

Tasks of Sexual Addiction Recovery

Developed by Patrick Carnes, Ph.D.

Task/Goal	Performables	Life Competency
1. Break through denial	Make a full disclosure to therapist all forms of sexual acting out. Complete a list of examples of powerlessness and unmanageability. Address thinking errors.	Recognize self delusion
2. Understand the nature of the illness	Read at least one book on sexual addiction/anorexia. Complete the First Step. Complete a Sexual History. Complete a Consequences Inventory.	Have knowledge of Addiction and Recovery
3. Surrender to the Process	Complete a Second Step and Third Step.	Know personal limits
4. Admit damage from behavior	Write a Damage Control Plan and implement it.	Be an expert in self care, crisis avoidance and crisis management
5. Establish Sobriety	Write a Sobriety Statement. Complete a Celibacy Contract of eight weeks or more. Write a Relapse Prevention Plan. Complete Fantasy Contamination Exercise.	Manage life without dysfunctional sexual behavior
6. Ensure Physical Health/ Integrity	Complete a physical exam.	Be an expert in physical self care
7. Participate in a culture of support	Attend Twelve Step sex addiction meetings regularly. Attend other Twelve Step meetings as appropriate.	Build a functional health support system
8. Reduce Shame	Complete Step 4 and Step 5.	Recognize and manage toxic shame
9. Grief Losses	Define clear grieving strategies and use them.	Recognize grief and have skills for grieving
10. Understand multiple addictions and sobriety	Complete an Addiction Interaction Disorder screen. Complete a Multiple Addiction Relapse Prevention Plan.	Remain relapse free from all concurrent addictions
11. Acknowledge cycles of abuse	Complete Survivors weeks. Complete Abuse Inventory.	Identify abuse and exploitation.
12. Bring closure and resolution to addiction shame	Complete Step Eight and Step Nine.	Keep current on shame, resentment and relationship issues
13. Restore financial viability	Save within financial means (spend less than earned). Work Recovery financial plan.	Maintain financial viability
14. Restore meaningful work	Establish a meaningful career path.	Have meaningful works
15. Create lifestyle balance	Use a Personal Crazyness Index for 8 weeks.	Live in balance and harmony

16. Build supportive personal relationships	Find and use a sponsor. Attend therapy group for 175 hours. Be a sponsor to others.	Initiate and sustain enduring life relationships
17. Establish healthy exercise and nutrition patterns	Have a weekly aerobic exercise pattern. Remain in appropriate weight range for age and height.	Stay physically fit
18. Restructure relationship with self	Complete eighteen months of individual therapy. Clarify boundaries, goals and needs.	Have a workable, compassionate relationship with self in order to be self-determining and autonomous.
19. Resolve original conflict wounds	Do therapy specific to family of origin or trauma issues.	Identify and manage recurring dysfunctional patterns.
20. Restore healthy sexuality	Write a sex plan and keep it updated.	Have sexual health.
21. Involve family members in therapy	Family members attend Family Week. Family members attend therapy sessions.	Capacity to ask help from immediate family.
22. Alter dysfunctional family relationships	Full disclosure to primary partner and immediate family as appropriate.	Remain true to self in the presence of dysfunction.
23. Commit to recovery for each family member	Family members/spouses enter a recovery program for themselves.	Take responsibility for self.
24. Resolve issues with children	Share secrets and make amends to children when appropriate.	Resolve conflict in dependent relationships.
25. Resolve issues with extended family	Share secrets and make amends to extended family when appropriate.	Resolves conflict in interdependent relationships.
26. Work through differentiation/healthy boundaries	Write a "Fair Fight" contract.	Sustain intimacy without loss of self.
27. Recommit/commit to primary relationship	Commit to a primary relationship, or recommit to primary relationship.	Capacity to maintain a committed relationship.
28. Commit to coupleship	Attend Twelve Step meeting for couples regularly.	Participate in a community of couples.
29. Succeed in primary intimacy	Have a primary relationship which is satisfying.	Be vulnerable and intimate.
30. Develop a spiritual life	Find and use a spiritual director or mentor. Join a spiritual community.	Be spiritual conscious.

See Also:

- *Out of the Shadows: Understanding Sexual Addiction* by Patrick Carnes
- *Facing the Shadow: Starting Sexual and Relationship Recovery* by Patrick Carnes
- "30 Tasks for Addiction Recovery" by Patrick Carnes -- <http://www.iitap.com/documents/Tasks1-30-Detailed.pdf>

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**Sexual Addiction Recovery generally requires:**

1. Individual therapy
2. Couple/Family therapy
3. 12 Step support group work (i.e. SA.org – Sexaholics Anonymous, LDS Church 12-Step Addiction Recovery Program)
4. Group therapy (i.e. LifeSTAR Sexual Addiction Recovery Program)