

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

One aspect of our addiction is that we minimize the costs of the addiction.

Write a story. This is the honest story of the consequences

The story starts: You just have had the consequences made very clear to you. Your spouse just took action or you have just been arrested because of your addiction and are sitting in jail. What happens next? Be as realistic as possible.

Where do you sleep tonight? Are you allowed to pack anything to take with you?

What are the legal issues? What is the crime you are charged with? Is it a felony? Would you have to register as a sex offender?

What are the employment costs? What affect would this have on your current job? What affect would this event have on your future employment (licenses, security clearances, reputation in professional community, etc.)? If you have to register as a sex offender, what would that do to your employment future?

What are the money issues? How much would bail be? How much would you be spending in legal fees? What potential fines could the courts assign? What will divorce cost you?

What are the time costs? How long to get out of jail? How much time would you need to spend each week dealing with the legal issues? Would you be sentenced to any time in jail / prison?

What are the relationship costs? Who would you call to help you get out of jail? What would this event do to any current relationships? What would this event do to any future relationships?

If you are married, what impact will this have on your marriage? Will it prevent you from having contact with your children? Are your children old enough to know what is happening? Will they take sides?

Many places restrict where a registered sex offender can live. Will you have to move out of your home? Is there a place in your town where you can live? Will the probation requirements mean that you can't move to another town / state? Is there a place that will accept you or will you have to move into a homeless camp under a bridge?

Some states mandate a state-run therapy for certain crimes. Will you have to participate in that therapy? What are the financial costs for that therapy? What are the time costs?