

Three Circles Worksheet (Example)

Suggestions: Fill out this worksheet one circle at a time. Sex Addicts Anonymous suggests that, "In the inner circle, we put the sexual behaviors we want to abstain from, the ones we consider 'acting out'. These are the behaviors that we identify...as addictive, harmful, or unacceptable to us. In the middle circle, we put behaviors that may lead to acting out, or that we are unsure about. In the outer circle we put healthy behaviors that enhance our life and our recovery."

