For this exercise, we list and describe examples of our powerlessness over our compulsive sexual behaviors. Powerlessness occurs when we cannot control ourselves from acting out sexually in ways that we know are not healthy for us. This could include, but is not limited to, pornography and masturbation, anonymous sex, extramarital affairs, etc. We are specific in listing and describing examples when we wanted to stop the behavior, but either could not stop or repeated the behavior.

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| **Behavior** | **Describe what happened? How did you try to stop (and failed)? How did you repeat the behavior?** |
| *Example: Masturbation in vehicle* | *I was reported to the police for masturbating in my vehicle while driving. After being given a warning, I thought I would stop. However, the very next day, I returned to masturbating in my vehicle; this time at a fitness center parking lot.* |
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