Our Social Systems Violate Our Human Potential—and How We Can Change Them*. Center City, Minn.: Hazelden, 1996.
- Bryan, Mark, and Julia Cameron. *The Money Drunk: Ninety Days to Financial Sobriety*. New York: Ballantine Books, 1993.
- Cameron, Julia. *The Artist's Way: A Spiritual Path to Higher Creativity*. New York: Putnam, 1995.
- Covey, Stephen R. *First Things First: Everyday*. New York: Simon & Schuster, 1999.
- . *The Seven Habits of Highly Effective People: Powerful Lessons in Personal Change*. New York: Simon & Schuster, 1989.
- Hope and Recovery: The Twelve Step Guide for Healing from Compulsive Sexual Behavior*. Center City, Minn.: Hazelden, 1994.
- Milkman, Harvey B., and Stanley Sunderwirth. *Craving for Ecstasy: The Chemistry and Consciousness of Escape*. New York: Free Press, 1987.
- Millman, Dan. *Way of the Peaceful Warrior: A Book That Changes Lives*. Tiburon, Calif.: Kramer, 1984.
- Mundis, Jerrold. *How to Get Out of Debt, Stay Out of Debt & Live Prosperously*. New York: Bantam Books, 1990.
- Nouwen, Henri J. *Reaching Out: The Three Movements of the Spiritual Life*. Garden City, N.Y.: Doubleday, 1986.
- Peck, M. Scott. *People of the Lie: The Hope for Healing Human Evil*. New York: Simon & Schuster, 1985.
- . *The Road Less Traveled*. New York: Simon & Schuster, 1978.

Sex Addiction

- Adams, Kenneth M. *Silently Seduced: When Parents Make Their Children Partners*. Deerfield Beach, Fla.: Health Communications, 1991.
- Answers in the Heart*. Center City, Minn.: Hazelden, 1994.
- Earle, Ralph H., and Gregory Crowe. *Lonely All the Time: Recognizing, Understanding, and Overcoming Sex Addiction, for Addicts and Co-Dependents*. n.p.: Bradt, 1998.
- Ellison, Marvin M. *Erotic Justice: A Liberating Ethic of Sexuality*. Louisville, Ky.: Westminster John Knox Press, 1996.
- Hastings, Anne S. *From Generation to Generation: Learning about Adults Who Are Sexual with Children*. Tiburon, Calif.: Printed Voice, 1994.
- Kasl, Charlotte. *Women, Sex, and Addiction*. Harper & Row, 1989.
- Nouwen, Henri J. *The Return of the Prodigal Son: A Story of Homecoming*. New York: Doubleday, 1994.

Sexual Health

- Bechtal, Stephen. *The Practical Encyclopedia of Sex and Health*. Emmaus, Pa.: Rodale Press, 1993.
- Berzon, Betty, ed. *Positively Gay*. Berkeley, Calif.: CelestialArts, 1995.
- Covington, Stephanie. *Awakening Your Sexuality: A Guide for Recovering Women*. Center City, Minn.: Hazelden, 1991.
- Diamond, Jed. *Male Menopause: Sex and Survival in the Second Half of Life*. Naperville, Ill.: Sourcebooks, 1997.
- Eisler, Riane. *The Chalice and the Blade: Our History, Our Future*. San Francisco: Harper & Row, 1987.
- Hastings, Anne S. *Discovering Sexuality That Will Satisfy You Both: When Couples Want Differing Amounts and Different Kinds of Sex*. Tiburon, Calif.: Printed Voice, 1993.
- Klausner, Mary A., and Bobbie Hasselbring. *Aching for Love: The Sexual Drama of the Adult Child*. San Francisco: Harper San Francisco, 1990.
- Maltz, Wendy. *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse*. New York: HarperCollins, 1991.
- , ed. *Passionate Hearts: The Poetry of Sexual Love*. Novato, Calif.: New World Library, 1997.
- Renshaw, Domeena. *Seven Weeks to Better Sex*. New York: Random House, 1995.

Sex and Religion

- Elinor, Burkett, and Frank Bruni. *A Gospel of Shame: Children, Sexual Abuse, and the Catholic Church*. New York: Viking Penguin, 1993.
- Laaser, Mark. *Faithful and True: Sexual Integrity in a Fallen World*. Grand Rapids, Mich.: Zondervan, 1996.
- , ed. *Restoring the Soul of a Church: Reconciling Congregations Wounded by Clergy Sexual Misconduct*. Collegeville, Minn.: Liturgical Press, 1995.
- Rossetti, Stephen J. *A Tragic Grace: The Catholic Church and Child Sexual Abuse*. Collegeville, Minn.: Liturgical Press, 1996.
- Sipe, A. W. Richard. *Sex, Priests, and Power: Anatomy of a Crisis*. New York: Brunner/Mazel, 1995.

Trauma Resolution

- Bass, Ellen, and Laura Davis. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*. New York: HarperCollins, 1994.
- Courtois, Christine A. *Healing the Incest Wound: Adult Survivors in Therapy*. New York: Norton, 1996.
- Crowder, Adrienne. *Opening the Door: A Treatment Model for Therapy with Male Survivors of Sexual Abuse*. Philadelphia: Brunner/Mazel, 1995.
- Davis, Laura. *Allies in Healing: When the Person You Love Was Sexually Abused as a Child*. New York: HarperCollins, 1991.
- Dolan, Yvonne. *Resolving Sexual Abuse: Solution-Focused Therapy and Ericksonian Hypnosis for Adult Survivors*. New York: Norton, 1991.
- Fossum, Merle A., and Marilyn J. Mason. *Facing Shame: Families in Recovery*. New York: Norton, 1986.
- Hunter, Mic. *Abused Boys: The Neglected Victims of Sexual Abuse*. New York: Fawcett, 1991.

- Maltz, Wendy, and Beverly Holman. *Incest and Sexuality: A Guide to Understanding and Healing*. Lexington, Ky.: Lexington Books, 1987.
- Miller, Alice. *For Your Own Good: Hidden Cruelty in Child-Rearing and the Roots of Violence*. New York: Farrar, Straus, Giroux, 1990.
- White, William L. *The Incestuous Workplace: Stress and Distress in the Organizational Family*. Center City, Minn.: Hazelden, 1997.

Hermes' Web and the Web Sight Program

Hermes' Web

- is an innovative new tool for working with difficult clients
- helps communicate essential psychological concepts
- demonstrates treatment dynamics
- compensates for learning and comprehension difficulties
- helps build the connection between intention and behavior
- meets clients where they are—dubbed “the equalizer”
- works on multichannels: visual, tactile, abstract, spiritual
- can be used with many treatment models and modalities

Hermes' Web, Ltd., also offers The Web Sight Program, which incorporates the use of The Web. The Web Sight Program is unique—it combines ten essential and difficult components which, when brought together, have the capacity to reach, work with, and affect the most difficult clients.

The following are the components of The Web Sight Program:

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| <ol style="list-style-type: none"> 1. Presenting problems and disorders 2. The Web <ul style="list-style-type: none"> • Ego/Core • The Flip • Black Box • Mirroring • De-repression • Dismantling the victim identity • Tracking the perpetration • Incorporating The Web into your program 3. Interactive drama <ul style="list-style-type: none"> • Principles of drama therapy • The interactive strategy • The repertoire of characters 4. Process Psychology <ul style="list-style-type: none"> • Group process skills • Conflict work • World work • Racism and privilege | <ol style="list-style-type: none"> 5. Violence Prevention <ul style="list-style-type: none"> • The roots of violence • The criminal mind • The holocaust self 6. Real Sexuality 7. Guild Philosophy <ul style="list-style-type: none"> • The new ethic • Democracy • Spirituality 8. Rites of Passage <ul style="list-style-type: none"> • Moving from adolescence to adult—the essential lessons 9. Reading contemporary culture 10. Firebelly work <ul style="list-style-type: none"> • Movement • Rhythm • Team movement/working in unison on body level |
|--|---|

For more information about Hermes' Web or The Web Sight Program, contact:

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Jerry Fjerkenstad, M.A., licensed psychologist, is executive director of MASC (Minnesotans Actively Seeking Community) and The Dream Guild Theatre, a nonprofit corporation providing educational and violence and crime prevention services as well as contemporary theater. Jerry is employed as senior clinical supervisor at Project Pathfinder, an outpatient sex offender program in St. Paul, Minnesota. Jerry created Hermes' Web, The Web Sight Program, and the Interactive Drama approach to violence prevention. He is also a writer, actor, pianist, and drummer.

If you would like to have your own model of Hermes' Web,

please fill out the coupon below and mail it to Hermes' Web, Ltd., at the above address. Using this coupon entitles you to purchase a Hermes' Web for \$8.00 plus postage & handling—a 33% discount off the retail price. Make your check or money order payable to Hermes' Web. For more information, call 612-623-9310.

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Phone: _____

E-mail: _____

Notes

CHAPTER 1:

1. Kimberly S. Young, *Caught in the Net* (New York: John Wiley & Sons, Inc., 1998).
2. Al Cooper, David L. Delmonico, and Ron Burg, "Cybersex Users, Abusers, and Compulsives: New Findings and Implications," *Sexual Addiction and Compulsivity* 7, nos. 1 and 2 (2000).

CHAPTER 2:

1. Jennifer P. Schneider, "Sexual Addiction: Controversy in Mainstream Medicine, Diagnosis Based on the DSM-III-R and Physician Case Histories," *Sexual Addiction and Compulsivity* 1, no. 1 (1994): 19–44.
2. David Delmonico, published on the Internet at www.sexhelp.com (1999).

CHAPTER 3:

1. James O. Prochaska, John C. Norcross, and Carlos C. DiClemente, *Changing for Good* (New York: Avon Books, 1995).
2. G. Alan Marlatt and Judith R. Gordon, eds., *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors* (New York: Guilford Press, 1985).

CHAPTER 5:

1. Patrick J. Carnes, *Facing the Shadow* (Wickenburg, Ariz.: Gentle Path Press, 2001).
2. Patrick J. Carnes, *Contrary to Love* (Center City, Minn.: Hazelden, 1989).
3. Patrick J. Carnes, *Facing the Shadow* (Wickenburg, Ariz.: Gentle Path Press, 2001).
4. G. Alan Marlatt and Judith R. Gordon, eds., *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors* (New York: Guilford Press, 1985).

CHAPTER 6

1. The use of Hermes' Web as a tool for addiction recovery was developed by Jerry Fjerkenstad. All information on Hermes' Web used with permission. (See appendix for more information.)
2. Patrick J. Carnes, *Sexual Anorexia: Overcoming Sexual Self-Hatred* (Center City, Minn.: Hazelden, 1997).
3. Daniel Goleman, *Emotional Intelligence: Why It Can Matter More Than IQ* (New York: Bantam Book, 1995).
4. Patrick Carnes, *Don't Call It Love: Recovery from Sexual Addiction* (Phoenix, Ariz.: Gentle Path Press, 1991).

About the Authors

David Delmonico, Ph.D., is an assistant professor in the Department of Counseling, Psychology, and Special Education at Duquesne University in Pittsburgh, Pennsylvania. He is a graduate of Kent State University with degrees in community counseling, psychology, and counseling and human development services. He has worked and published numerous articles in the area of sexual addiction over the past ten years.

Elizabeth Griffin, M.A., is a licensed marriage and family therapist with more than fifteen years of experience treating sexual disorders. She has worked in outpatient, inpatient, military, and prison settings. She lectures nationally on the assessment and treatment of sexual disorders as well as cybersex issues relating to those with sexual disorders. She is currently chief operating officer for the American Foundation for Addiction Research, a nonprofit organization dedicated to fostering scientific research and understanding and disseminating knowledge of the nature and causes of addictive disorders.

Joseph Moriarity, B.A., B.S., has worked for over twenty years as a freelance writer with a primary focus in the fields of health care, addiction and treatment, science, and education. He has previously ghostwritten three other books for Hazelden, *Winning a Day at a Time* with John Lucas, *Sexual Anorexia* with Patrick Carnes, and *In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior* with Patrick Carnes, David Delmonico, and Elizabeth Griffin.