



The Circle of Life: The Process of Sexual Recovery Workbook

KJ Nivin

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The Circle Of Life - The Process of Sexual Recovery Workbook (Revised: July, 2011). We discuss and work through the 12 Step recovery process. This is a stand alone workbook for working the 12 Steps for Sexual Addiction. Volume 1 is the first and only workbook for The Circle of Life series for sex addiction. Two more volumes exist for recovery from Alcoholism and Compulsive Debting/Spending. Sex addiction is a disease of the body, mind, and spirit. You may believe differently but this is the experience of many of us who are on the road to happy destiny (recovery from sex addiction). Our strength is the result of being sponsored through the 12 Steps. Our hope is in recovery from this addiction by witnessing the success of those who have gone before us. The Circle Of Life workbook was developed to help with the basics of recovery. A strong emphasis is placed on obtaining and utilizing a 12 Step program sponsor. We stress attending sexual addiction support meetings and developing a support system. The intention of this workbook is to work through the 12 Steps with a sponsor to develop an understanding of a Higher Power who will keep us sober (God as we understand God - our own concept). This workbook does not address formal religion or dogma. This process of recovery, we believe through our own experience, is spiritual in nature and change through guidance of a power greater than ourselves becomes the key to recovery. The first three chapters give information on our addiction, seeking help for recovery from sex addiction, the feelings that are associated with coming into sexual sobriety, and withdrawal from active sexual compulsive behavior. Chapters four through twelve are dedicated to working the 12 Steps. It is possible to recover from sex addiction. Recovery is possible if one has the capacity to be honest - honest with themselves and honest with their recovering friends.

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