

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

### Self-Destruction

Often, we become self-destructive in our addiction. What have we done in these areas?

Destroy our job

Destroy a marriage or relationship

Destroy our finances

Isolate – destroy social life and avoid friends

Had unsafe sex with unknown people – risking destroying our health and the health of our partner

Gone to unsafe parts of town risking robbery or assault.

Destroy hobbies and other interests

Become accident prone

Self harm – cutting

Suicidal thoughts

Suicide attempts

In remorse, confessed all to police, refused to help lawyer with criminal defense, felt that I needed to go to prison and serve full sentence.

Gone into the “dark web” downloading or uploading illegal images – risking prison time