In this exercise, we take inventory of the various people, places, or things that we have experienced as a “higher power” during either our sexual acting out or in recovery. Remember from the Chapter on Step Two, a higher power is simply a power greater than ourselves that restores us to sanity – that is, a power that sobers us up when we are about to act out or even during the acting out. As Christian men, Jesus Christ is our highest power, but there are many other people or things that can serve as a higher power.

We need to understand that our Highest Power, God, will use anything and everything, including the “higher powers” you list below, for the benefit of those who love Him and are called to his purpose (Romans 8:28). This simply means that an all-powerful God can use anything to restore you to sanity because He loves you and wants you to be sane and free of sexual sin.

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| **Higher Power** | **Example of when/how this higher power restored you to sanity** |
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