

## **Discussion Questions # 1**

### ***Starting the Process of Change***

#### **Discussion Questions**

1. How many times have you been told to just STOP IT?
2. How many times have you received the STOP IT message from others even if they haven't said it out loud?
3. And how many times have you said to yourself that you should be able to just STOP IT?
4. How did being told to just STOP IT make you feel?
5. What does it say about someone who demands that you just STOP IT?
6. Why is STOP IT extremely detrimental to those in addiction?
7. How do you start the process of change, the journey of recovery?
8. Where are you currently in the process of breaking through denial?
9. In what ways have you been powerless over your addictive sexual behavior?
10. How have you tried to stop, reduce, or control the behavior to no avail?
11. In what ways has life become unmanageable as a result of the sexual behavior?
12. What negative consequences do you attribute to addiction?
13. What is it called when someone who struggled with addiction and acting out behaviors no longer struggles with that behavior?
14. So how does someone start this process of change, this journey of recovery?
15. Where are you currently in the process of breaking through denial?
16. What is the first step of sex addicts anonymous?
17. In what ways have you been powerless over your addictive sexual behavior?
18. How have you tried to stop, reduce, or control the behavior to no avail?
19. In what ways has life become unmanageable as a result of the sexual behavior?
20. What negative consequences do you attribute to addiction?

Video Resource:

Bob Newhart-Stop it - YouTube

<https://www.youtube.com/watch?v=0w0lr63>