



**Freedom from Chronic Relapse
Recovery Reflections Session 2
Emerging from Darkness: Are You Ready?**

You don't need to show these to anyone, but you may want to review your answers with your sponsor or a trusted SA sharing partner. Be as honest as you possibly can.

- 1. Take your time on this one: Are you done yet?**
- 2. Do you want sobriety?**

**The responsibility is on no one else but you.
The decision is in your hands.**
- 3. What does it mean to you to be “done” with relapsing?**
- 4. “If you want what we have and are willing to go to any lengths...”**

SAWB p. 206
Are you willing to go to any lengths to stay sober?
- 5. “Until we have been driven to the point of despair...”**

SAWB p. 4
How desperate are you?
- 6. Have you sincerely reached the point where you're ready to leave old behaviors behind? Why or why not?**
- 7. Have you asked God (*as you understand Him*) for help, in becoming ready?**
- 8. How can you reinforce your commitment to stay out of the darkness?**
- 9. You may not actually be a sexaholic. Are you sure? If you are, it doesn't get better before recovery.**
- 10. Do you desire to stop lusting and to become sexually sober?**
- 11. You NEVER need to act out again. Ever.**
- 12. Sobriety... Long-term sobriety... starts today.**

