

Lesson Plan - Session 26 – Step 9 – Making Amends, Part 3; Intro Step 10

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Step 9 Sharing:</p> <ul style="list-style-type: none"> <li>• Anything from S9.1 and S9.2</li> <li>• S9.3, as completed</li> </ul> <p>Introduce Step 10</p> <p>Assignments</p>
0:05	<p>Sharing from S9.1 and S9.2</p> <p>Ask each man to share one amends with the group – direct or written; completed or not.</p> <p>Goal – support and enable each man to finish Step 9 in the next 2 weeks.</p>
0:40	<p>Sharing from S9.3</p> <p>Ask each man who has completed this exercise to share one entry. Go around the circle so that each man who has completed the exercise can share at least once. Time permitting, ask for a second entry from each man. For those not finished yet, catch-up sharing can occur in Session 26.</p>
1:10	<p>Introduce Step 10 (see notes below)</p>
1:20	<p>Assignments</p> <p>Finish Step 9</p> <p>Read Step 10, pages 143-146</p> <p>Complete Exercise S10.1 - *** Requires daily action, starting <b>TODAY</b>; not completing this exercise in the next 14 days may result in the need for 1 additional session at the end of the study.</p> <p>Review Exercise Document</p> <p>Step 10 app available, if desired</p>
1:25	<p>Final questions or comments</p> <p>Closing Prayer</p>
1:30	<p>Adjourn – may leave meeting open for additional discussion</p>

Leader Discussion Notes

Introduce Step 10

Read Step 10 and Verse

We are going to make mistakes – how do we handle these mistakes?

Daily inventory – be intentional

Recognize feelings – comfortable or uncomfortable

Threats to our serenity – middle circle behaviors

**Not** a step of self-loathing; **For** self-care

Progress, not perfection

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Pattern for daily, intentional living

Next steps: Look to God, Share with Others

### Steps 10-12

Care for ourselves

Allow God to care for us

Allow God to use me to care for others

### Jesus and the 12 Steps – Denison

#### Building a Tower – Luke 14: 25-33

Jesus Parable #1 - Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?

An unfinished tower was worse than no tower at all. Such a tower made it clear that you are not ready for defense. It also might represent weakness and half-hearted commitment.

Jesus Parable #2 – Or suppose a king is about to go to war against another king. Won't he first sit down and consider whether he is able with 10,000 men to oppose the one coming against him with 20,000? If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace. Luke 14:31-32

Step 10 says we do 2 things: continue to take personal inventory and make corrections as needed.

Thomas Paine – “The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.” We cannot grow in our recovery, relationships, or spiritual lives until we complete an accurate assessment of where we live in the present.

Magness and Means – Real Hope, True Freedom - As recovery progresses, cravings and urges to act out lessen in both frequency and intensity. That being said, most sex addicts with long term sobriety will report they have occasional thoughts of acting out. One of the gifts of recovery is learning to recognize the thoughts, emotions, and experiences that trigger cravings and then use the tools of recovery to counteract them. Since you are a sexual being, you will have sexual thoughts throughout your life. Recovery will help you make peace with your sexual thoughts so you can live in co-existence with them instead of returning to the chaos of addiction.



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No matter how far you have traveled down the road of recovery, the ditch on the side of the road is just as close. Take inventory; make adjustments!