

SEXUAL RECOVERY PLAN

Name:

Sobriety date:

Things that I pray to my higher power to be freed from:	Things that I pray to my higher power to bring into my life:
Bottom Line:	Action Plan:
Gray Area:	Vision Plan:

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

Action Plan

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

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

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 (ie, cruising vs. flirting, compulsive vs. healthy masturbation)
 Any chronic character defect around sex and relationships

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

How to fill out the Sexual Recovery Plan

(excerpts from the Little Blue Book)

What is a Sexual Recovery Plan?

It's a "Statement of Intent" of what a member will or will not do sexually. For many of us, this plan is the very core of the SCA program – a commitment to recovery. It's both a practical means of getting a good hard look at our compulsion and a giant step in breaking away from it.

Is the Sexual Recovery Plan an Abstinence (no sex) Plan?

SCA exists to free us from the constraints of sexual compulsion and not to repress our God-given sexuality, but to learn how to express it in ways that will not make unreasonable demands on our time and energy, place us in legal jeopardy or endanger our mental, physical or spiritual health. However, some decide on a period of complete abstinence until they can restrain their compulsive behavior and learn to express their sexuality in a healthy, responsible manner.

Why a 'written' Sexual Recovery Plan?

The majority of members have found it most effective to put their plan in writing, working up a list of Do's and Don'ts. The very act of committing a plan to paper seems to clarify thinking about sex and romantic obsessions. It also prevents our denial system from rationalizing changes in our recovery plan on the spot, as a sexual encounter presents itself.

What about discussing my Sexual Recovery Plan with others?

Most of us find this helpful. Nobody knows more about our sexuality (its problems and potentials) than we ourselves. However, discussing the details of our plan with a member we trust or a sponsor helps us get it out of our heads and can give us a more impartial outlook.

What if others don't like my Sexual Recovery Plan?

Nobody has the right to approve or disapprove of anyone's plan. The 'SCA Statement of Purpose' specifically states that members define sexual sobriety for themselves. This is why it is important for us to learn to become honest with ourselves which we can do in a loving and supportive atmosphere, free from gossip and criticism.

What if my behavior does not improve immediately?

Many are able to alter their behavior immediately through the use of this plan; others wean themselves away from practices they decide are negative. Do not be discouraged, it is essentially a process of "peeling the onion" to find what our desires really are and then of deciding what action must be taken to realize them. Be mindful that we need to replace our old attitudes, sexual and related activity with new activity, people, places and things, this may take some time.

What will a Sexual Recovery Plan do for me?

This plan provides a guideline for changing compulsive sexual behavior and these guidelines free us from having to make anxiety-provoking choices in the confusion of sexual excitement. Many of us learn in sobriety that we are in fact deeply afraid of non-compulsive sex. This plan can be a means of reviewing those fears and of giving ourselves permission to truly enjoy our sexuality – perhaps for the first time.

Example of a Sexual Recovery Plan, Level 1:

Things that I pray to my higher power to be freed from:	Things that I pray to my higher power to bring into my life:
Bottom Line: Sex with prostitutes	Action Plan: A period of emotional and spiritual health
Gray Area: Anonymous sex Compulsive masturbation	Vision Plan: Will establish a relationship with my higher power Will not be so hard on myself

Example of a Sexual Recovery Plan, Level 2:

Things that I pray to my higher power to be freed from:	Things that I pray to my higher power to bring into my life:
Bottom Line: Sex with prostitutes Anonymous sex	Action Plan: A period of emotional and spiritual health Pray to my higher power every morning Recite the Serenity Prayer every morning Will 'share' once a month in the SCA meeting
Gray Area: Compulsive masturbation Internet pornography Sexting	Vision Plan: Will not feel ashamed of myself Will feel proud of my changes Will grow closer to my higher power Will increase my self esteem

Example of a Sexual Recovery Plan, Level 3:

Things that I pray to my higher power to be freed from:	Things that I pray to my higher power to bring into my life:
Bottom Line: No sex except with my partner No pornography or personal ads No masturbation for 3 months	Action Plan: A period of emotional and spiritual health Pray to my higher power when I wake up and go to bed Memorize all SCA prayers Share at every SCA meeting Attend 2 meetings a week Make outreach calls to members daily
Gray Area: Internet pornography Sexting unless with my partner Flirting with people at work	Vision Plan: Will not feel ashamed of myself Will feel proud of my changes Will walk the path my higher power determines for me Will increase my self esteem Will have a positive view of myself Will be able to help others

The purpose of the Sexual Recovery Plan is to free us to conduct ourselves in ways that are personally appropriate while avoiding harmful situations. This plan is continually deepening and evolving as we gradually add more positive sexual activities.