

Setting Bottom & Top Lines

Bottom-line behaviours are “self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual, and spiritual wholeness.”

Bottom-lines are the boundaries between our addictive lives and “a new life of fulfillment, richness and mystery [that] surely awaits [us] as [we] move into sobriety.”

Step One: *We admitted we were powerless over sex and love addiction — that our lives had become unmanageable.*

1. Destructive Behaviours

Behaviour	Consequences (Unmanageability)
Having an affair	Harming Someone, Hurting Relationships, Spiritually Harmful
Participating in romantic intrigue	Hurting Relationships, Threatening Job, Lowers Self-Esteem, Psychologically Damaging, Spiritually Harmful
Not leaving an abusive relationship	Life/Health Threatening, Lowers Self-Esteem, Spiritually Harmful
Voyeurism	Harming Someone, Legal Problems
Compulsive avoidance of social/sexual activity	Hurting Relationships, Threatening Job, Spiritually Harmful
Paying for sex	Financially Damaging, Legal Problems
Anonymous sex	Life/Health threatening, Hurting Relationships, Lowers Self-Esteem, Spiritually Harmful, Legal Problems
Spending romantic time with someone who is in love with someone else	Hurting Relationships, Lowers Self-Esteem, Psychologically Damaging, Spiritually Harmful
My Destructive Behaviours	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

3. Accessory Behaviours (*warning signs*)

Here are some examples of accessory behaviours:

1. Cruising for sex or driving in certain areas
2. Going places where you will run into a former unavailable partner
3. Exchanging phone numbers
4. Maintaining multiple phone numbers
5. Having conversations with an erotic subtext
6. Contacting former sex partners
7. Carrying a condom
8. Dressing provocatively
9. Keeping a packed overnight bag
10. Having large amounts of cash in your pocket
11. Drinking alcohol or using drugs
12. Looking up specific search words on the Internet
13. Reading romance novels / watching romantic movies
14. Reading personal ads / sex worker ads
15. Routinely rejecting social invitations
16. Obsessing/fantasizing about unavailable people

My Accessory Behaviours:

4. Bottom-Line Behaviours

Here are some possible bottom-lines:

- Having sex with someone who is married
- Pursuing a new relationship before ending an existing one
- Having sex outside a committed, monogamous relationship
- Having sex with a prostitute
- Following someone home uninvited
- Doing anything that could reasonably get me arrested
- Lying to my spouse
- Masturbating to pornography
- Having anonymous sex
- Going to strip clubs and peepshows
- Having sex on the first date
- Having unprotected sex
- Having sex when I don't want to
- Contacting a former sex partner
- Pursuing inappropriate or unavailable people
- Compulsively avoiding sex in a committed, long-term relationship

My Bottom-Line Behaviours

5. Healthy Behaviours

Some examples:

- Pray and meditate
- Take care of myself today
- Show up for my commitments
- Playing a musical instrument
- Taking a class
- Exercise / go for a walk
- Listen to music
- Get outside and commune with nature
- Express creativity
- Asking for help and support from friends
- Saying affirmations each day
- Make an outreach call. Make another one.
- Play games or sports with others

My healthy behaviours:
