

# The Story in Three-Sentence PowerPoint



## Why and How to Write Your Story in Three Sentences

Adapted From Dennis F -  
<https://1212and12.org/homework/>

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### The Value of These Sentences

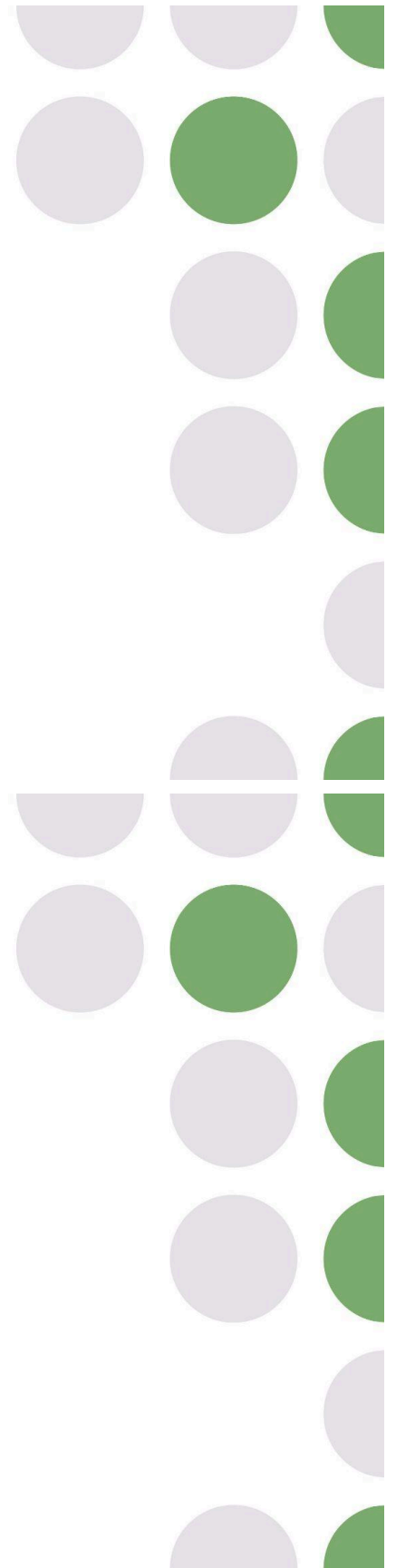
- When we are able to see the ways the principles of this Step apply to our lives in the present (or past), we are lifting the fog of denial and giving ourselves a greater opportunity to live in the present.
  - When we are able to see the past and apply the changes we'd like to see for the future, we are giving ourselves goals with specific, reachable outcomes, because they are based on our own behaviors.
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## **After the Step work is completed for each Step, you'll be asked to complete your "Story in Three Sentences"**

- This is your opportunity to truly understand how this Step applies to your life. This often requires a lot of introspection and can be totally different today than it was a year/month/day ago.
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### **Step One: We admitted that we were powerless over compulsive sexual behavior, that our lives had become unmanageable.**

- Looking at Step One today, choose one to three words that stand out for you as applicable to your life today.
  - Share at least one of those words in the chat.
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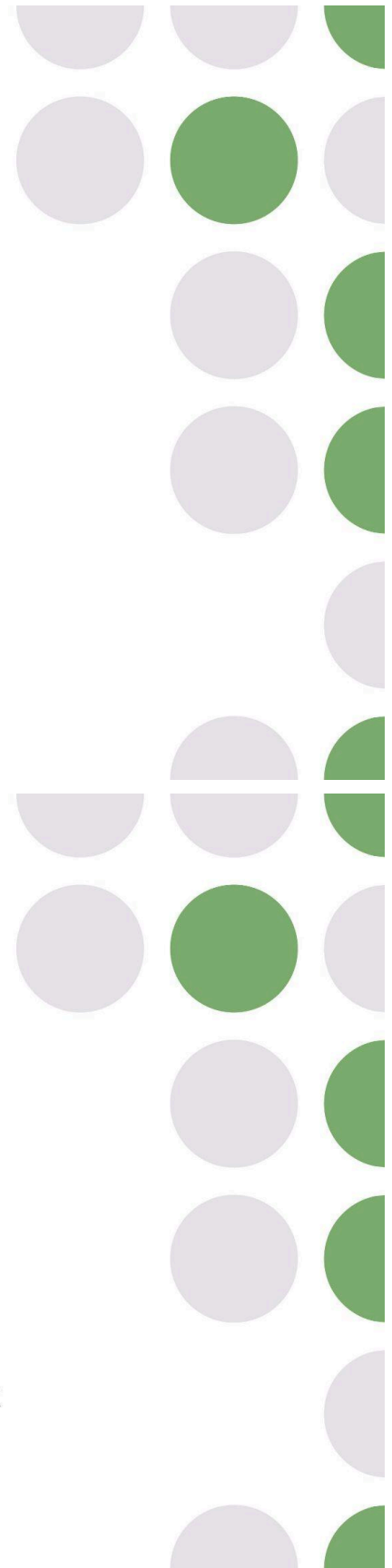


# An example of “The Story”

- One COSA’s Step One Story:
    - My unmanageable life is revealed by my desire to help others to be involved in various projects at work or to gain recovery through working a COSA program, which can feed my workaholic defect of character, an inner circle, unacceptable behavior, leaving me feeling overwhelmed.
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## How to do this exercise

- Simply write down your thoughts. You can edit later, if needed.
  - Look at the reality of what happened - or the desired behaviors you wish today you’d done instead.
  - It is only through honesty about your own behaviors that you are able to change any outcome in your life.
  - Answer each question. (Right now we’ll do one question at a time and give you time to reflect between.)
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## Today's Practice Exercise: Write one sentence that reveals your story today regarding Step One

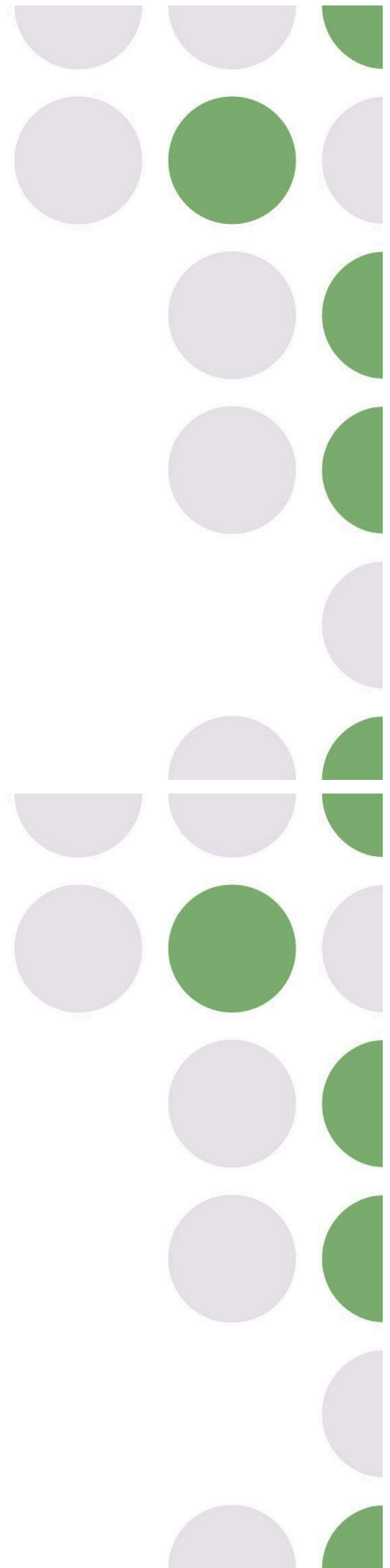
- Self reflection - three minutes of thinking/writing time.

**Step One: We admitted that we were powerless over compulsive sexual behavior, that our lives had become unmanageable.**

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## What do I wish I had done differently?

- One COSA's 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 my husband/partner or to truly take care of my own needs.
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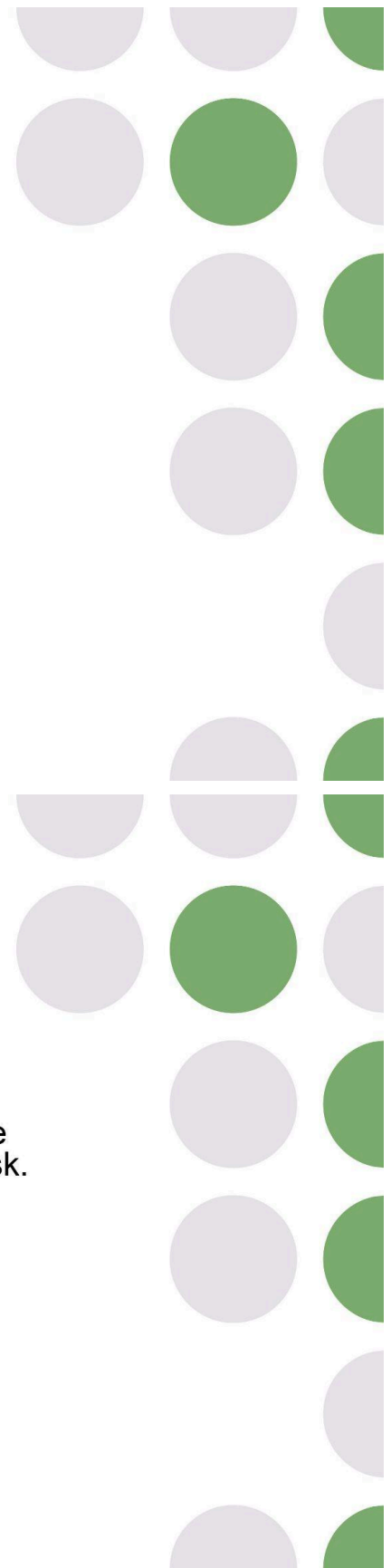


## Today's Practice Exercise: Write one sentence about an event or exchange you wish you had done differently.

- Self reflection - three minutes of thinking/writing time.
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## What will I do in the future?

- One COSA's 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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**Today's Practice Exercise:**  
**Write one sentence about what you would like to do if this situation happens again in the future. This is about setting a goal for the future.**

- Self reflection - three minutes of thinking/writing time.

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## **Story in Three Sentences**

Our hope is that by this small introduction to the Story in Three Sentences and because of your dedication to learning about yourself and growing emotionally, you will see the value of taking the time to complete this Recommended assignment for each Step.

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