

Step 1 We admitted that we were powerless over our addictive sexual behavior and that our lives were unmanageable.

1F Sex/Dating Plan

Often, a person will find help by writing a "sex plan or dating plan". We have found that writing one is an activity which helps when done with other people. Sharing this plan with other people adds honesty and accountability.

What activities are allowed?

How often am I allowed to do each?

What actions will I do before being sexual?

What actions will I do afterwards?

To whom am I accountable for my sexual activities?

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