

**Triangle Area SAA  
Recovery Manual Steps 1 - 9  
Writing A Sobriety Plan**

Week	Activities	Recovery Work
1: Orientation to Sex Addiction	<ul style="list-style-type: none"> <li>• Read:               <ul style="list-style-type: none"> <li>○ “Sobriety Plan Class Syllabus”</li> <li>○ “Introduction to Writing a Sobriety Plan”</li> <li>○ “Addictive Shame Cycle”</li> <li>○ “Recovery Timeline for Sex Addiction”</li> <li>○ “The Stages of Recovery for Sexual Addiction”</li> <li>○ “Disclosure- How Not to Screw Up”</li> </ul> </li> <li>• Reflect on the Addictive Shame Cycle, Recovery Timeline, Stages of Recovery, and disclosure</li> </ul>	<ol style="list-style-type: none"> <li>1. Buy journal, backpack, and <i>SAA Green Book</i>, if you have not done so already</li> <li>2. Journal about:           <ul style="list-style-type: none"> <li>• Your experience with the Addictive Shame Cycle</li> <li>• Your feelings around the Recovery Timeline</li> <li>• Your experience with disclosure</li> </ul> </li> <li>3. Get two phone numbers from other members of the Sobriety Plan class and make two calls to share the recovery work you have completed this week</li> </ol>
2: Distorted Thinking	<ul style="list-style-type: none"> <li>• Read “Understanding Distorted Behavior”</li> <li>• Complete charts for distorted thinking, distorted feelings, and distorted actions</li> </ul>	<ol style="list-style-type: none"> <li>1. Complete Distorted Thinking activities</li> <li>2. Write down 5 examples of distorted thinking, feelings, and/or actions</li> <li>3. Journal about your five examples of distorted thinking:           <ul style="list-style-type: none"> <li>• What event prompted your distorted thinking?</li> <li>• What action did you take?</li> <li>• What will you do differently the next time you encounter that distorted thinking?</li> </ul> </li> <li>4. Make two program calls and discuss your distorted thinking, feelings, and/or actions</li> <li>5. Share the recovery work that you have completed with another member of the group</li> </ol>
3: Three Circles	<ul style="list-style-type: none"> <li>• Read “Three Circles”</li> <li>• Reread “Addictive Shame Cycle”</li> <li>• Review “1<sup>st</sup> Sample Sobriety Plan Schedule”</li> <li>• Complete Three Circles and Triggers graphic organizers (preferably in pencil)</li> </ul>	<ol style="list-style-type: none"> <li>1. Complete Three Circles and triggers activities</li> <li>2. Journal about one of your triggers:           <ul style="list-style-type: none"> <li>• What triggered you?</li> <li>• What did you do when triggered?</li> <li>• How could you have handled the trigger differently?</li> </ul> </li> <li>3. Start writing a sobriety plan that includes, at the minimum, the meetings you will attend, and the phone calls you will make this week</li> </ol>

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		4. Make two program calls to discuss your Three Circles and triggers; and to share the other recovery work that you have completed this week
4: Tools of Recovery: Memorize 12 Steps, Self-Care, Ten Immediate Rewards	<ul style="list-style-type: none"> <li>• Read: <ul style="list-style-type: none"> <li>○ “Introduction to the Tools of Recovery”</li> <li>○ “Memorize 12 Steps”</li> <li>○ “Practice Self-Care”</li> <li>○ “Identify Ten Immediate Rewards”</li> </ul> </li> <li>• Make a list of 5-10 rewards</li> <li>• Make a list of 5 activities that you consider to be self-care</li> <li>• Add self-care and rewards to your sobriety plan</li> </ul>	<ol style="list-style-type: none"> <li>1. Memorize the first 6 Steps of the 12 Steps</li> <li>2. Give yourself at least 3 rewards from your list this week</li> <li>3. Do at least 2 self-care activities from your list</li> <li>4. Journal about your self-care activities: <ul style="list-style-type: none"> <li>• How did you take care of yourself this week?</li> <li>• How did it make you feel to practice self-care?</li> </ul> </li> <li>5. Make two phone calls to share the recovery work you have completed this week</li> </ol>
5: Tools of Recovery: Rigorous Honesty, Meetings, Phone calls, Journaling and Self-talk	<ul style="list-style-type: none"> <li>• Read: <ul style="list-style-type: none"> <li>○ “Commit to Rigorous Honesty”</li> <li>○ “Attend Meetings Regularly”</li> <li>○ “Establishing a Daily Phone Program”</li> <li>○ “Journaling and Positive Self-Talk”</li> </ul> </li> <li>• Make a two-column chart. On top of the left column, write honesty. On top of the right column, write lies. Write 5 examples of when you told the truth over the past 48 hours and 5 examples of when you have lied over the past 48 hours</li> <li>• Add rigorous honesty to your sobriety plan</li> </ul>	<ol style="list-style-type: none"> <li>1. Memorize the last 6 Steps of the 12 Steps</li> <li>2. Share list of lies and truths you have told</li> <li>3. Journal at least 2 times this week: <ul style="list-style-type: none"> <li>• What was triggering me today?</li> <li>• How did I feel when I was triggered? What did I do?</li> <li>• What am I grateful for today?</li> <li>• How have I been doing with my recovery?</li> </ul> </li> <li>4. Make two phone calls to hold yourself accountable to your recovery work</li> </ol>
6: Tools of Recovery: Program Literature, Meditation, Prayer, Sponsorship	<ul style="list-style-type: none"> <li>• Read: <ul style="list-style-type: none"> <li>○ “Read and Write Positive Literature”</li> <li>○ “Pray and Meditate”</li> <li>○ “Get a Sponsor, Co-Sponsor, or Accountability Partner”</li> </ul> </li> <li>• Select a book from the positive literature list that you would like to read this week</li> <li>• Commit a time to pray and/or meditate this week</li> <li>• Set a deadline for when you would like to have a sponsor if you do not have one already</li> </ul>	<ol style="list-style-type: none"> <li>1. Read a chapter or section of a book from the positive literature list</li> <li>2. Journal about the positive literature you have read: <ul style="list-style-type: none"> <li>• What resonated with you in your reading?</li> <li>• What thoughts or ideas did it provoke?</li> <li>• How will this reading impact your future actions?</li> </ul> </li> <li>3. Repeat 5 affirmations to yourself each day</li> <li>4. Pray and/or meditate at least 3 times this week</li> <li>5. Make two program calls to share your progress on this week’s activities</li> </ol>

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	<ul style="list-style-type: none"> <li>• Write down 5 affirmations</li> <li>• Add prayer, meditation, and affirmations to your sobriety plan</li> </ul>	
7: Sobriety Plan	<ul style="list-style-type: none"> <li>• Read:             <ul style="list-style-type: none"> <li>○ “Add Aphorisms to Your Conversation”</li> <li>○ “Writing a Sobriety Plan Using the Tools of Recovery”</li> <li>○ “A Weekly Sobriety Plan Schedule”</li> </ul> </li> <li>• Fill out aphorisms chart Compare your sobriety plan and schedule to the examples in the workbook</li> </ul>	<ol style="list-style-type: none"> <li>1. Complete aphorisms table</li> <li>2. Revise your sobriety plan and schedule to ensure it includes a variety of the recovery tools</li> <li>3. Calculate percent of completed activities Make two program calls to share your progress on your sobriety plan</li> </ol>
8: Revision and Closing	<ul style="list-style-type: none"> <li>• Sit down with a partner to revise your sobriety plan and shore up weaker parts of your plan</li> </ul>	<ol style="list-style-type: none"> <li>1. Implement revised sobriety plan and schedule</li> <li>2. Calculate percent of completed activities</li> <li>3. Make two program calls to share your progress on your sobriety plan</li> </ol>