

SAA 12-Step Boot Camp Guide 2.0 Cover Sheet



This 12-Step Boot Camp document takes sex addicts through the Sex Addicts Anonymous (SAA) 12-Steps using a “rapid” and “communal” approach within 8 to 10 weeks. Boot Camp provides a path to new freedom, happiness and serenity. When sex addicts have a “spiritual experience” by working the 12-Steps, it often results in sobriety as a bi-product. This document provides original material and draws from material provided by the AA Big Book and various SAA groups.

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(About Boot Camp)

Why Do We Exist?

We believe that a communal approach to recovery can transform the life of an individual from addiction to one of new found purpose and freedom. Our fellowship exists to facilitate this transformation, which we believe fundamentally changes the lives of the addict.

Our goal is to help individuals who have been struggling with addiction to be reborn into a new life. We believe that through our program which encompasses the power of community, support, accountability and the Big Book 12 step program, anyone can receive this transformation and live a fulfilling life in recovery.

Ultimately, we desire for each transformed member to be integrated back into his community as a fully functioning and contributing member to society.

Special Note: We've tried Boot Camp using various faiths systems and methods. For at least right now, the program seems to work best and have a long-term impact for Christians using Christian methods.

What is the Boot Camp? And how is it worked?

We empower this vision by communally supporting a Mentee in a 8 to10 week Boot Camp working the Big Book 12 Steps.

The program is designed:

1. To be modular and worked every week in person on Fridays evenings with 2 Mentors, 1 Primary and 1 Co-Mentor (i.e. a mentor training), supporting a Mentee.
2. Mentors are responsible for guiding the Mentee through the bootcamp program.
3. Typical Friday evenings involve Dinner Fellowship with the larger bootcamp community followed by Boot Camp work with a designated Mentee. Every week the Mentee is given homework, which is to be completed during the week and shared the subsequent Friday.
4. The bedrock of Boot Camp is the Daily Spiritual Plan, which is shared with the Mentee at the beginning of the program.
5. Additional principles and tools are introduced, as per guidance of the Big Book as the Boot Camp progresses.
6. The entire Boot Camp Fellowship will communally support the Mentees in their bootcamp work (e.g. daily calls and group text thread), while the primary responsibility of administering the program (i.e. mentoring the 12 Steps as outlined in the Boot Camp Guide) rests on the Mentors.
7. Boot Camp is designed to be completed in 8 to 10 weeks with goal of the Mentee experiencing a "spiritual transformation" as a result of working the program, which ultimately - we believe - leads to sobriety as a by-product.
8. To ensure Boot Camp is most effective and efficient, time to work the program and commitment by the Mentors and Mentee is key.

(Health & Sustainability of Boot Camp Community)

1. To ensure sustainability of bootcamp fellowship, it will be governed by the 12 Traditions highlighted in the BB **pg. 562**.
2. To ensure this Guide is an active document incorporating the wisdom and feedback of Mentors/Mentees it's advisable to review & update the document once a year via group conscience.
3. It's advisable to have a Guardian/Servant Leader to oversee and ensure a healthy bootcamp community and its long-term sustainability. It's advisable to rotate this role every 6 months via group conscience.
4. It's advisable to not schedule Mentees in during U.S. Holidays - especially Thanksgiving and Christmas breaks to ensure the program is effective.
5. It's recommended for the Mentors to meet every first week of the month before dinner for a time of prayer and if any support is needed for Mentors to do Step 10 work for themselves. Additionally, Mentors are encouraged to process their Step 10 with fellow Mentors (as needed). The health of the community depends on healthy Step 10 & 11 practices.

(Sustainable Mentorship - A Note to the Mentor)

What's In It For You?

1. Having had a “spiritual awakening” as a result of working the 12 steps, you will get to work your 12th Step by carrying the message to addicts and practice these principles in all your affairs in a sustainable work-life balance model.
2. By mentoring in the Boot Camp, it will help you to maintain your sobriety – The Big Book says "nothing will so much insure immunity from drinking as intensive work with other alcoholics" – this helps protect you from future slips/relapses.
3. You will experience the joy of seeing your Mentee have a “spiritual experience” and likely the miracle of him becoming sober as a by-product.
4. Additionally, you can stay connected with and process your Steps 10 & 11 with the Boot Camp community - Thereby reducing over reliance on your sponsors.
5. Exclusive access to Boot Camp materials, training and support.
6. You may also have a “spiritual experience” yourself through mentoring. Teaching the 12 Steps helps you know the steps better for your own recovery.
7. Invites to Boot Camp fellowship social events:
 - Every two months, fellowship dinners rotations to new restaurants
 - Dinner by the Lake - During Spring/Summer.
 - Group invites to events such as – Texas fairs, retreats, birthday celebrations, game nights, etc.
 - Exclusive access to Boot Camp text or GroupMe thread - to support Mentees and Mentors.

View mentorship as a service opportunity rather than a tenured job. To ensure the program benefits the Mentors and keeps the overall support and sustainability of the Boot Camp community which relies on volunteer support, the minimum commitment would be ~4 Months - (Two-cycles in the Mentorship process).

- Serve 2 months as a Co-Mentor
- Serve around 2 months as a Lead Mentor (completing 12 Steps with Mentee).
- It would be advisable to take a break for a week or two if you desire to continue mentoring. This is to ensure that the program is not burdensome for you and is a desirable activity.

Mentors work in pairs of two with the Mentee.

Mentor is required to be “in person” on Friday nights from 6:30 p.m. to 9 p.m. at the Boot Camp designated location. If you are not able to make it on a particular Friday night, work with your Co-Mentor (first) or the Boot Camp Friday Community (secondly) to help support the Boot Camp work with your Mentee for that session.

Your focus is to guide your Mentee with the goal of helping him find a “spiritual experience” through completing the Big Book 12-Steps and Boot Camp assignments within 8 to 10 weeks

(subject to scheduling).

For the program to be most enjoyable and not burdensome for you:

- Pray for your Mentee daily. (Pray for God's will, encouragement for, and God's attention to Mentee.)
- Pray for Boot Camp and yourself daily. (Pray for God's will for you and Boot Camp, and for guidance in helping Mentee.)
- Follow the Boot Camp Guide – Reading directly from the Big Book text.
- Only mentor your Mentee in person on Friday nights, however keep the larger Boot Camp community and Mentees in mind for secondary support.
- Don't conduct meetings at other times and (no virtual meetings).
- Take daily calls from Mentors and Mentees in program (as possible).
- Send notes of encouragement and comment on Mentee's nightly reviews in GroupMe thread (as necessary).

(Boot Camp & Mentee Matching Process)

Goal: The goal is to identify the “drowning man” per the Big Book who has the time, willingness and commitment to work the Boot Camp program.

We believe it's not those that need the program, rather, those that are willing to put in the work who will be able to gain maximum benefit from Boot Camp. We must also be careful as the Big Book says not to become a nurse for the addict's sprees. The matching process is conducted at regular intervals at the beginning and throughout the Boot Camp program.

Mentee Qualification Guidelines

Some important qualifications we are looking for in a potential Mentee are outlined below:

This provides signs if the person is an addict ...

BB Page 52:“We had to ask ourselves why we shouldn't apply change to our human problems this same readiness to change our point of view. We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people – was not a basic solution of these bedevilements more important than whether we should see newsreels of lunar flight? Of course it was.”

1. He IS the drowning man if:

a. You believe he has hit “rock bottom”.

- Ask him why he wants to do Boot Camp?
- If he desires to stop acting out but is not able to?
- Investigate if he recently went on a binge.
- Investigate the consequences he is facing currently (if any)?
- If he desires to prioritize recover over everything else?
- If he wants to do it for himself? ... (not because of any other person, family, career, etc.)

b. Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past, and why you are now endeavoring to be helpful to him. If he is willing to have what you currently have?

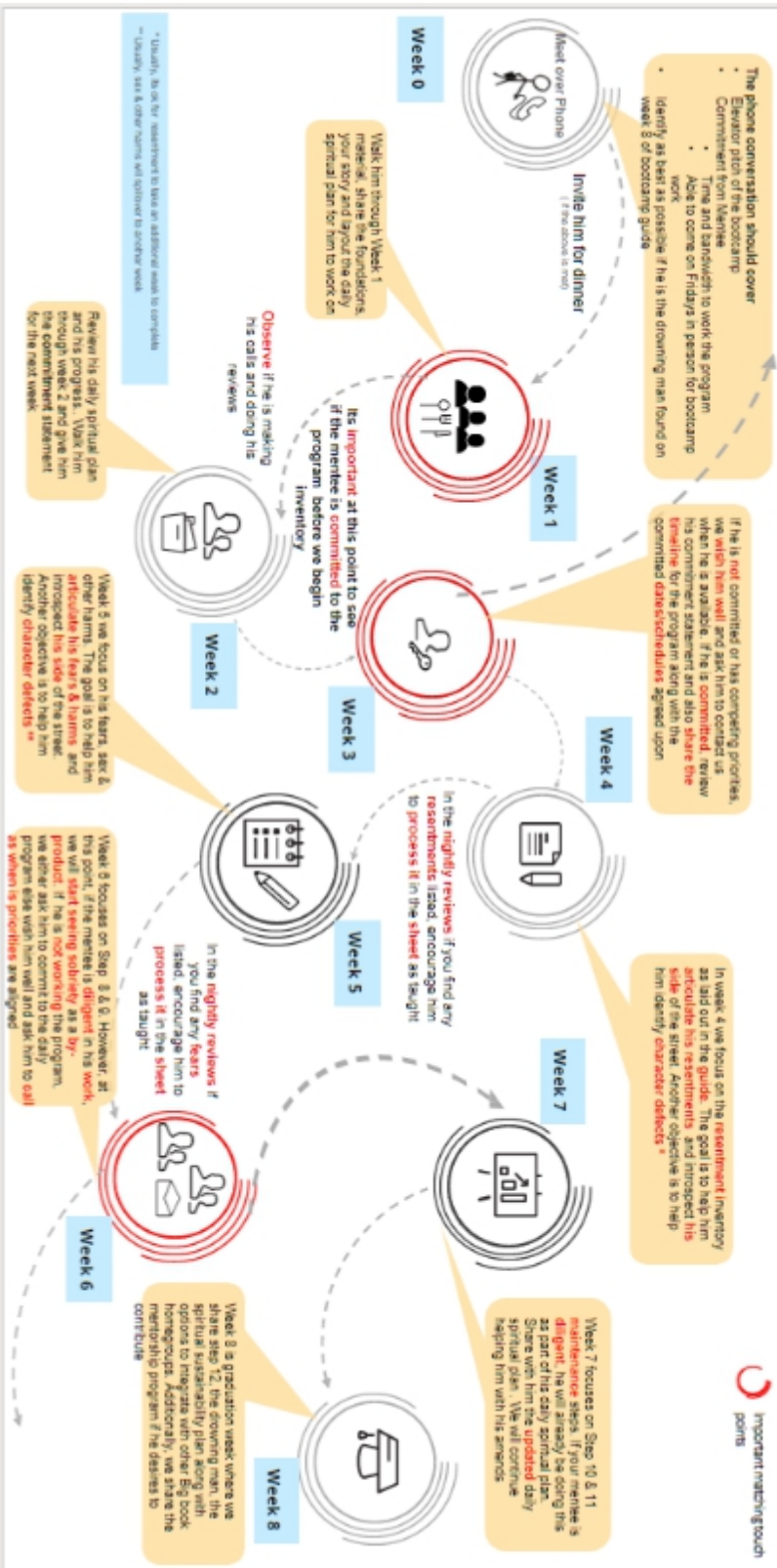
2. He may NOT be the drowning man if:

- If he does not want to stop acting out.

- If he wants to quit acting out for other reasons besides for himself such as a wife, family, career, etc.
 - If he is a hard drinker - Found in "Week 1" material - Able to stop acting out using his will power.
 - If he is not interested in your solution and only expects you to be a financial/emotional banker or a nurse for his sprees.
 - Candidate starts giving you reasons as to why he need not follow the program and runs his own program rather than the Boot Camp program.
 - You find it a waste of time to keep chasing a man who cannot or will not work with you.
3. He is willing to commit to the time of the Boot Camp which is 8 to 10 weeks in-person on Friday nights from 6:30 pm – 9 pm. at a designated location including Dinner Fellowship - *(which is an important part of building community followed by working the Boot Camp program)*.
 4. Time and Bandwidth to do Boot Camp homework each week.
 5. Staying committed and following instructions as laid out by the Mentors - We are after progress, not perfection.
 6. No Conflicts with pre-existing Sponsors:
 1. Sharing with the sponsor and being transparent about Boot Camp, up front.
 2. Prioritizing Boot Camp work above other work that may be shared by the sponsor during the 8- to 0 week Boot Camp since. *(We are an intensive 12-Step work group.)*
 3. Have Sponsor call the Boot Camp Mentor (if needed).
 7. He may be anxious to start immediately – However, make sure you assess the candidate thoroughly yourself and via group conscience ... praying and choosing the Mentee *wisely*.

(See Boot Camp & Matching Process flow chart blow.)

Bootcamp & Matching Process Flow



(Boot Camp Scheduling)

Goal: Effective coordination among the Mentor, Co-Mentor, and Mentee is crucial for the success of the Boot Camp. To achieve this, it's highly recommended that all parties operate on “one” unified calendar throughout the program. This will help facilitate clear communication, avoiding scheduling conflicts, and ensuring everyone is “always” on the same page.

Responsibility: The Mentor and Co-Mentor are responsible for coordinating the Boot Camp schedule. The Mentor will take the lead in this effort, working collaboratively with the Co-Mentor to ensure all in-person Boot Camp work is scheduled.

- **Preparation:** Mentor print and fill out Monthly Calendar (for duration of Boot Camp – e.g. 3 months worth including:)
 - Dates for Fridays of each month including Boot Camp mentoring dates
 - US Holidays, Men’s recovery conferences, vacation, etc.

(See Boot Camp Calendar template below.)

- **Calendar Sync Meeting:** Mentor discusses and syncs calendars (with Mentor, Co-Mentor and Mentee.)
 - Ask everyone to bring their personal calendar (for the next 3 months)
 - Provide copies of Boot Camp Calendar template
 - Sync everyone’s calendars including:
 - Friday dates for Boot Camp
 - Vacations, Holidays, Conferences, etc.
 - Any other known scheduled conflicts
 - Assign Mentor coverage for Friday dates
 - After everyone agrees on final calendar, use GroupMe for digital calendaring. *(Make sure Co-Mentor & Mentee are set-up in system. See Boot Camp Guardian/Servant Leader to gain access to GroupMe.)*
- Closing:
 - [Mentor note: Stress the importance of sticking to the schedule to have a successful Boot Camp experience. *(Explain danger of relapse if we don’t stick with schedule.)*
 - Let everyone know the Mentor is the single point of contact for scheduling should an emergency arise.]

Boot Camp Calendar – For (Insert Mentee Name)

(Insert Month)		
(Insert Month)	(Insert Month)	(Insert Month)
Friday	Friday	Friday
(Insert Date)	(Insert Date)	(Insert Date)
<u>Week 1</u> 6:30 to 9 pm	<u>Week 5</u> 6:30 to 9 pm	<u>Week 10</u> 6:30 to 9 pm
<u>Week 2</u> 6:30 to 9 pm	<u>Week 6</u> 6:30 to 9 pm	
<u>Week 3</u> 6:30 to 9 pm	<u>Week 8</u> 6:30 to 9 pm	
<u>Week 4</u> 6:30 to 9 pm	<u>Week 9</u> 6:30 to 9 pm	
<u>Notes:</u>		

SAA Boot Camp Guide 2.0

(Mentor / Co-Mentor Script)

Week I

- Commitment:
 - Desire to stop acting out.
 - Willingness to go to any length to find a solution - A path to new freedom, happiness, and serenity.
 - Time and commitment to work the Boot Camp.
 - Prioritizing your recovery in the Boot Camp before other parts of life.
 - Commitment to meeting on Friday nights from 6:30 pm to 9 pm for (8 to 10 weeks) subject to scheduling.
- Foundation – [Mentor Note: While you walk Mentee through the Foundation, use your personal recovery story while describing the nature of the “Three-part malady.”]

(See Foundation sheet below.)

GOD

POWER GREATER THAN OURSELVES

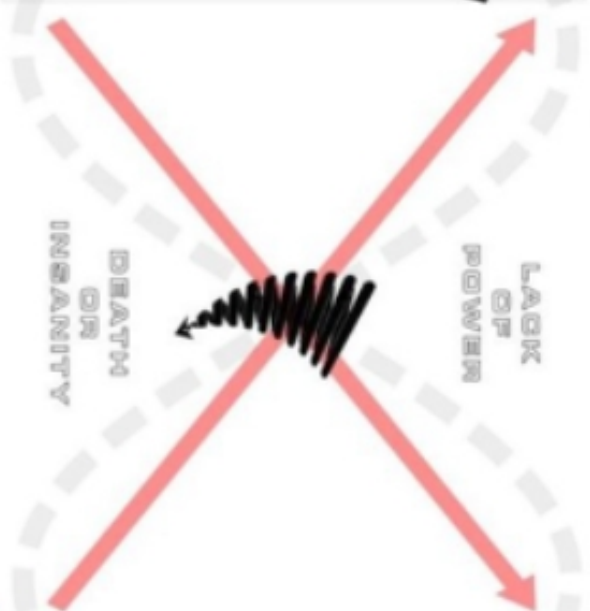
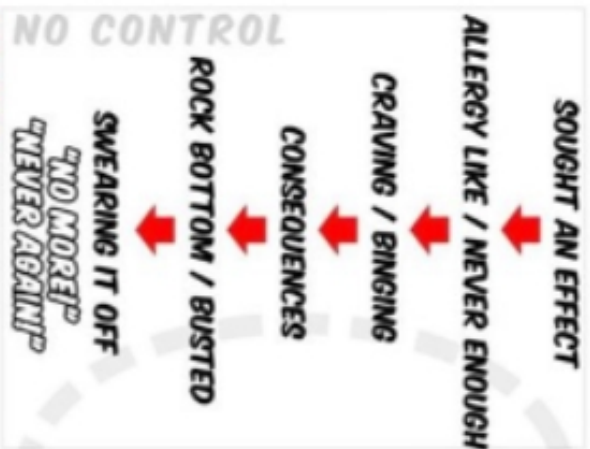


A THREE-PART PROGRESSIVE DISEASE

PHYSICAL CRAVING

SPIRITUAL MALADY

MENTAL OBSESSION



BAD NEWS: I'M SCREWED
QUESTION: DO YOU REALLY WANT TO STOP?

GOOD NEWS: IT IS OF MY OWN MAKING
 WE CAN SHOW YOU WHAT OTHERS SHOWED US

- **Are you an addict?**

If not, you probably don't need to be here. Consider... (Mentor tells his story, as needed.)

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Doctor's Opinion: (These page numbers will vary according to the edition of the Big Book version).

Page XXVI Read: First full paragraph starting with “We believe, and so suggested...”

“We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.”

Where this paragraph mentions “temperate drinker”. The tie-in is temperate = moderate. We addicts are not temperate. Our experience proves that we cannot consistently participate in these types of activities in moderation.

Point: We have a craving and an allergy that does not exist in the non-addicted person.

Page XXVIII Read: “Men and women drink...”

*Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are **restless, irritable and discontented**, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks--drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known*

stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

Point: We like the effect and sensation of the chemicals in my brain when we begin to act out.

Point: We know it causes problems, (refer to the powerlessness side of the foundation diagram: “injurious” = consequences) but eventually I can’t distinguish between true and false.

Page 30: *MOST OF US have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of **insanity or death.***

Point: “Illusion” = “False” from page XXVII. I can’t tell what is “real” and what is “not”.

Examples: “I’ll do better at controlling it next time”.
“I can handle this situation”.

Point: I can’t engage in certain behaviors like other people.

Some men have a take-it-or-leave-it attitude about something that I cannot stop myself from doing. I am powerless over it.

This is unmanageability.

Unmanageability = Loss of the “power of choice”. It is not the same as powerlessness.

Powerlessness = “Loss of control” once I start my addictive sexual behavior.

Page 20: “Moderate drinkers” and “Then we have a certain type”.

Moderate drinkers have little trouble in giving up liquor entirely if they have good reason for it. They can take it or leave it alone. Then we have a certain type of hard drinker. He may have the habit badly enough to gradually impair him physically and mentally. It may cause him to die a few years before his time. If a sufficiently strong reason - ill health, falling in love, change of environment, or the warning of a doctor-becomes operative, this man can also stop or moderate, although he may find it difficult and troublesome and may even need medical attention.

Point: Some people can moderate or abstain with no difficulty at all. They do not experience what I experience with the craving, allergy, and powerlessness.

- Hard drinkers may or may not have the phenomenon of craving.
- For all intents and purposes, they drink “exactly” like an alcoholic.
- However, if they **do** have the “phenomenon of craving”, they can **choose** to not drink altogether.
- If they **don't** have the “phenomenon of craving”, they will be able to moderate **on their own power**.

Summary:

A hard drinker **could** quit if he just **would**. A real alcoholic **would** quit if he just **could**.

[Mentor Note: Pause for insights.]

Daily Spiritual Plan

(The cornerstone in which we are built up.)

- **Prayer** - Upon awakening – Ask God “for the power to stay sober, just for today so you can serve others.” *(Practice humility by kneeling, add prayers suggested by your BB text or Mentors.)*
- **Meditate** - About the 24 hrs. ahead. *(Consider your plans for the day.)* BB pg. 86
 1. Ask God to direct your thinking, that it be divorced from self-pity, dishonest or self-seeking motives.
 2. When in indecision – Ask God for inspiration, an intuitive thought or a decision.
 3. Pray that you will be shown all through the day what your next step is to be, that you be given whatever you need to take care of any problems.
 4. Ask for freedom of self-will – that you are careful to make no request for yourself only – to your own selfish ends.
 5. When agitated or doubtful, you ask God for the right thought or action, humbly saying to yourself many times each day, “Thy will be done.”
- **Prepare to Share** - Study your recovery text. – *(Read, Write, Meditate.)*

(Read & write from the following:)

 - Read a page or few paragraphs from the Big Book. *(Read between page 1 to 164 & journal about what your heart is receiving/learning.)*
 - The goal is to think about how the reading can benefit the men you plan to call. *(Your Higher Power will guide you.)*
- **Call 3 men with more experience** - Suggested by your Mentor - *(If no answer, leave voicemail.)*
 - Share your writings and observations from above.
- **Hit a Meeting (Optional) or Double-Down on your Reading** - *(Attending meeting is a good use of time, but shouldn't be confused with working the Boot Camp program. Boot Camp work should come first.)*
 1. Best: Attend a 12-Step meeting suggested by your Mentor.
 2. Spend additional time reading through the stories section of the Big Book.
- **Nightly Review** – Step 10 – *(See below.)*
 1. Where was I resentful, selfish, dishonest, or afraid?
 2. Do I need to apologize to anyone? Who? What for? When will I?
 3. Do I have anything in my head that I really should share with someone?
 4. Was I kind and loving to everyone today?
 5. What good things did I do today?
 6. What thing could I have done better today?
 7. Was I thinking of only myself most of the day?
 8. Did I think of serving others today? Who?
 9. Now we ask for forgiveness from our Higher Power for any area where we may have fallen short and for guidance if there is anything we need to do to make it right.
 10. Gratitude – What am I grateful for today? Write down 5 things you're grateful for.

Homework: Read **pages 1 - 57** from the Big Book. (*Meditate on these pages/share insights during week calls.*)

[Mentor Note: Please advise your Mentee to share their Boot Camp reading with others during daily calls. It's crucial that the Mentee stays on track with the weekly reading to fully benefit from the program.

IF we miss their calls, please listen to their voicemail and report what they shared in the Boot Camp GroupMe thread for the Mentee. Also, please encourage them over the call or through GroupMe messages to support them as they make small changes and progress. Let's cheer them along!

This will also allow others in the Boot Camp community to see what's going on with the Mentee and have “real-time” information about Mentee’s progress – allowing the community to better help support him.]

[Mentor Note: **Host Calendar Sync Meeting Now:**

Synchronize everyone's Calendar including Mentor, Co-Mentor and Mentee. (Hand copy of Boot Camp Calendar Template to Co-Mentor and Mentee.)

(See Boot Camp Scheduling instructions on page 9 and Boot Camp Calendar template (below).]

Boot Camp Calendar – For (Insert Mentee Name)

(Insert Month)		
Friday	Friday	Friday
(Insert Date) <u>Week 1</u> 6:30 to 9 pm	(Insert Date) <u>Week 5</u> 6:30 to 9 pm	(Insert Date) <u>Week 10</u> 6:30 to 9 pm
<u>Week 2</u> 6:30 to 9 pm	<u>Week 6</u> 6:30 to 9 pm	
<u>Week 3</u> 6:30 to 9 pm	<u>Week 8</u> 6:30 to 9 pm	
<u>Week 4</u> 6:30 to 9 pm	<u>Week 9</u> 6:30 to 9 pm	

Notes:

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 2

Review the homework:

- What are your thoughts about the reading?
- Did anything stick out to you?
- Do you think you are a real addict?
- What do you think of page 23?
 - “These observations”:

Page 23: *These observations would be academic and **pointless** if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than in his body. If you ask him why he started on that last bender, the chances are he will offer you any one of a hundred alibis. Sometimes these excuses have a certain plausibility, but none of them really makes sense in the light of the havoc an alcoholic's drinking bout creates. They sound like the philosophy of the man who, having a headache, beats himself on the head with a hammer so that he can't feel the ache. If you draw this fallacious reasoning to the attention of an alcoholic, he will laugh it off, or become irritated and refuse to talk.*

Point: If I have that first “drink”, I am no longer certain that I can control or predict where it will lead me. I get tunnel vision. I begin to rationalize and justify. I go on a binge.

So, I am powerless over the images, objectification, etc. As a result, I go on sprees.

Powerlessness is the inability to control yourself once the behaviors start.

Unmanageability is the loss of the power of choice.

- I cannot manage my most sincere decision to abstain from a behavior that I admit might kill me.
- I cannot manage to abstain from a behavior that threatens my life.
- I cannot manage the decision to live. Life is unmanageable by me.

- The “powerlessness” side of the diagram cannot be fixed. That is the part that is “in me”. It is a part of me.
- The “unmanageability” side of the diagram is what the 12 Steps address.

I can’t change the powerlessness, but I can change the unmanageability. But, I need a power that is greater than me to help me.

[Mentor Note: Pause for insights.]

Step One: We admitted we were powerless over sex addiction - that our lives had become unmanageable.

- 1) We are powerless and that is why we have sought out someone that might have a solution.
- 2) Our lives are unmanageable and we can’t fix it. It just keeps getting worse.

[Mentor Note: “If you are satisfied that he is a real sex addict, begin to dwell on the hopeless feature of the malady.”

Pg 92: I should be sure that he is a real sex addict. I should have him demonstrate at this point from his own experience that his behavior fits the model you have just shown him through your experience. You **SHOULD BE SURE THAT HE IS THE REAL DEAL.** If you are not convinced, then say so.]

Step Two: Came to believe that a Power Greater Than Ourselves could Restore us to Sanity.

- 1) Would you say I once struggled with the same type of behavior that you have?
- 2) Do you believe I found a solution that solves that problem for me?

[Mentor note:]

Here it may be necessary to tell other portions of our story: “...what happened and what we are like now.” Before we shared the common problem, “...what we were like.”, in order to make the identification in Step 1.

Here we tell the rest of the story to provide the glimmer of hope that is necessary for Step 2.

- 3) Do you believe, if you do what I did, that maybe it will work for you too?

Page 24: Read the italicized paragraph

“The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so called will power becomes practically non-existent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.”

Point: We lost the power of choice.

Point: We are unable to bring the memories of suffering and humiliation to our consciousness with sufficient force.

What is another word for force?

POWER

Page 45: Read ...

“Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?”

Point: Our problem stems from a “lack of power.” So we need some power that is bigger than us because we cannot do this. It is evident from our history that we are powerless in this regard.

Point: So where do we find this Power? That is the purpose of the 12 Steps. The 12 Steps offer a solution for finding a Power that can do what I cannot do. The 12 Steps tell us how to live in relationship with this Power.

Point: What kind of Power do we need?

- Able
- Willing
- Bigger than myself

Example: Because of my powerlessness, I ended up in a dark, deep pit. I can't crawl out of it. I can't dig my way out. I'm trapped.

This Power has to be:

- Able to reach the bottom of this dark, nasty pit where I am.
- Willing to rescue me from this deep pit.
- Bigger than me: I can't save myself.

[Mentor Note: Pause for insights.]

Consider the 3 types of spirituality (Atheist, Agnostic, Believer):

Atheist: Why not try something you haven't tried before, to get what you haven't had before?

*(Use the example of those in whom the problem has been solved as evidence of that Power, **page 25**, first paragraph.)*

Agnostic: Why not be willing to believe that a Power wants to be involved in your life, if you haven't done it before?

Believer (toughest): If your belief system is so great, why are you here now? Perhaps your conception of God has been somewhat limited. What if God is a LOT bigger than you think? What if He is a LOT more than you believe?

But here's the deal. God has to be a Power greater than me. That means:

- I need to be willing to set aside my preconceptions about God (at least until God defines Himself through us doing the work of the 12 Steps).
- I cannot make a deal with God to save me.

(I can't make deals w/a Power greater than myself.)

- I can't manipulate God. There can't be any "if I do this, will God do that?" (a power that I can manipulate is not a Power greater than myself.)
- These conceptions cannot be true of a Power greater than myself.

We've talked about the dilemma of "not knowing" what is true, and what is false. Here's some truth:

- God wants to be in relationship with us.
- God wants us to be "fixed", healed.
- God wants to save us from the deep, dark pit.

*(Suggest covering middle paragraph on **page 46**. It is our arrogance that tries to define or understand God. I cannot wrap a limited brain around an infinite concept. This ties in nicely with **page 53**.)*

Page 47: Read section starting with “Do I now believe...”

We needed to ask ourselves but one short question.

“Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this “simple cornerstone” a wonderfully effective spiritual structure can be built.

Emphasize the willingness to “believe” that “there is a solution.”

Page 53: *“When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be?”*

Point: (Third-to-last sentence) God is “either everything” or God is “nothing.”

Question: Do you think, or are you willing to consider, that God really is everything?

[Mentor Note: Pause for insights.]

Homework:

- Read **pages 58 - 103** (*Meditate on these pages/share insights during week calls.*)
- Daily Spiritual Plan - (*The cornerstone in which we are built up*).
- **Define Sobriety Commitment Statement & Complete Circles charts:**

[Mentor Note: Give Sobriety Commitment Statement and Circles Charts Templates below to Mentee.]

- Suggested Template – “I < XXX > will work to have a “spiritual experience” through completing the Boot Camp which includes working the 12 Steps and related assignments within the allotted time. Additionally, for the next 130 days and until I finish the 12 steps, I will desire to not act out sexually in any form such as masturbation, porn or sex with others. I will also use the 3 second rule with my eyes to avoid sexual stimulation and becoming triggered.”

[Mentor Note: Explain to Mentee that a good guiding principle while defining this statement is to determine if this statement passed the selfishness or not test.

- This is important homework as this will be something the Mentee comes up with and it's not the Mentor's definition. The end result is a commitment statement that allows enough room for Mentee to grow spiritually, but with guard-rails in place so he recognizes limits are in place for protection. At the same time, there are clearly some areas that are off-limits such as Clubs of an "adult nature", X-Rated movies, masturbation, flirting with people they are not married to, etc.
- The commitment need not be so tight that accidental exposure would violate the statement, also, too narrow that focuses on perfection rather than progress.
- Abstinence for a temporary period will be encouraged for married men or someone in a relationship till a more detailed understanding of the selfishness and self-centeredness piece is established.
- Keep in mind, according to Dr. Patrick Carnes - the leading psychologist for sex addiction - it takes 130 days of abstinence (no acting out) for men to be able to start forming new sexual habits.]

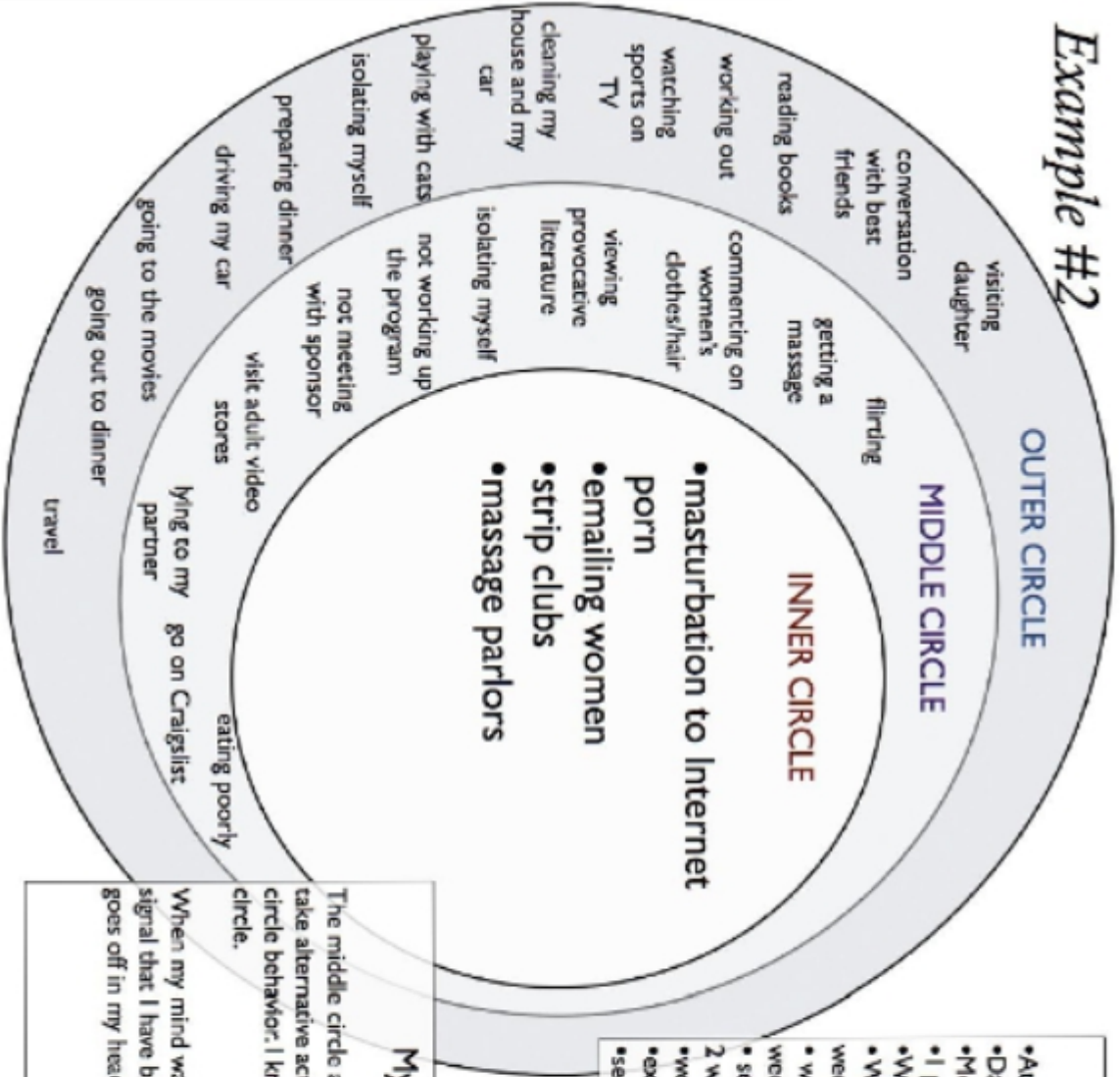
Sobriety Commitment Statement- Example

"I < XXX > will work to have a spiritual experience through completing the Boot Camp which includes working the 12 Steps and related assignments within the allotted time. Additionally, for the next 130 days and until I finish the 12 steps, I will desire to not act out sexually in any form such as masturbation, porn or sex with others. I will also use the 3 second rule with my eyes to avoid sexual stimulation and becoming triggered."

"Ask Mentee to Define his Sobriety Statement"

Sobriety Commitment Statement - Template

Example #2

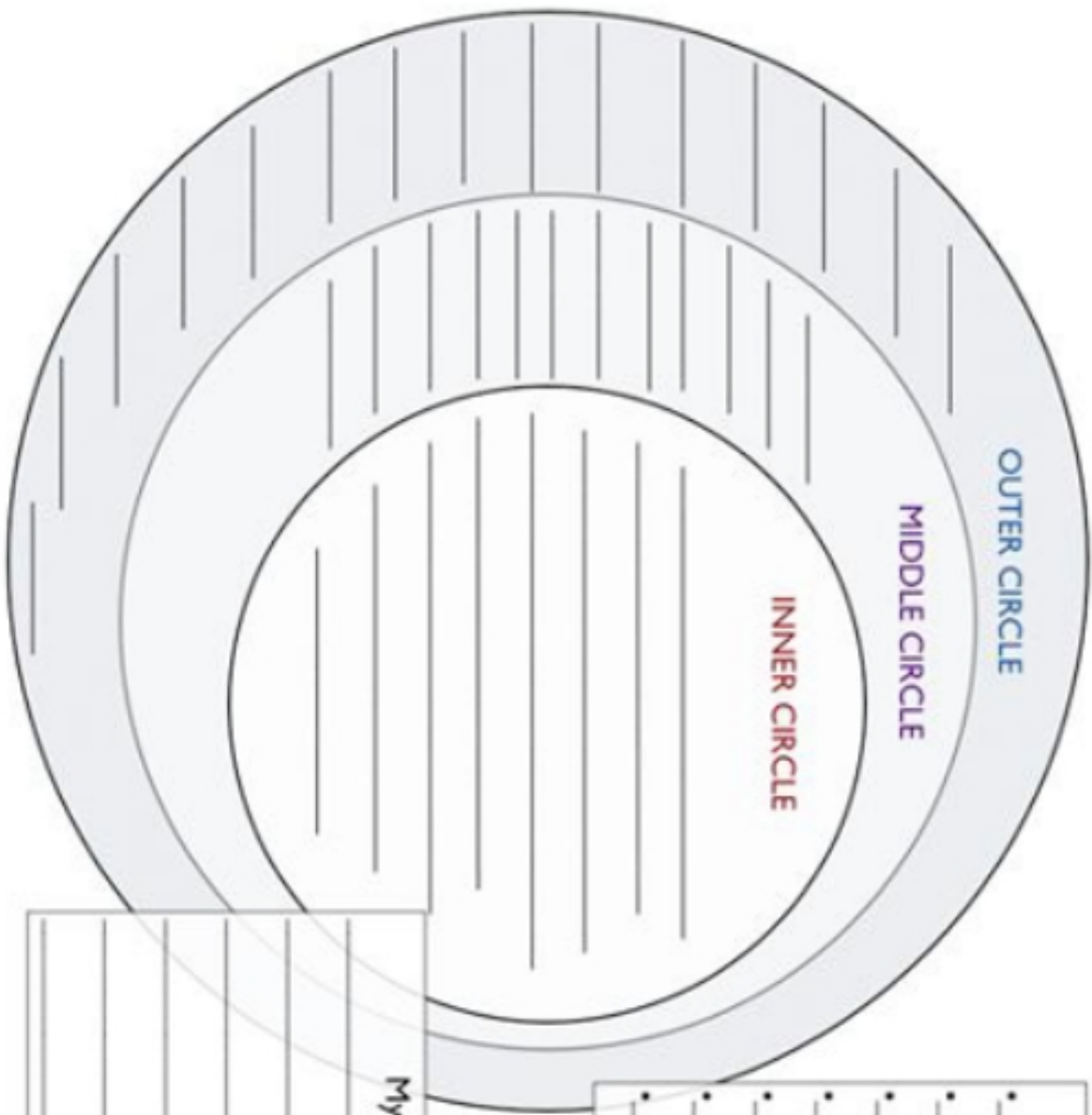


- ### Sobriety Plan
- Attend 4 meetings a week
 - Daily prayer
 - Meditation
 - 1 phone call per day
 - Work with sponsor 1x per week
 - Working with my sponsee 1x per week
 - working with my therapist 1x per week
 - seeing marriage counselor every 2 weeks
 - work Step program
 - exercise 4x per week
 - service week

My thoughts ...

The middle circle are dangerous. I am learning to take alternative actions when I engage in a middle circle behavior. I know they can lead to the inner circle.

When my mind wanders to the inner circle, it is a signal that I have been triggered. A "danger" signal goes off in my head.



My questions ...

Sobriety Plan

-
-
-
-
-
-
-
-

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 3

- **Review the homework:**

- What are your thoughts about the reading?
- Anything that stuck out to you?

- **Review Sobriety Commitment Definition:**

[Mentor Note: After the Mentor/Co-Mentor feels that the essence has been captured, please ask the Mentee to sign and date it. The Mentors can also sign it, demonstrating their commitment to guiding the Mentee through Boot Camp.

Please advise Mentee to keep the signed document in a visible place where they can see it every day during their journey through Boot Camp. This will ensure the Mentee keeps their goals in mind and stays motivated throughout the program.]

- **Review pages 58 – 63:**

- Understanding that selfishness, self-centeredness as the “root” of our troubles is essential to solid definition of sobriety. It's also essential to have a thorough understanding of these pages for the work in Step 4 to be solid.
- If we truly understand the phenomenon of craving, then it is better to err on the safe side. Besides, there's nothing wrong with complete abstinence. Many people choose it as a lifestyle. In early recovery when we're not so sure even in our marriages what is selfish and what is not, committing to a period of abstinence in the beginning is never a bad idea. It allows the couple to focus on other aspects of their relationship. This will help you find an unselfish approach to sex.

[Mentor Note: Pause for insights.]

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

[Mentor Note: Pray that what God wants to happen, will happen. You are your Mentee's Messenger, not their Savior.]

- **Page 28:** The big book describes the man that is ready to recover having the desperation of a “drowning man”. So we present the scenario that the 12 Steps are the life preserver that we need in order to get free from this addiction.
- We pose these questions to the new man:
 - Are you drowning in your addiction?
 - Do you recognize that you need the 12 Steps like a drowning man needs a life preserver?
 - What if the life preserver is covered in poo?
 - What if the life preserver is also embedded with glass?
 - Well what if the life preserver is covered in poo, embedded in glass, and is on fire?
 - Do you still want it?

The answers to these questions indicate your willingness to grab hold of this program. But you must realize that it is not a neatly wrapped box with bow on it.

- Last chance to back away?
- **Page 63:** The big book says ...

“We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.”

- You need to be very aware of what you are asking in this Prayer. We should be careful of what we ask from God. He answers all prayers and those answers may not look the way we want, e.g. asking God for patience, asking God for humility, etc. You should be offered time to think about this.
- Before the 3rd step prayer, write on the first blank spot in their Big Book these words:

“I, <your name>, am willing to go to any lengths for a spiritual experience (or awakening) and victory over my addiction”. Sign & date below it.

[Mentor Note: Go to a quiet (preferably private) area and pray the 3rd step prayer with them.]

Homework:

- Daily Spiritual Plan - [Mentor Note: Continue to encourage Mentee to work the daily spiritual plan.]
- For next week, plan to do a shorter dinner to make sure you have sufficient time to process your inventory (6:30 pm - 7:00 pm dinner followed by Boot Camp work).]

- **Step 4 – Made a searching and fearless moral inventory of ourselves.**
 - Explain Step 4 Sheets - Resentments & Fears

Resentments Instructions

Resentment means to “re-feel”.

- Please read from the bottom of **page 63** through **page 65** before beginning.
- Give Mentee Resentments Inventory sheets (*see below*).
- Encourage Mentee to pray before completing the Resentments Inventory, humbly asking his Higher Power for guidance.
- Go over the example Resentments Worksheets with your Mentee. (*Ensure he understands how to complete it properly.*)
- Encourage the Mentee to fill the sheet out Column by Column.
- Encourage him to fill in the first Four columns.

[Mentor Note: When you meet the following week, there is a possibility for helping Mentee to reframe the specifics of the Resentments, so he can see his “side of the street.”)]

During Week 4, you can help him fill the rest of the columns. Once he is able to process the first few, the rest should not take as much time.

The goal is for us to teach him how to process Resentments in a structured way.

Spend time on the bigger ones up-front. Once he gets the hang of it, he will be able to complete the rest of the inventory.

After the column instructions, refer to the examples to give Mentee a better idea of how to properly complete the Resentments sheet.

It's very important for him to understand how to work the sheets.]

Column 1: Resentments

- *List all people, places, things, institutions, ideas or principles with whom you are angry, resent, feel hurt or threatened by. (Write down specific resentments, then break them down into new lines. (e.g. I'm resentful because of X. Then list A main Resentment, and any Sub-Resentments under that main Resentment) i.e. Sub-categorize resentments because there may be many sub-resentments hidden under one overall resentment.)*
- Example 1 (Resentment) – A) *Resentful towards father; B) Father*

- Example 2 (Resentment w/Fear) – *Resentful towards my mother.*

[Mentor Note: IE we notice the frightened box checked, encourage the Mentee to make a note of this and write it down on the Fears Inventory sheet.]

Column 2: Why am I Resentful?

- *What happened? Be specific as to why you were resentful.*

[Mentor Note: Notice there are several synonyms to Resentments listed on the example worksheet such as Irritated, Discontent, Dissatisfied which should be analyzed and put on the sheet.

Even if these frustrations look small, let's not underestimate them. These Resentments could be a wolf hiding in sheep's clothing. As the Big Book says – Resentments are the “Number 1” offender that takes out most addicts. We need to be very diligent with them here.

Challenge and encourage your Mentee to be specific with their Resentments. The more specific they are in identifying the problem, the better they are able to give it up to their higher power.]

- E.g. Resentful towards my father for criticizing me in front of my friends when I came back from bowling.
- E.g. Resentful towards my mother for beating me when she found out I failed in my exam.

Column 3: What part of the self was hurt?

- *How did it make me feel? Specifically, how did it affect the seven parts of self?*
 1. **Self-Esteem** – How I think of myself.
 2. **Pride** – How I think others view me.
 3. **Emotional Security** – General sense of personal well-being.
 4. **Pocketbook** – Basic desire for money, property, possessions, etc.
 5. **Ambitions** – Our goals, plans and designs for the future.
 6. **Personal Relations** – Our relationships with other people.
 7. **Sex Relations** – Basic drive for sexual and emotional intimacy.

[Mentor Note: This is an important step in helping our Mentee process how they were hurt.]

Let's practice empathy by:

- Listening to them
- Validating how they feel
- Paraphrasing how they feel
- Our goal is to be keen listeners and validators of their emotions. We don't have to validate facts, but its advised to validate how they feel.

Column 4: Resentment Prayer?

- This is an important step in helping them view others as “sick people” as highlighted on BB **pg 67**.
- Encourage them to read this paragraph which will allow them to give up the Resentment to God.
- When they are specific in column 2, then it's possible for them to more easily give this up to their Higher Power.

[Mentor Note: Practice empathy and listening – The inventory was theirs. Let them review and draw their own conclusions. – Our job as a Mentor is to steer them towards what the Big Book would have them do.]

- Encourage Mentee to personalize his sick man's prayer.
 - *E.g. God, my father fell short in being critical towards me. This causes a lot of shame. Though it's challenging, please help me see the sick man my father was and help me grant the same tolerance and patience I would grant a broken man. God save me and help me to give this up to you. Thy will be done!*
- Resentment Prayer - “This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.”

Column 5: Where did I fall short?

[Mentor Note: Ask Mentee to take a stab at this ... but that you can help him process this when you meet him the following week. Once the bigger ones are processed, the others in this column will be easier for your Mentee to do as his homework.]

- Read through the second paragraph on **page 67** before answering this.
 - What's the truth here?
 - Where was my responsibility in this relationship?
 - What might I have done instead?
 - Where did I fall short?

[Mentor Note: It's very important to make sure the Mentee sees if he is either blaming himself or holding on to blaming others. – Our ultimate goal is to identify character defects, expose them to God and allow God to remove them.

The inventory was our Mentee's – Let's help him see his "side of the street." - Remember we are always the guide pointing him back to the process of analyzing our "side of the street."

- E.g. I should have listened to my father earlier when he asked me to wear comfortable clothes before going bowling. I didn't pay attention, which caused me to rip my pants and sprain my foot.

[Mentor Note: Pause for insights.]

Fourth Step Inventory: Resentments Example															
I am *Resentful at?	Why am I Resentful? (Be specific)	What part of the Self was Hurt or Threatened?						Where Did I fall Short?							
		Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations		Selfish	Self-Seeking	Dishonest	Frightened	Inconsiderate	
<p>(* Bitter, irritated, discontent, dissatisfied, angry). The names of people, institutions or principles.</p> <p><i>"We went back through our lives. Nothing counted but thoroughness and honesty."</i></p>									<p>Step 4 – Resentment Prayer: (When a person offended us we say ...)</p> <p><i>"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."</i></p>						
<p>Example 1 - Resentful towards father's behavior towards me</p>	<p>For abandoning me when I was child when I needed his help in preparing for my finals exam. He chose to prioritize his work over helping me.</p>	X	X	X	X	X				X			X		<p>I could have been more considerate towards his own work related stress. I could have trusted in God rather than relying self to clear the exam</p>
<p>Resentful towards my father</p>	<p>For criticizing my in front of my friends when I came back from bowling with them</p>	X	X	X	X	X				X	X	X	X		<p>I should have headed to my father earlier when he asked me to wear comfortable clothes before going bowling. I didn't pay attention which cause me to rip my pant and sprain my foot.</p>

Fourth Step Inventory: Resentments Example														
I am "Resentful at?"	Why am I Resentful? (Be specific)	What part of the Self was Hurt or Threatened?						Where Did I fall Short?			The Specific Nature of my <u>wrong</u> .			
		Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Self-Seeking		Dishonest	Frightened	Inconsiderate
<p>(* Bitter, irritated, discontent, dissatisfied, angry). The names of people, institutions or principles.</p> <p><i>"We went back through our lives. Nothing counted but thoroughness and honesty."</i></p>														
<p>Example 2 - (Resentment w/fear) Resentful toward mother's behavior towards me intertwined with Fear</p>	<p>She beat me when she found out I failed in my exam</p>	X	X	X	X	X								<p>I could have tried to pay more attention in preparing for the exam rather than playing my Xbox.</p>

Fourth Step Inventory: Resentments															
		What part of the Self was Hurt or Threatened?						Where Did I fall Short?							
I am *Resentful at?	Why am I Resentful? (Be specific)	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Step 4 – Resentment Prayer: (When a person offended us we say ...) "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."	Selfish	Self-Seeking	Dishonest	Frightened	Inconsiderate	The Specific Nature of my WRONG.
(* Bitter, irritated, discontent, dissatisfied, angry). The names of people, institutions or principles. "We went back through our lives. Nothing counted but thoroughness and honesty."															

Fears Instructions

- Read BB **page 67**, last paragraph through first paragraph on page 68.
- Give Mentee Fears Inventory Worksheets (*see below*).
- Encourage Mentee to pray before completing the Fears Inventory, humbly asking his Higher Power for guidance.
- Go over the example Fears Worksheet with your Mentee. Ensure he understands how to complete it properly.

[Mentor Note: Encourage Mentee to fill the sheet out Column by Column.

- Encourage him to fill the first three columns.
 - When you meet the following week, there is a possibility for helping him reframe the specifics of the Fear, so Mentee can see his “side of the street.”
 - During Week 4, you can help him fill out the rest of the columns. Once he is able to process the first few, the rest should not take as much time.
 - The goal is for us to teach the Mentee how to process Fears in a structured way.]
- Column 1: I am Fearful at?
 - *List all people, places, things, institutions, ideas or principles with whom you are worried, scared, anxious, overwhelmed, distress, panic, fright, dread, and uneasy about. (Write down specific fears.)*
“When we go back through our lives, Nothing Counts but thoroughness & honesty.”
 - Example 1: Worried about not having enough money to retire comfortably.
 - Example 2: Overwhelmed about the level of responsibility I have at age 35. I'm in panic and I feel I will never live free and have fun again for the rest of my life.
 - Column 2: Why am I Fearful?
 - *What happened? Be specific as to why you were fearful.*
 - Example 1: I'm afraid I will lose job my for not doing a good job compared to other younger workers. The boss says I'm too slow & not creative enough in getting things done. If don't make enough money,

won't be able to retire well off, when planned.

- Example 2: My stress levels are growing higher by the day and health is declining. My wife might leave me, if I don't have enough time and money to entertain her. My kids have special needs and I don't know how to help them. My job promotion has been increasingly demanding, taking me away from my home life. I'm afraid this will never get better, and I will have a nervous breakdown by age 40.

- Column 3: What part of the self was Hurt or Threatened?
 - *How did it make me feel?*
 - *Specifically, how did it affect the seven parts of self?*
 1. **Self-Esteem** – How I think of myself.
 2. **Pride** – How I think others view me.
 3. **Emotional Security** – General sense of personal well-being.
 4. **Pocketbook** – Basic desire for money, property & possessions, etc.
 5. **Ambitions** – Our goals, plans and designs for the future.
 6. **Personal Relations** – Our relationships with other people.
 7. **Sex Relations** – Basic drive for sexual and emotional intimacy.

- Column 4: What part of Myself did I rely on?
 - *Specifically, what of the four part(s) of me did I rely upon?*
 - *Self-Reliance*
 - *Self-Discipline*
 - *Self-Will*
 - *Self-Confidence*

- Column 5: Where did I fall short?
 - *What's the truth here? Where was I at fault?*

 - *What could I do differently in the future to be more reliant upon God, and do life for better results? What might I have done instead?*

 - Example 1: I'm not relying on God to be my provider. I'm too wrapped up in the short-term circumstances. Maybe I can pray more and get more training so I can learn to be more creative and faster at my job.

 - Example 2: I'm not relying on God for consolation, wisdom an provision. I'm wrapped up in boyhood dreams of my past. I can rely on God, pray more, become more efficient, set boundaries, work on my marriage, and get help at home for the kids with my new income.

- Column 6: Step 4: Fears Prayer
 - Have Mentee personalize each Fears Prayer specifically to each Fear listed on his worksheet.
 - Fears Prayer - *"God, please remove my fear of ____ & direct my attention towards what you would have me be."*

[Mentor Note: Have Mentee pray the personalized Fears Prayer for each Fear.]

- Example 1: "God, please remove my fear of not having enough provision to retire well and direct my attention towards what you would have me be."
- Example 2: "God, please remove my fears of growing up and taking on more responsibility, and direct my attention towards what you would have me be."

When filling out the worksheet, complete it in vertical columns (up and down) sections. This allows you to focus on one major area at a time.

For example, complete the 3rd column - "What part of self was hurt or threatened?" for all Fears. Then complete the 4th column "Where did I fall short?" for all Fears, and so forth.

Model your work after the examples provided.

[Mentor Note: Pause for insights.]

Fourth Step Inventory: Fears Examples

		What part of the Self was Hurt or Threatened?							What Part did I rely on?					
I am *Fearful at?	Why am I Fearful? (Be specific)	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Self-Reliance	Self-Discipline	Self-Will	Self-Confidence	Where did I fall Short?	Step 4 - Fear Prayer: "God, please remove my Fear of ___ & direct my attention towards what you would have me be."
<p>I am *Fearful at?</p> <p>* Worried, scared, anxious, overwhelmed, distress, panic, fright, dread, uneasy).</p> <p>"We went back through our lives. Nothing Counted but thoroughness & honesty."</p>														
<p>Example 1:</p> <p>Worried about not having enough money to retire comfortably.</p>	<p>I'm afraid I will lose job my for not doing a good job compared to other younger workers. The boss says I'm too slow & not creative enough in getting things done. If don't make enough money, won't be able to retire well off, when planned.</p>	X	X	X	X	X	X	X	X	X	X	X	<p>I'm not relying on God to be my provider. I'm too wrapped up in the short-term circumstances. Maybe I can pray more, & get more training so I can learn to be more creative & faster at my job.</p>	<p>"God, please remove my fear of not having enough provision to retire well, & direct my attention towards what you would have me be."</p>
<p>Example 2:</p> <p>Overwhelmed about the level of responsibility I have at age 35. I'm in panic & I feel I will never live free and have fun again for the rest of my life.</p>	<p>My stress levels are growing higher by the day & health is declining. My wife might leave me, if I don't make enough time & money to entertain her. My kids have special needs & I don't know how to help them. My job promotion has been increasingly demanding, taking me away from my home life. I'm afraid this will never get better, and I will have a nervous breakdown by age 40.</p>	X	X	X	X	X	X	X	X	X	X	X	<p>I'm not relying on God for consolation, wisdom & provision. I'm wrapped up in childhood dreams of my past. I can rely on God, pray more, become more efficient, set boundaries, work on my marriage & get help at home for the kids with my new income.</p>	<p>"God, please remove my Fears of growing up & taking on more responsibility, & direct my attention towards what you would have me be."</p>

Fourth Step Inventory: Fears													
I am "Fearful at?"	Why am I Fearful? (Be specific)	What part of the Self was Hurt or Threatened?						What Part did I rely on?			Where did I fall Short?	Step 4 - Fear Prayer: "God, please remove my fear of ___ & direct my attention towards what you would have me be."	
		Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Self-Reliance	Self-Discipline			Self-Will
<p>I'm Worried, scared, anxious, overwhelmed, distress, panic, flight, dread, uneasy).</p> <p>"We went back through our lives. Nothing Counted but thoroughness & honesty."</p>													

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 4

Review the homework:

- What are your thoughts about the reading?
- Did anything stand out to you?
- Review **pages 63 to 65** on Resentments

[Mentor Note:

- Read couple of Paragraphs between you and the Mentee.
 - Pause at the end of Paragraphs to gather insights.
 - Encourage Mentee to share what he is discovering
 - To encourage participation - Mentors can share some insights.
 - Our goal is to help Mentees discover for themselves what the text is teaching them, rather than feeding them the information or preaching to them.]
-
- Rarely have we seen a person fail who has thoroughly followed our path.
 - Remember that we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us.
 - **“Half measures availed us nothing.”**

Insight:

- If we are committed to the process and are thorough with our work we will find a spiritual experience and potentially sobriety as a by-product.
 - Half measures do not work. We either follow the program or we don't.
-
- We claim spiritual progress, rather than spiritual perfection.
 - Selfishness - self centerdness! *That, we think, is the root of our trouble.*
 - Highlight paragraph - *Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with*

who we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships, (including sex) were hurt or threatened. So, we were sore. We were 'burned up.' On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?

[Continue on **page 65** of BB]

- It's plain that a life which includes deep Resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of Resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the "sunlight of the spirit." The "insanity" of alcohol returns and we drink again. And with us, to drink is to "die."

Insight: Resentment is the number one killer for an addict. It is very important for us to understand the fatality, to see the Resentments for what it is. It has power to "Kill."

- We turned back to the list, for it held the key to that future. We were prepared to look at it from an entirely different angle. We began to see the world and its people really dominated us. In that stat, the wrong-doings of others, fancied or real, had the power to actually "kill."

Insight: The world and its people's wrong doing, real or fancied had the power to kill us! We realized that the people who wronged us were perhaps "spiritually sick." The inventory was ours, not the other man's.

Insight: We are now on a different plane, a plane relying on God to help us view this in a different light, viewing the people as being "spiritually sick." We can only clean our side of the street, we can only take stock of our inventory and not the other mans.

- The 7 parts of self:
 - **Self Esteem** - How I think of myself.
 - **Pride** - How I think others view me.
 - **Pocketbook** - Basic desire for money, property, possessions, etc.
 - **Personal Relations** - Our relationships with other people.
 - **Ambition** - Our goals, plans and designs for the future.

- **Emotional Security** - General sense of personal well-being.
- **Sex Relations** - Basic drive for sexual and emotional intimacy.

[Mentor Note: Pause at this point to see if the Mentee understood the 7 parts of self. This is critical for him to know and recognize as he works through his inventory.]

[Mentor Note: When hearing the 5th Step, find a “safe environment” for inventory processing (especially during Sex Conduct & Harms to Others Inventory) – not in an open restaurant. A “private” back room is more suitable for anonymity.]

Please allow Mentee to share most of the time. It’s good to share a few examples of how your life was in the addiction to build rapport with Mentee and help him feel not alone and comfortable sharing with you. But, let him share mostly.

This time is for the Mentee. The inventory was theirs. During the few days after sex inventory, encourage Mentee to make calls as necessary, as they may be triggered.]

[Mentor Note: You will be walking them through Step 5. If they are ready, have them go to “Resentments” and start with the strongest resentment they have.

With few exceptions (for example, childhood abuse or neglect), if the work is sound and you “drill” into the root of the problem (i.e. them), it should become very obvious to the Mentee that they have been selfish, dishonest, self-seeking and/or frightened and inconsiderate.

It’s imperative that we help them see the Truth about themselves, as God begins to reveal it.

The Mentee should not discuss this with other people; only our Mentee’s actions matter. They are the ones in recovery, not the other people. They need to come to terms with their part in these situations and see that we all have choices about how we react to hurts, slights, insults, neglect, even abuse.

- 1. Spend time helping the Mentee articulate specifically what he is Resentful towards.*
- 2. Validate your Mentees feelings and how he was hurt in the process by others - Empathy is key.*
- 3. Encourage Mentee to view other people as “broken and sick.”*
- 4. Help Mentee articulate his 4th Step Resentment Prayer.*
- 5. Once that is done, then we are ready to view your Mentee’s “side of the street.” (It’s important for the Mentor to help him introspect and see his “side of the street.” The inventory was his and not another mans.)*

6. Help Mentee see his Character Defects.

After you get through the first one, the rest should go fairly quickly. **Our character defects are the same as theirs. They rarely change. So, revealing them in the first example should make discussions of the remaining items in their inventory go fairly quickly.]**

Step 5 - Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

- Fears - (Review **pages 67 to 68**)
 - Highlight the paragraph – Notice the word “Fear” is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, etc. This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn’t deserve. But did not we, ourselves, set the ball rolling?
 - Perhaps there is a better way – We think so. For we are now on a different basis: the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

Insight: We trust and rely on our infinite God and allow him to direct our lives. When we do that, He helps us match calamity with serenity.

- The Serenity Prayer can be a helpful tool to combat Fears:

“God grant me serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

[Mentor Note: When hearing the 5th Step, find a “safe environment” for inventory processing (especially during Sex Conduct & Harms to Others Inventory) – not in an open restaurant. A “private” back room is more suitable for anonymity.

Please allow Mentee to share most of the time. It’s good to share a few examples of how your life was in the addiction to build rapport with Mentee and help him feel not alone and comfortable sharing with you. But, let him share mostly. This time is for the Mentee. The inventory was theirs. During the few days after sex inventory, encourage Mentee to make calls as necessary, as they may be triggered.]

[Mentor Note: You will be walking them through Step 5. If they are ready, have them go to “Fears” and start with the biggest Fear they have.

With few exceptions (for example, childhood abuse or neglect), if the work is sound and you “drill” into the root of the problem (i.e. them). It should become very obvious to the Mentee that they have been trying to run the show and self reliance is at the heart of the Fear.

It’s imperative that we help them see the Truth about themselves, as God begins to reveal it.

The Mentee should not discuss this with other people; only our Mentee’s actions matter. They are the ones in recovery, not the other people. They need to come to terms with their part in these situations and see that we all have choices about how we react to hurts, slights, insults, neglect, even abuse.

- 1. Spend time on helping the Mentee articulate specifically what he is Fearful towards.*
- 2. Validate your Mentees feelings and how he was hurt in the process by others – Empathy is key.*
- 3. Encourage Mentee to view other people as “broken and sick.”*
- 4. Encourage him to see how his reliance on self rather than on God, contributes to his Fears.*
- 5. Encourage Mentee to place his Fears on his Higher Power, who is his “new director” and in control of the situation.*
- 6. Help Mentee articulate his 4th Step Fear Prayer.*
- 7. Once that is done, then we are ready to view your Mentee’s “side of the street.” (It’s important for the Mentor to help him introspect and see his “side of the street.” The inventory was his and not another mans.)*
- 8. Help Mentee see his Character Defects.*

*After you get through the first one, the rest should go fairly quickly. **Our character defects** are the same as theirs. They rarely change. So, revealing them in the first example should make discussions of the remaining items in their inventory go fairly quickly.*

(Repeat the same exercise.)

Some will want to beat themselves up. That is not productive. These are all events of the past. Leave the past in the past. We remember the events, but we do not dwell on them. This is a time of freedom and healing.]

*[Mentor Note: It might be the case, that you may not be able to get through all content for Resentments and Fears. Either set another date or finish the remainder the following Friday during Boot Camp work time. Always start this session by reading through the Resentments and Fears section of **Week 4** to prepare them to share.]*

Homework:

- Resentments/Fears Sheet – For those lines where column 5 (Where I feel short) is not completed, encourage Mentee to do this as homework.
- For some of the Resentments that would need to be reframed, encourage Mentee to do so since he now has a hang of it.
- Once they have exhausted their inventory, we send them home and instruct them to:
 - Sit, pray and think about whether they have omitted anything else. **OMITTED** does not mean FORGOTTEN. *In the future, things will come to mind for a long time. These are not part of their inventory today.*
 - Ask them to call you the next day, and tell you whether there is anything else or not. If there is, they share it with us and we tell them to sit, pray, think for another hour. *(Repeat, as necessary.)*
 - Once they go an hour without having anything else to disclose and they call us to say so, we ask if they have any questions.
- Give Mentee Character Defects & Assets sheet (see sheet below):
 - Ask him to - Start filling out the Defects side of the (*Character Defects and Assets sheet*). The goal is to just observe what is coming up.
 - (*A good source of information is to look over the Inventory Worksheets.*)
 - Also, be careful not to go into morbid reflection on our Character Defects - a place of being judgmental, critical, guiltling or shaming of someone or ourselves.
 - We all have good things about our character and not so good things. We will look at Character Assets next week.

Point: The goal is to uncover our “Defects” so we are in a better place to have our Higher Power remove them.

- Encourage Mentee to pray before completing Character Defects, humbly asking his Higher Power for guidance.
- Encourage him to -- Write down any defects that are not listed on the sheet.

[Mentor Note: Pause for insights.]

(Character Defects & Assets)

PERSONALITY CHARACTERISTICS OF SELF-WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL	
SELFISH AND SELF-SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PAITENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTFUL	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE - CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODEST
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH

- Give Mentee **Sex Conduct & Harms Done To Others** Inventory Worksheets (see *sheets below*).
- Encourage Mentee to pray before completing the Inventory, humbly asking his Higher Power for guidance.
- Go over the example (Sex Conduct & Harms Done to Others Inventory Worksheet) with your Mentee. Ensure he understands how to complete it properly.

Note: This worksheet covers “any harms done”, and **NOT** only related to sex. **This must cover any fantasy, and any objectifying harms as well.**

- Column 1: Whom Did I Hurt?
 - *List all the people we have hurt. This includes sex and other harms.*
- Column 2: We List Each Thing We did to Them.
 - *Be specific in what we did. Let's break it down wherever it's needed.*
- Column 3: What did I Unjustifiably arouse?
 - *Let's introspect where we may have contributed to the harm/hurt.*
- Column 4: Where did I fall short?
 - *The inventory was ours. Encourage Mentee to take an honest stalk of his “side of the street.”*
- Column 5: What should I have done instead?
 - *A good way to re-frame this would be to ask our Mentee to introspect on what God would want him to do instead.*
 - *The goal is to be the actor, the role that God directs and assigns. God is the director.*
- Read **pages 68-70**: Again, make a list for yourself. What happened in each instance? How did it make you feel?

- Read and meditate on **pages 68 - 76** during the week. (*Meditate on these pages/share insights during week calls.*)
- Encourage Mentee to continue to work the **Daily Spiritual Plan**.
- For the next week, plan to do a shorter dinner to make sure you have sufficient time to process inventory (*6:30 pm – 7 pm dinner followed by Boot Camp work.*)

[Mentor Note: Pause for insights.]

[Mentor Note: Now that the Mentee is learning how to process Resentments and Fears, start encouraging him to process them on the respective Inventory Sheets when you spot them in their nightly reviews.

To process Resentments and Fears, the steps are:

1. When a Resentment or Fear is identified, encourage Mentee to be specific and write it on the appropriate Inventory Sheet.
2. Process Resentments and Fears with Mentee the way it was taught to him.
3. Ask Mentee to check this in with his Higher Power.
4. Ask Mentee to call one of the Mentors and check it in. (*If they have trouble processing it, encourage them to call you and you may guide them to help them process it.*)

Fourth Step Inventory: Sex Conduct & Other Harms								
			Did I Unjustifiably Arouse	Where did I fail Short?				
Whom did I Hurt?	We list each thing we did to them <i>(Be specific)</i>	Jealousy	Suspicion	Bitterness	Selfishness	Dishonesty	inconsiderate	
		Was this Relationship Selfish?		What would I or my Higher power want me to do instead				
Janet	We had intercourse within 2 days of meeting, then I avoided her - never returning her calls, nor communicating that it was over.		X	X	X	X	X	Not have sex with a woman until I'm married. Not break things off with someone without closure for them and me.
								<p>We ask God to "mold our ideals and to help us live up to them."</p> <p>"We asked God in meditation... what we should do for each specific matter"</p> <p>"We earnestly pray for the right ideal for guidance in each questionable situation, for sanity and for strength to do the right thing."</p>

Fourth Step Inventory: Sex Conduct & Other Harms												
		Did I Unjustifiably Arouse			Where did I fall Short?							
Whom did I Hurt?		We list each thing we did to them <i>(Be specific)</i>			Jealousy	Suspicion	Bitterness	Selfishness	Dishonesty	inconsiderate	Was this Relationship Selfish?	What would I or my Higher power want me to do instead We ask God to mold our ideals and to help us live up to them" "We asked God in meditation... what we should do for each specific matter" "We earnestly pray for the right ideal for guidance in each questionable situation, for sanity and for strength to do the right thing

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 5

Review the homework:

- What are your thoughts about the reading?
- Did anything stick out to you?
- Check to see if Mentee had any unprocessed Resentments/Fears that may have come up during the week. Help him process them. *(It's key to teach Mentee to keep a clean inventory. This helps him take small steps to get into the Step 10 habit).*
- Review **pages 68 - 76**

Highlight paragraph – In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test – Was it selfish or not? We asked God to mold our ideals and help us live up to them.

- [Mentor Note: You will walk them through the last part of Step 5 – starting with the biggest item.
- After you get through the first one, the rest should go fairly quickly. **Our character defects** are the same as theirs. They rarely change. So, revealing them in the first example will make discussions of the remaining items in their inventory fairly quickly.
- Once they have exhausted their inventory, we ask them to repeat the same activity as they did last time which is sit, pray and think about whether they have omitted anything else.
- Ask them to call you the next day, and tell you whether there is anything else or not.]

Step 6 - Were entirely ready to have God remove all these defects of character.

- You've identified your Character Defects and now “add” your Character Assets to the *(Character Defects and Assets sheet previously provided in Week 4.) (See extra copy below).*
- Encourage Mentee to pray before completing Character Assets, humbly asking his Higher Power for guidance.

- It's important that we balance out our “Character Defects” with our “Character Assets”, and not morbidly reflect on “Defects.” We all have good things about our character and not so good things.

Point: The goal is to uncover our Defects so we are in a better place to have our higher power remove them, and see our positive Assets as well. (*This helps reduce shame.*)

Point: Willingness to have God remove all our defects, and our new desire to live in our Character Assets is essential for spiritual growth.

Point: This helps us become happier, more sane and functional people.

[Mentor Note: Encourage Mentee to -- Write down any Character Defects and Assets that are not listed on the (sheet).

Review Mentee's sheet and make comments as applicable. If you see anything that's missing, ask Mentee to add it.]

(Extra Copy)

(Character Defects & Assets)

PERSONALITY CHARACTERISTICS OF SELF-WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL	
SELFISH AND SELF-SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PAITENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTFUL	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE - CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODEST
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH

Step 7 - Humbly asked Him to remove our shortcomings.

- Ask Mentee to - Look at Step 6, **page 76**, and ask yourself if you can see the connection between your character defects and your acting out.

[Mentor Note: Mentee should be able to see the connection, if we've done a good job of explaining the process:]

- Selfishness → Resentment, fear or shame → Bedevilments [pg 52] → Restless, irritable & discontent → Return of the obsession → “first drink” of Lust → Spree → Consequences [including death].
- If you can see this, you will also see that you must be free of these things if you want to live.
- **Homework:**
 - Ask Mentee to “Sit” in a quiet place and pray and think about whether he has omitted anything else from his inventory. If he has, ask him to call you and help process it.
 - Ask Mentee to review his Character Defects & Assets sheet.
 - Review **page 76** – Is Mentee ready for “Go” - To remove all these defects of character? Step 6.
 - Humbly ask God to remove the shortcomings by reciting the **Step 7 prayer**.
 - [Mentor Note: (*Mentee does this privately.*)]
 - When ready, we say something like this ... “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.” Amen.

Step 8 - Made a list of all persons we had harmed and became willing to make amends to them all.

- In your inventory, make a list of people you have harmed.

(This includes every name on the harms inventory sheet. Review and add items on the harms sheet if there are people you have Resentments/Fears and have harmed them as well, plus any names that were not on the inventory, but you remember harming this person.)
- Create a new list of “all these people” and label them into 4 categories:
 - Now
 - Later
 - Someday

- Not currently willing
- Prepare this for discussion next week.
- Read **pages 71 - 88** during the week. (*Meditate on these pages/share insights during week calls.*)
- Daily Spiritual Plan
- Write down any Resentments or Fears that come up during the week on your Inventory Worksheets.

[Mentor Note: Pause for insights.]

[Mentor Note: Now that the Mentee is learning how to process Resentments/Fears and Harms, start encouraging him to process them on the Inventory Sheets when you spot them in their nightly reviews.

The steps are:

1. When a Resentment/Fear/Harm is identified, encourage Mentee to be specific and write it on the appropriate Inventory Sheet.
2. Process them the way it was taught to them.
3. Ask Mentee to check this in with his Higher Power. (*Here we begin to teach Mentee to process inventory using the worksheet on their own with their Higher Power.*)

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater retention for the Mentee.]

Week 6

Review the homework:

- What are your thoughts about the reading?
- Did anything stick out to you?
- Do you have any unprocessed Resentments/Fears that may have come during the week?

[Mentor Note: Help him process this. *(It's key to teach Mentee to keep a clean inventory. Small steps for him to get into the Step 10 habit).*

- Review **pages 72 - 84** (*till paragraph ending with ... we work for them*).

[Mentor Note: Pause after 1 or 2 paragraphs and briefly discuss the insights.]

Guiding Principles:

- Real purpose is to be of maximum service to God and other people.
- Willing to go to any ends to have a “spiritual awakening” and do the “right thing.”
- We must be hard on ourselves but always considerate of others. “Hard” here means “self-introspective and accountable for our side of the street.” Not self condemning.
- We don't shy away from God but to some we should not emphasize the spiritual feature of our approach. Our man is sure to be impressed with a sincere desire to set right the wrong. - *He/she would be interested in good will and action rather than spiritual discoveries.*
- The hard thing is going to our enemy, rather than a friend. However, the Big Book says it's more beneficial to do so.

[Mentor Note: Pause for insights.]

Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

- [Mentor Note: The best course is to do an in-person amends (or over video as a second option).

- For cases where it may not be possible, consider writing letters – Discuss with your Mentee on a case-by-case basis.
- For any Fantasy related amends, ask Mentee to write out the amends like a letter, addressed to the person and read it out to you. (DO NOT have them send this to anyone.)
- When delivering amends, all amends should follow the below guidelines (see Amends Template sheet below):
 - **Ask for their permission** - *There is something on my heart that I would like to share, would you have couple of minutes?*
 - **Tell them where you were wrong** - *“I was wrong to ...”, e.g. I stole money from your purse. We can also add that we're in a men's group and making restitution for harms done in the past, or that we're in a 12-step group, or even if they know that we're in SAA.*
 - **Don't say we are sorry** - *It would be better to use regret, rather than sorry.*
 - **Transformation** - *“I pray that the new man you see in front of you would not do that to you again.”*
 - **Ask for restitution** - *“Please let me know if there is any way I can make things right with you or if there is any other harm, I may have caused you.”*
 - **We ask for forgiveness** - *It may not be **fair** to expect them to forgive us, especially right then. So at that point in time we could say, “I pray and hope one day you will have the heart will forgive me. Will you please forgive me?”*
 - **Don't stay long in the conversation.**

Amends Template

PERMISSION	FAULT	REGRET	TRANSFORMATION	RESTITUTION	FORGIVENESS
<p>Hi Mom, I have something in my heart I would like to share if you have few minutes.</p> <p>I am part of a men's group where we make restitution for harms done in the past.</p>	<p>I was wrong to have lied, disrespected, and mistreated you when I was a teenager, especially between ages 10 to 15.</p>	<p>I deeply regret my immature, selfish & self-seeking actions and I can only imagine how this may have hurt you.</p>	<p>I pray the guy you see now is a new man who does not wish to repeat such a thing.</p>	<p>Please let me know if there is any way I can make things right with you or if there are any other harms I may have caused you.</p>	<p>I pray and hope that one day you will have the heart will forgive me. Will you please forgive me?</p>

- Role play one of the scenarios with your Mentee using the above guidelines, so he has some practice.
- Review Mentee's Amends list (*from last week's homework.*)
- Ask Mentee to categorize Amends based on when they can complete them:
 - Now
 - Later
 - Someday
 - Not Willing
- Have Mentee put some dates on the calendar to complete Amends for the “Now” and “Later” categories.

[Mentor Note: For the “Someday” and “Not Willing” categories – (Review on a case by case basis and encourage Mentee to pray about it and remind him that willingness to go to any ends to have a “spiritual awakening” and “doing the right thing” should be at the forefront of his mind except when it would injure/harm others.)

- Step 9 does not have time limits. (*The Big Book says, we pray for the opportunity. If we cannot immediately make amends, we try to stay in a state of willingness to make amends to that person. Nonetheless, maximum benefits will be seen when we make our amends as quickly as possible.*)

[Mentor Note: Have Mentee do the hardest Amend first. This will help him gain maximum benefit – it will remove major weight and provide quickest relief.

Encourage Mentee during the Amends process.]

- Talk about the Step 9 promises:
 - New freedom
 - New happiness
 - We will know peace
 - Feeling of uselessness and self-pity will disappear
 - Lose interest in selfish things and gain the interest to help others
 - Attitude about life will change

- **Homework:**

- Ask Mentee to - fill out the Amends Template with Amends that he needs to make.

[Mentor note: Have Mentee “ONLY” focus on detailing out the “Now” and “Later” Amends on the Amends Template.) They should complete all categories - Permission through Forgiveness – for each Amend.]

- For fantasy related harms, ask Mentee to - write individual amends out using the guidelines to read to you the next week as well.

[Mentor Note: Mentee can start writing down the “now” and “later” for timing of Amends on the sheet. Together, you can then decide in the next week which Amends need to be in person, a call or letter on a case-by-case basis.]

- For Amends with dates, encourage Mentee to do the direct amends. (Your Mentee can give you a call during the week before he makes amends.)
- Important Suggestion – Ask Mentee to “Pray for God's guidance and will before he makes the amends.”
- Read **pages 83 - 88**. (*Meditate on these pages/share insights during week calls.*)
- Read **pages 171 – 181** (Dr. Bob's nightmare). (*Meditate on these pages/share insights during week calls.*)
- Daily Spiritual Plan
- Write down any Resentments or Fears that come up during the week on your Inventory Worksheets.

[Mentor Note: Continue to encourage Mentee to process Resentments/Fears that come up using the Inventory Sheets and the process previously outlined.]

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 7

Review the Homework:

- What are your thoughts about the reading?
- Did anything stick out to you?
- Do you have any unprocessed Resentments/Fears that may have come during the week?

[Mentor Note:

- Check in with the Amends progress.
- If there any fantasy related amends, your Mentee can read them out to you.
- Review and encourage Mentee to do Amends for ones marked “Now” or “Later”.
- Remind him of the guiding principles.]

Guiding Principles:

- Real purpose is to be of maximum service to God and other people.
- Willing to go to any ends to have a “spiritual awakening” and “do the right thing.”
- We must be hard on ourselves but always considerate of others.

[Mentor Note: Encourage Mentee to start with “Hardest” Amends first and use the Amends Template outlined to do it. This will help him build confidence for doing other amends.

Provide Mentee any guidance he may need in determining the best method for making each amend – in-person, call/virtual or letter. Use the Bootcamp Community of Mentors for additional wisdom.]

- Review **pages 83 - 88**

[Mentor Note: Pause for insights.]

We are going to review Steps 10 & 11 today.

Big Idea: *“Strive to Spiritually Outgrow Your Addiction.”*

SAA says, if you go back into your addiction, it will be worse for you than before, as if you had never stopped acting out. Because, your addiction has been waiting for you outside your door, doing push-ups.

So, the a Big Idea of the 12 Steps is to “Strive to Spiritually Outgrow Your Addiction.” And never return to it!

Here is what the 12 Steps offer to help in this Daily Surrender.

- Steps 10, 11 and 12 are the “growth” or “maintenance” steps. (What we're maintaining is a state of growth).

We who have been released from the bondage of our addiction can now nurture and participate in the growth of our Spiritual Awareness every day. And we must do it every day or we run a high risk of returning to our destructive patterns. As we grow, we find the willingness to make ALL our Amends.

- These steps are life-long habits we must develop and incorporate into our daily routines, and regularly examine our motives and priorities.

The Big Book says, “This is not an overnight matter”. It takes practice to make these actions become habits.

- We have already got you started with Parts of Step 10 & 11 . Step 11, from Week 1 using the Daily Spiritual Plan, and as we finished the Inventory Step - processing and going through Amends - we covered parts of Step 10.
- We will look in more detail and review an the Updated Spiritual Plan.

Step 10 - Continued to take personal inventory and when we were wrong promptly admitted it.

- Step 10 is really a combination of Steps 1 through 9 & 12.

(Refer to **page 84**.)

- We humbly surrender to our Higher Power daily (Steps 1, 2 and 3.)
- We look at our actions and choices today and identify where we were wrong.
- We identify how we were wrong (selfish, dishonest, resentful, fearful) (Step 4. We can see this by their progression: emotional disturbance – bedevilments – restless irritable and discontent – failure to realize the 10th Step promises.)
- We discuss them with someone (from the program) immediately (Step 5).
- We ask God to remove these defects from us (Step 7).
- We make amends quickly (Step 9).
- We turn our thoughts to someone we can help (Step 12).

When we consider the wording “make amends quickly”, we must take care that we are not letting things linger and build up. We address our Defects as quickly as we can.

[Mentor Note: Pause for insights.]

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Refer to **page 85**. (*Remind Mentee how the Daily Spiritual Plan we laid out on Week 1 - covers Step 11.*)

By the time we get halfway through 9th Step, we should have experienced a “spiritual awakening”. *We have taken steps to clean up our lives, our past, and our “side of the street.”* Now that we have the debris out of the way, we must maintain a spiritual connection to God so that we remain “sober and sane”.

We learned in the previous steps that we must live our lives selflessly, thinking of others and how we can help them. To maintain this state of mind, we must also be in harmony with God’s will for our lives.

Step 11 is all about protecting and nurturing this harmonious relationship with God. As long as we do it, we will have peace. If that peace begins to dissipate, we must look to our recent choices and identify where we “got off track”.

Perhaps it's because we stopped meditating (or never started), or we have not been reading something daily that encourages our spiritual growth. Whatever the cause, we **must** address it. As with our addiction, without action it will never get better, only worse.

[Mentor Note: Pause for insights.]

Review the Updated Spiritual Plan (additions).

The primary addition is the SAC (Spot, Admit and Correct) section.

- Watch out for selfishness, dishonesty, resentments and fears.
- If they crop up, process them – (*Suggest using inventory worksheets to process your “side of the street.”*)
- Ask God to remove them.
- Discuss them with someone from the program quickly.
- Make amends quickly.
- Turn your thoughts to someone you can help.

Also, there are a few other additions.

- **Call 3 Men** - Start building your network outside Boot Camp and start making calls, (*after Boot Camp graduation*).

- **During the Day -**
 - When you face indecision, pause and ask God for inspiration, an intuitive thought or decision.
 - Remind yourself during the day to rely on God, with the thought - “Thy will be done”.
- **Nightly Review** - This will be a personal nightly review (after Boot Camp graduation.)

[Mentor Note: Share the Updated Spiritual Plan sheet with your Mentee. Encourage him keep this in a place where he can see it as the “first” and “last” thing of the day, and possibly sometime during the day.)

Mentor Note: Pause for insights.]

Special Note: (See Additional Resources document for more in-depth 11th Step – (Christian & 12-Step Morning Prayers & Meditations Suggestions), if requested by Mentee.)

Updated Daily Spiritual Plan

- **Prayer** - Upon awakening – Ask for the power to stay sober - just for today - so I can serve others.
 - Practice humility by kneeling, add prayers suggested by your text or other material you can get from your religious affiliations
- **Meditate** - About the 24 hrs. ahead. (*Consider your plans for the day.*) *BB pg. 86*
 - Ask God to direct your thinking, that it be divorced from self-pity, dishonest or self-seeking motives.
 - When in indecision – Ask God for inspiration, an intuitive thought or a decision.
 - Pray that you will be shown all through the day what your next step is to be, that you be given whatever you need to take care of any problems.
 - Ask for freedom of self-will, and are careful to make no request for yourself only – to your own selfish ends.
 - When agitated or doubtful, you ask God for the right thought or action, humbly saying to yourself many times each day, “Thy will be done.”
- **Prepare to Share** - Study your recovery text – Read, write, meditate.
 - Read and write from the Big Book. Read between page 1 to 164 & journal about what your heart is *receiving/learning*.
- **Call 3 men with more experience** – *Start building your network outside the bootcamp and start making calls.*
 - Share your writings and observations from above .
- **SAC (Spot, Admit & Correct)**
 - Watch out for selfish, dishonest, resentments & fears.
 - If they crop up, process them – Suggest using inventory worksheets to process your side of the street.
 - Ask God to remove them.
 - We discuss with someone from the program quickly.
 - Make amends quickly.
 - Turn our thoughts to someone you can help.
- **During the Day**
 - When you face indecision, pause and ask God for inspiration, an intuitive thought or decision.
 - Remind yourself during the day to rely on God with the thought “Thy will be done”.
- **Nightly Review** – Step 10 – (See below) – *This will now be a personal nightly review going forward.*
 - Where was I resentful, selfish, dishonest, or afraid?
 - Do I need to apologize to anyone? Who? What for? When will I?
 - Do I have anything in my head that I really should share with someone?
 - Was I kind and loving to everyone today?
 - What good things did I do today?
 - What thing could I have done better today?
 - Was I thinking of only myself most of the day?
 - Did I think of serving others today? Who?
 - Ask for forgiveness from God for any area where you may have fallen short & for guidance if there is anything you need to do to make it right.
- **Gratitude** – What am I grateful for today? Write down 5 things you are grateful for?

Homework:

- Read **pages 89 - 103** (Meditate on these pages/share insights during week calls.)
- Read **pages 151 - 164** (Meditate on these pages/share insights during week calls.)
- Daily Spiritual Plan
- Keep processing any Resentments/Fears that come up using your Inventory Worksheets.
- Continue with making Amends.

Week 8

Review the Homework:

- Check to see if Mentee has any unprocessed Resentments or Fears – *(Let him process it in the worksheet in front of you.)*
- Check in on the Amends progress.
- Review and encourage Mentee to do Amends for the ones that are marked “now” or “later”.
- Remind him of the Guiding Principles:
 - Real purpose is to be of maximum service to God and other people.
 - Willing to go to any ends to have a spiritual awakening and do the right thing.
 - We must be hard on ourselves but always considerate of others.
- What are your thoughts about the reading?
- Anything that stuck out to you?

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex addicts and to practice these principles in all our affairs.

- Review and share your insights on this - Practical experience shows that nothing will so much ensure immunity from acting out as intensive work with other sex addicts. It works when other activities fail (pg. 89).
- To keep the spiritual experience with the possible byproduct of sobriety, you must - “Give it away to keep it.”
- There are several options for service work, and we will get into our suggestions on some possibilities on how to do it shortly. After the Bootcamp, feel free to come back and process your thoughts with us for ideas and guidance.
- Review Finding the Drowning Man:

[Mentor Note: Pause at various points to have Mentee draw insights.]

- When you discover a prospect for Sex Addicts Anonymous, find out all you can about him. If he does not want to stop acting out, don’t waste time trying to persuade him. You may spoil a later opportunity.
- Sometimes it is wise to wait till he goes on a binge. The family may object to this, but unless he is in a dangerous physical condition, it is better to risk it. Don’t deal

with him when he is very drunk, unless he is ugly and the family needs your help. Wait for the end of the spree, or at least for a lucid interval.

- If you are satisfied that he is a real sex addict, begin to dwell on the hopeless feature of the malady.
- And be careful not to brand him as a sex addict. Let him draw his own conclusion.
- The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles. When dealing with such a person, you had better use everyday language to describe spiritual principles.
- Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery.
- Unless your friend wants to talk further about himself, do not wear out your welcome. Give him a chance to think it over.
- If he is not interested in your solution, if he expects you to act only as a banker for his financial difficulties or a nurse for his sprees, you may have to drop him until he changes his mind. This he may do after he gets hurt some more.

If he is sincerely interested and wants to see you again, ask him to read this book – the AA Big Book - in the interval. After doing that, he must decide for himself whether he wants to go on. He should not be pushed or prodded by you, his wife, or his friends. If he is to find God, the desire must come from within.

- If he thinks he can do the job in some other way, or prefers some other spiritual approach, encourage him to follow his own conscience. We have no monopoly on God; we merely have an approach that worked with us. But point out that we sex addicts have much in common and that you would like, in any case, to be friendly. Let it go at that.
- Do not be discouraged if your prospect does not respond at once. Search out another sex addict and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. To spend too much time on any one situation is to deny some other sex addict an opportunity to live and be happy.
- Suppose now you are making your second visit to a man. He has read this volume and says he is prepared to go through with the 12 Steps of the program of recovery. Having had the experience yourself, you can give him much practical advice. Let

him know you are available if he wishes to make a decision and tell his story, but do not insist upon it if he prefers to consult someone else.

- Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.
- Let no sex addict say he cannot recover unless he has his family back. This just isn't so. In some cases, the wife will never come back for one reason or another. Remind the prospect that his recovery is not dependent upon people. It is dependent upon his relationship with God.
- Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen.

Review - So our rule is not to avoid a place where there is (acting out), if we have a legitimate reason for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with a sex addict, this may seem like tempting Providence, but it isn't – What are some of the places or things your Mentee can think of?

You will note that we made an important qualification.

Therefore, ask yourself on each occasion:

- *“Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?”*

If you answer these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. *Do not think of what you will get out of the occasion. Think of what you can bring to it.*

But if you are shaky, you had better work with another sex addict instead.

[Mentor Note: Pause for insights.]

(Hand Sustainable Spiritual Maintenance Plan to Mentee.) (See sheet below.)

Sustainable Spiritual Maintenance Plan

- **Vision:** The goal of the Bootcamp is to help the Mentee find a spiritual experience as a result of working the 12 Steps per the Big Book (BB).
- **Mission:** Empowers the Mentee to integrate back as a fully functioning member of society as spiritually awakened 12 stepper.

Suggestive Plan:

- Attending Meetings - 1 or 2 per week (we encourage one of them to be a Big Book meeting – to continue to stay close to the text and brothers working the steps per the Big Book). *(Note: Attending meeting is a good use of time but it must not be confused with working Steps (10, 11 & 12).*
- Service Opportunities - (Some Options)
 - Serving in various leadership capacities in meetings.
 - Carrying the message to the man who still suffers either in meetings or outside
 - Serve as part of Boot Camp outreach.
 - Serve outside of the program as a member of your family/community/society. An example of this is carrying the message to half-way houses.
 - Talk to your mentor for more ideas.
- Working with the Man Who Still Suffers - *(per instructions in the BB)* - Practical experience shows that nothing will so much ensure immunity from drinking (acting out) as intensive work with other (addicts). It works when other activities fail pg. 89.

Possible Options are:

- Use the instructions in the Big Book to work with the man who still suffers. *(You can find them in meetings. Talk to your mentors for more ideas.)*
- Invite you to join the Bootcamp as one of the Mentors doing 12 Step work with Mentees. *(Minimum Criteria – Halfway through Step 9 Amends – we want you to reap the Step 9 promises.)*
- Expand Your Community
 - Find people who have worked the program per the Big Book and build a relationship/friendship with them.
 - Find opportunities to serve them.
 - Add them to your list of people whom you can call.
 - Step 12 work has the opportunity to build a community around you.

- **Big Book 152** - The most satisfactory years of your existence lie ahead.

Thus, we find the fellowship, and so will you. “How is that to come about?” you ask. “Where am I to find these people?” You are going to meet these new friends in your own community. Near you, sex addicts are dying helplessly like people in a sinking ship.

If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Sex Addicts Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life.

You will learn the full meaning of “Love thy neighbor as thyself.”

- Sustained Connection with the Boot Camp Mentors:
 - As we get to Spiritual Maintenance mode – *Suggestion: Call the Mentors in the program once a month going forward.*
 - Start making and receiving calls to members of the broader community (as you expand your community).
 - Keep practicing the Updated Spiritual Plan shared by the Mentor covering Steps 10 & 11.
 - Move from sharing the nightly review with group to a personal nightly review.
 - Bootcamp Community is here for you if you need us – We want to encourage you expand your community and integrate back to society.
- Find an SAA (Primary Purpose) sponsor. He can help you in the longer-term with your sex addiction recovery journey. Work the full SAA 12-Steps each year with a sponsor (recommendation).
- If you have trauma in your background, seek a therapist to resolve these issues.
- Address any Co-Dependency issues. Three 12-Step programs that can help are Adult Children of Alcoholics and Dysfunctional Families (ACA), Co-Dependents Anonymous (CODA), and for friends and families of alcoholics (Al-Anon).
- Integrate Back to Society - Let recovery be the bridge to be a fully functioning member of society.

[Mentor Note: Pause for insights.]

- **Homework:**

- Complete your Amends.
- Read **pages 89 - 103.** (*Meditate on these pages/share insights during week calls.*)
- Read **pages 151 - 164.** (*Meditate on these pages/share insights during week calls.*)
- Continue Practicing the Updated Daily Spiritual Plan as shared in Week 7.

[Note: Mentors, please check with the Mentee a month after graduation to see how the he is doing.

Check on how he is doing with expanding his Spiritual Experience and completing his Amends. If he is half way through his Amends and is finding sobriety as a “by-product” of working the program, invite him to be a Boot Camp Mentor, share the sustainable mentorship note with him.

Also, ask about if he plans to practice step 12 by carrying the message. Advise Him on this importance of this and what He might want to do to get this principle working in his life. Give him practical ideas and guidance.]

Sources: AA Big Book, SAA Primary Purpose groups such as Integrity Men's Group (Coppell, TX), Taking Action Group (McKinney, TX), Dallas Primary Purpose Group (Dallas, TX), Power Lunch (Dallas, TX) and SAA Gentle Path groups such as Center for Spiritual Development (Dallas, TX). The copyright for these materials listed above belongs to their respective copyright holders.

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