

Celebrate Recovery of Allen

Recovery from Sex Addiction

The Genesis of Our Addiction

Our lust began as an overpowering desire for pleasurable relief from an inner pain, emptiness or insecurity that we were not able to cope with in any other way. At first, it did provide the relief we sought. For a time, sex with ourselves or with others dissolved the tension, relieved the depression, resolved the conflict, and provided the means to deal with, or escape from life's seemingly unbearable situations. Eventually, our quest for relief became an addiction, and the addiction took on a life of its own. Pleasure and relief were gradually replaced with tension, depression, rage, guilt, and even physical distress. To relieve this new pain, we resorted to more sex and lust, losing more control in the process. We were driven to spend more time thinking about and carrying out our addiction. We lived in denial to avoid recognizing just how much of our life was controlled by our addiction. Finally, our addiction took priority over everything: our ability to work, live in the real world, relate with others and be close to God. What began as the cure had become the sickness. The Answer had become the Problem. We were hopelessly addicted to lust.

Overcoming Lust and Temptation

A new loneliness overwhelmed us as we realized that, because of our addiction, we had become increasingly separated from God and our loved ones. We began to seek sobriety, and as we stayed sexually sober for some length of time, we discovered that even though we may not be acting out our compulsion, our obsession was still with us. We began to recognize the many disguises the enemy uses to trick us into lusting. We learned not to rely on our failed and weakened selves, but rather, to turn to God's pure love and absolute power. With an increased reliance on God, we worked on our recovery with altered attitudes, a changed heart and growing humility, and we gained a progressive victory over lust. As we yielded to God, temptation began to lose its control over us. When we admitted we were powerless and gave our lives and our will over to God, He worked in us, and we began enjoying a healthy new balance in our lives. Learning on and learning from others in the program, we continue to walk in His strength, gaining true freedom from lust and sin through obedience to Christ our Lord.

Are You Sexually Addicted?

If you answer YES to at least seven of these questions, you might consider exploring this area of recovery.

1. Do you go from one relationship to another?
2. Do you feel the right relationship would fulfill all your needs?
3. Do you use sex as an escape?
4. Do you make excuses to leave your partner as soon as possible after the act?
5. After a sexual experience do you feel guilty?
6. Has your pursuit of sex interfered with your relationship with your spouse?

For questions regarding Celebrate Recovery of Allen, please contact 972.727.8241 or:

celebraterecovery.fbcallen.org

info@celebraterecoveryallen.org

7. Do you find you are unable to resist a sexual overture?
8. Have you ever sought out help to change your sexual behavior or thinking? Have you ever wanted to?
9. Have you ever tried to limit or stop acting out, but have been unable to?
10. Do you put yourself, or others, in dangerous situations in pursuit of sex?
11. Have you found that you are unable to resist sex or sexual images?
12. Do you have trouble concentrating, or completing tasks at work, always thinking about sex?
13. Do you spend time on the internet viewing pornographic websites?
14. Do you take time away from work to pursue sexual activities?
15. Do you feel you have lost control of your actions to fulfill the need for sex?
16. Have you ever been arrested for a sexual offense?

Some have arrived at this crossroad. One road, a soft road, lures you on to further despair, illness, ruin, and in some cases, mental institutions, prison, or suicide. The other road, a more challenging road, leads to self-respect, solvency, healing, and personal fulfillment. We urge you to take the first difficult step onto the more solid road now.

Twelve Steps and their Biblical Comparisons

- 1. We admitted we were powerless over our addictions and compulsive behaviors. That our lives had become unmanageable.** *“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)*
- 2. We came to believe that a power greater than ourselves could restore us to sanity.** *“For it is God who works in you to will and to act according to his good purpose.” (Philippians 2:13)*
- 3. We made a decision to turn our lives and our wills over to the care of God.** *“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” (Romans 12:1)*
- 4. We made a searching and fearless moral inventory of ourselves.** *“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)*
- 5. We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.** *“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)*
- 6. We were entirely ready to have God remove all these defects of character.** *“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)*
- 7. We humbly asked Him to remove all our shortcomings.** *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)*
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.** *“Do to others as you would have them do to you.” (Luke 6:31)*
- 9. We made direct amends to such people whenever possible, except when to do so would injure them or others.** *“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you,*

For questions regarding Celebrate Recovery of Allen, please contact 972.727.8241 or:

celebraterecovery.fbcallen.org

info@celebraterecoveryallen.org

leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.”
(Matthew 5:23-24)

10. We continued to take personal inventory and when we were wrong promptly admitted it. *“So, if you think you are standing firm, be careful that you don’t fall!”* (1 Corinthians 10:12)

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out. *“Let the Word of Christ dwell in you richly.”* (Colossians 3:16)

12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs. *“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.”* (Galatians 6:1)

For questions regarding Celebrate Recovery of Allen, please contact 972.727.8241 or:

celebraterecovery.fbcallen.org

info@celebraterecoveryallen.org