

Step 1H We admitted we were powerless over our addictive sexual behavior and that our lives were unmanageable.

One aspect of our lives that we are powerless over is our genetics and family we grew up in. People seem to be genetically predisposed to addictions and family systems demonstrate how to use relationships and substances to avoid problems

How many people in my family had addictions? This includes addictions to other people & co-dependency, tobacco, coffee, work, food, gambling, as well as alcohol and drugs.

Grandparents

Parents, uncles, aunts, and other significant adults

Brothers, sisters, cousins

Children & grandchildren

When I look back at my childhood, what stands out to me as times when people demonstrated how to use or flee instead of dealing with problems?

Addicts engage in a number of behaviors to avoid responsibility for their addiction. How have I witnessed lying, bluster, raging, manipulation, religion & repentance, denial, silence, and abandonment to avoid personal responsibility?

The people other than the addicts in my life often have denial of their role in the process. What examples do I know where people in my life denied the existence of the addiction, the craziness of living with an addiction, or the consequences? Do I know of examples where people in my life pushed using on someone, trying to calm, shaming, religion, etc. in order to silence talk of certain subjects, or to be in control of the situation?

What has been the cost in my life from growing up with these addictions?