

Exercise S1-3 Examples of Unmanageability

For this exercise, we list and describe examples of unmanageability due to our compulsive sexual behaviors. Unmanageability occurs when our compulsive sexual behaviors interfere with our daily life routine and create negative consequences for us or those around us.

We list specific examples of our acting out and the actual or potential negative consequences suffered by us (or others around us) due to our acting out. Examples could include acting out instead of fulfilling our duties at home, work, or church, missed appointments, problems with law enforcement, financial difficulties, or placing ourselves or others in dangerous or life-threatening situations.

Activity	Concisely describe what happened. What actual (or potential) negative consequence(s) occurred?
<i>Example: Unprotected sex outside of my marriage</i>	<i>On several occasions, I had sexual intercourse with someone other than my spouse, without using a condom. The potential consequences were possible STDs or unplanned pregnancies. On one occasion, a woman became pregnant.</i>
<i>Example: Spent large sums of money on sex with prostitutes and massages</i>	<i>Used money intended for mortgage payments to pay for sex. Fell 6 months behind on house payments. Lender began foreclosure process.</i>