

Story in Three Sentence PowerPoint



Story in Three Sentences

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From SIRSS

Instructions

Write out your Step One story in three sentences.

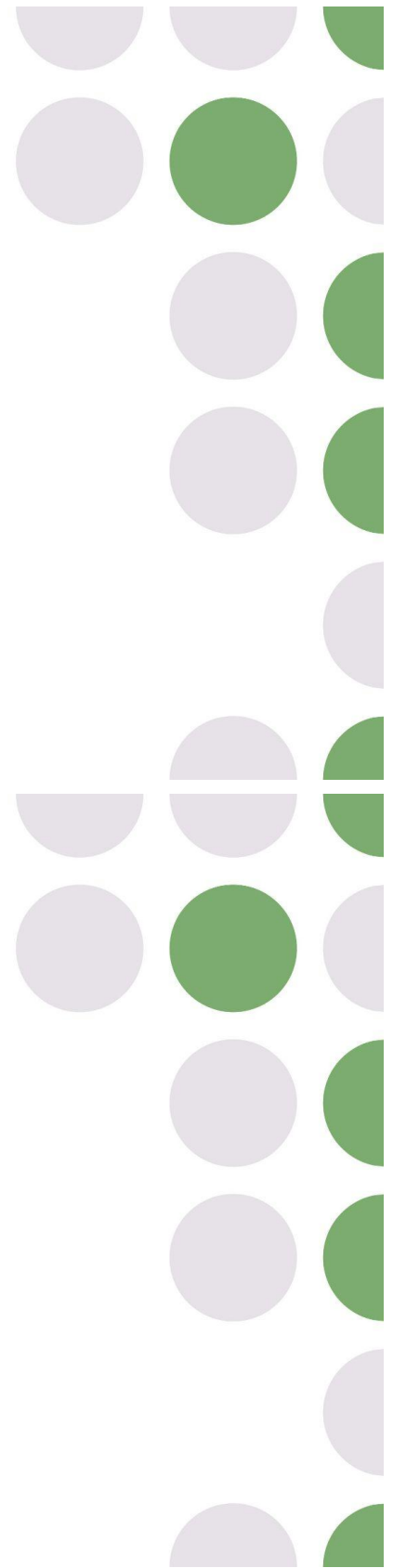
- ✓ Sentence 1: The Story – Write out (in one sentence) how your life is unmanageable and/or how you are powerless over compulsive sexual behavior.
 - ✓ Sentence 2: What I did wrong/What do I wish I'd done differently - Write out (in one sentence) what you did that you wish you had either not done or done differently.
 - ✓ Sentence 3: What I should have done/What will I do in the future? – Write out what would have been a better choice and/or what I will choose to do in the future when that situation repeats itself.
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The Basis of Your Writing

- ✓ Start by really reading the Step and seeing the ways it applies to your life
 - ✓ Choose one (or more) way(s) it applies and create/condense a sentence to share that.
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The Story

- ✓ Write out how your life is affected by this Step.
 - ✓ Example Step One Story:
 - My desire to help others to be involved in various projects at work or to gain recovery through working a COSA program can feed my workaholic defect of character, which is an inner circle, unacceptable behavior, leaving me feeling overwhelmed.
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What I did wrong? What do I wish I'd done differently?

- ✓ A more positive way to express this is:
 - ✓ Example answer:
 - My focus on the needs and desires of others, though it may temporarily help me to feel valuable, sometimes keeps me from being physically and emotionally present to others or to truly take care of my own needs.
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What I should have done? What will I do in the future?

- ✓ Example answer:
 - I must daily – and sometimes hourly –
 - Take into careful consideration the requirements of the day for my work, allotting appropriate time for each task.
 - Talk with my COSA service sponsor before accepting any new COSA commitment
 - Schedule time to just chill or play so I don't just ignore myself
 - Check with HP before agreeing with any new commitment
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