

Plan Date:

SCA
Sexual Compulsives Anonymous
Sexual Recovery Plan

A sexual recovery plan is a written guideline of the behaviors that do and do not work for us as sexual compulsives. The need for such a plan is based on the idea that we act upon our compulsions without thought, and the plan, therefore, helps us identify precisely what needs to be changed in our lives. Having a clearly written plan also frees us to conduct ourselves in ways that we see personally appropriate.

Be realistic: write a plan that you are willing to follow; do not list things that you think you should do. Any plan is valid that is written down, shared with a sponsor or another person, and followed to the best of your ability. Please keep in mind that your Sexual Recovery Plan will evolve as you continue to gain new insights.

Here's How It Works:

First

I ask to be freed from these people, places, and acts:

Second

My compulsions occur most frequently when . . .

Third

In my life of recovery, I want to add these people, places, and joyful activities:

Plan Holder:

Sponsor/Witness: