

Tasks of Recovery developed by Patrick Carnes, Ph.D.

Task/Goal	Performable	Life Competency
1. Break through denial	Make a full disclosure to therapist all forms of sexual acting out. Complete a list of examples of powerlessness and unmanageability.	Recognize self delusion.
2. Understand the nature of the illness.	Read at least one book on sexual addiction/anorexia. Complete the First Step. Complete a Sexual History. Complete a Consequences Inventory.	Have knowledge of Addiction and Recovery.
3. Surrender to the Process.	Complete a Second Step and Third Step.	Know personal limits.
4. Admit damage from behavior.	Write a Damage Control Plan and implement it.	Be an expert in self care, crisis avoidance and crisis management.
5. Establish Sobriety.	Write a Sobriety Statement. Complete a Celibacy Contract of eight weeks or more. Write a Relapse Prevention Plan. Complete Fantasy Contamination Exercise.	Manage life without dysfunctional sexual behavior.
6. Ensure Physical Integrity.	Complete a physical exam.	Be an expert in physical self care.
7. Participate in a culture of support.	Attend Twelve Step sex addiction meetings regularly. Attend other Twelve Step meetings as appropriate.	Build a functional health support system.
8. Reduce Shame.	Complete Step 4 and Step 5.	Recognize and manage toxic shame.
9. Grief Losses.	Define clear grieving strategies and use them.	Recognize grief and have skills for grieving.
10. Understand multiple addictions and sobriety.	Complete an Addiction Interaction Disorder screen. Complete a Multiple Addiction Relapse Prevention Plan.	Remain relapse free from all concurrent addictions.
11. Acknowledge cycles of abuse.	Complete Survivors weeks. Complete Abuse Inventory.	Identify abuse and exploitation.
12. Bring closure and resolution to addiction shame.	Complete Step Eight and Step Nine.	Keep current on shame, resentment and relationship issues.
13. Restore financial viability.	Save within financial means (spend less than earned). Work Recovery financial plan.	Maintain financial viability.
14. Restore meaningful work.	Establish a meaningful career path.	Have meaningful works.
15. Create lifestyle balance.	Use a Personal Crazyness Index for 8 weeks.	Live in balance and harmony.