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| Step 1 We admitted that we were powerless over our addictive sexual behavior and that our lives were unmanageable. 1.J Facing Triggers  |
| Triggers happen. They happen when we least want them to.  |
| What have been triggers for me?  |  |
| What were my feelings when triggered? |  |
| When looking back at those triggers, what do I feel about them? |  |
| What would happen if I acted on such a trigger today? |  |
| How much power do I have over a trigger happening? |  |
| Who can I contact when triggered to help with dealing with the trigger? |  |
| What is keeping me from reaching out to those people when triggered? |  |
| Often, others will suggest changes to our lives to avoid triggering locations or situations. What is keeping me from making those changes in my life?  |  |

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