

PURPOSE

This is a Christian support group open to assist any man struggling with compulsive, obsessive or addictive sexual behaviors with the goal of helping him succeed in his recovery. We seek to apply the Twelve Spiritual steps in a support and accountability group setting, where men are encouraged to move away from unhealthy behaviors toward God's plan for purity, intimacy and fidelity.

GROUP GUIDELINES

- We keep strict confidentiality: what we say here, and who we see here, stays here.
- We gather to care not to cure.
- Trust is the basis for the success or failure of this group.
- We are not therapists, and we do not give advice.
- We speak from our own experience, with "I" statements – not "you" or "we."
- We can be honest, be angry, be real – this is a safe place.
- We do not have to speak or share. At any time we can simply say "I pass."
- We silence our cell phones.

THE TWELVE STEPS

- Step One:** We admitted we were powerless over our addictions and compulsive behaviors – That our lives had become unmanageable.
- Step Two:** We came to believe that a Power greater than ourselves could restore us to sanity.
- Step Three:** We made a decision to turn our will and our lives over to the care of God.
- Step Four:** We made a searching and fearless moral inventory of ourselves.
- Step Five:** We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Step Six:** We were entirely ready to have God remove all these defects of character.
- Step Seven:** We humbly asked God to remove our shortcomings.
- Step Eight:** We made a list of all persons we have harmed and became willing to make amends to them all.
- Step Nine:** We made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step Ten:** We continued to take personal inventory and when we were wrong we promptly admitted it.
- Step Eleven:** We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.
- Step Twelve:** Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

THE ORIGINAL SERENITY PRAYER – Reinhold Niebuhr

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is, not as I would have it.
Trusting that He will make all things right if I surrender to His will;
that I may be reasonably happy in this life, and supremely happy in the next. Amen.