

## **Recovery Script # 6**

### ***Fire Together - Wire Together***

1. Why is it inaccurate for a sexual addict to believe, “I just have a really big sex drive, a lot stronger than most?”
2. What is the reasoning behind comments such as, “The family that prays together stays together?”
3. What are some pleasant memories that take you back in time and activate your emotions?
4. What is the purpose of a photograph and what does it cause you to do?
5. Describe the possible result of giving children “comfort food” each time something stresses them out.
6. How does the example of eating comfort food relate to your addiction?
7. When you participate in an additive “comfort activity” how long does the comfort last?
8. What does participating in the comfort activity of your choice actually solve?
9. When you’ve been triggered to act out sexually what were the emotions that you were feeling that cried out for comfort?
10. How well do you handle feelings of stress, anxiety, fear, anger, hurt, boredom, and sadness?
11. What are other unhealthy ways besides sexual acting out that you recognize that you have turned to in order to deal with difficult times?
12. What is the answer to your sexual addiction?
13. Explain exactly what it means that neurons that Fire Together - Wire Together.
14. What questions do you have that haven’t been discussed?