

Exercise S1-4 Addiction Cost Worksheet

This exercise is intended to help us assign a dollar value to the cost of our obsessive and compulsive sexual behaviors. These costs can be examined in 2 categories:

- Opportunity Costs (soft costs) - the monetary value of the opportunities we missed when we used our time on sexually related acting out, rather than in more constructive and productive ways. In this category, we are estimating the value of what might have happened had we used our time differently.
- Out of Pocket (hard costs) – the actual dollars paid to engage in sexual acting out or as a result of our acting out behaviors. In this category, it is theoretically possible to calculate the sum of the actual expenditures we made by reviewing credit card statements, bank statements, or bills. However, in reality, we will likely do not have such records for every instance of acting out, etc. Therefore, we make an estimate based on various expenditures we can document or recall and then use that information to estimate the total expenditures in these categories.

Page 331 of the Castimonia Resource Book provides a worksheet that can be used to calculate an estimate of the Cost of Addiction. After you complete the worksheet in the book, enter your results in the following table below. This information will be useful when drafting your first step.

Expense Category	Estimated Cost
OPPORTUNITY COSTS (soft costs)	
Value of hours in addiction	
Lost business opportunities	
Lost education opportunities	
OPPORTUNITY COSTS - TOTAL	\$
OUT OF POCKET EXPENSES (hard costs)	
Paid In-person sex	
Phone sex	
Internet sex (incl. pornography purchases)	
Pornography (non-internet)	
Alcohol/drugs used with sex	
Legal Fees (divorce, criminal, custody)	
Alimony/child support	
Guilt offerings	
Therapy (pre and post recovery)	
Psychiatric – related to addiction	
Other	
OUT OF POCKET EXPENSES - TOTAL	\$
TOTAL COSTS	\$