

Powerlessness Inventory

Powerlessness simply means: I cannot put this addiction down for good. No matter how many times I swear off or promise others I will stop, I seem to always return. On my own, I have no power to stop sexually active out.

Use the following prompts to help you see your powerlessness

- When have I put my career, reputation, family, relationship, friendships or children at risk? Example: I put my career and reputation at risk by watching pornography at my workplace, yet I watched the pornography anyway.
- List the consequences you ignored and acted out anyway. Example: I knew if my wife found out I could get a divorce, but I went to the massage parlor anyway.
- List the times you promised to stop but returned back to the sexual behavior. Example: I promised my wife I would never text another woman, but she just discovered that I never really stopped.

[illegible]