Exercise P3 Defining Our Sobriety

It is important to establish clear boundaries for our sexual purity. We use the Three Circles of Sex Addicts Anonymous (SAA) to help guide us from unhealthy behaviors to healthy ones. This information is discussed in the "Defining Sobriety" section on p. 64.

(For easier preparation in Word, we will use a table for each of the 3 sections.)

We begin by listing our bottom-line behaviors – inner circle, red circle. These activities break our sobriety and lead to the 3 destructive Ds – death, divorce, disease. We then continue to list our middle circle – activities that are less healthy and could lead to inner circle behavior, if left unchecked. Finally, we list our outer circle behaviors – activities that are healthy and constructive; they boost our recovery. This outer circle is where we want to spend our time; live our lives. As such, we will likely find the middle list to be at least twice as long as the inner list and the outer list to be at least twice as long as the middle.

(Enter one behavior in each row of the table. You may not need all of the rows.)

Inner (Red) Circle Behaviors

Middle (Yellow) Circle Behaviors

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Outer (Green) Circle Behaviors