

Freedom From Chronic Relapse

Freedom from Chronic Relapse Recovery Reflections Session 2 Emerging from Darkness: Are You Ready?

You don't need to show these to anyone, but you may want to review your answers with your sponsor or a trusted SA sharing partner. Be as honest as you possibly can.

1. **Take your time on this one: Are you done yet?**
2. **Do you want sobriety?**
The responsibility is on no one else but you.
The decision is in your hands.
3. **What does it mean to you to be “done” with relapsing?**
4. **“If you want what we have and are willing to go to any lengths...”**
— SAWB p. 206
Are you willing to go to any lengths to stay sober?
5. **“Until we have been driven to the point of despair...”**
— SAWB p. 4
How desperate are you?
6. **Have you sincerely reached the point where you're ready to leave old behaviors behind? Why or why not?**
7. **Have you asked God for help, in becoming ready?**
8. **How can you reinforce your commitment to stay out of the darkness?**
9. **You may not actually be a sexaholic. Are you sure?**
If you are, it doesn't get better before recovery.
10. **Do you desire to stop lusting and to become sexually sober?**
11. **You NEVER need to act out again. Ever.**
12. **Sobriety... Long-term sobriety... starts today.**



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