

Intimate Integrity

Resentment & Harm

Step-Working Guide · The Recovery Files

In this workbook

1. **Intimate Integrity** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Intimate Integrity

KEY IDEAS

Intimate Integrity

Recovery's Deepest Vulnerability

Sexual conduct often reveals our deepest character patterns. It is an arena where we can cause significant harm or experience profound healing.

This assessment isn't about moral judgment, but about recognizing how we use relationships for validation, escape, or control, and learning to align our intimate life with spiritual principles.

Manipulation & Control

Using Others

Using sex, charm, or withholding intimacy to get what we want, control partners, or gain advantages.

When we treat others as objects to be managed rather than people to be loved, we block genuine connection. This reflects the self-centeredness at the core of addiction.

Dishonesty & Secrets

The Shadow Life

Lying about past or current relationships, hiding feelings, or concealing the true nature of our interactions.

Secrets grow in the dark. Honesty is the foundation of intimacy. We cannot be known and loved if we are hiding who we really are.

Emotional Harm

Careless Hearts

Leading people on, being emotionally unavailable, or ending relationships cruelly without regard for others' pain.

We may have left a trail of debris in our wake. Acknowledging this harm is painful but necessary for developing empathy and becoming a safe partner.

Trust Violations

Breaking Faith

Infidelity, breaking agreements, and violating the sanctity of committed relationships.

Trust takes years to build and seconds to break. Recovery involves becoming a person who keeps promises and honors commitments.

Boundary Violations

Crossing Lines

Engaging in inappropriate behavior, exploiting power imbalances, or ignoring others' stated limits.

Respecting boundaries—our own and others'—is essential. Addiction often erodes these lines; recovery restores them.

Avoidance & Escape

Relationships as Drug

Using romance or sex to numb pain, avoid loneliness, or validate self-worth instead of doing internal work.

We can be addicted to people just as we were to substances. True intimacy requires two whole people, not two halves trying to make a whole.

Developing Health

The Path Forward

Practicing honesty, consent, respect, and emotional responsibility in all our interactions.

We learn to ask: 'Is this honest? Is this kind? Is this respectful?' We move from taking to giving, from using to connecting.

Spiritual Sexuality

Integration

Viewing our sexuality as part of our spiritual life, not separate from it.

We invite our Higher Power into our relationships. We seek to be partners who bring light, truth, and love into the lives of others.

WORKSHEET**Sexual Conduct Worksheet**

Intimate Integrity & Connection

PROFILE**Understanding Your Profile**

1. What category of sexual conduct issues has caused the most harm?

2. What behaviors have you been most reluctant to examine?

3. How have your patterns evolved during recovery?

4. What behaviors have surprised you with their capacity to cause harm?

5. What factors tend to activate your problematic patterns?

PSYCHOLOGY**Psychology of Patterns**

6. How does understanding this as spiritual illness affect your willingness?

7. How might your conduct be connected to emotional pain management?

8. How do different issues (e.g. dishonesty and infidelity) interact?

9. What early warning signs indicate conduct is becoming problematic?

10. How might early experiences have influenced your approach?

HEALTH

Developing Health

11. What strategies work best for developing healthier patterns?

12. What role do supports play in examining your conduct?

13. How do you distinguish between healthy and harmful expression?

14. What spiritual practices help you approach relationships with care?

15. How might you strengthen your capacity for healthy skills?

INTEGRITY

Building Integrity

16. How has your approach to sexuality changed in recovery?

17. What practices help you maintain honesty in intimate relationships?

18. How do you balance your needs with care for partners?

19. What would it look like to view sexuality as part of spiritual life?

20. How might sharing your experience help others?

MAPPING**Your Conduct Map**

List specific examples for each category:

Manipulation & Control:

Dishonesty:

Emotional Harm:

Trust Violations:

Boundary Violations:

Relationship Avoidance:

ACTION

Action Plan

Specific Conduct Challenge:

Goal:

Action Steps:

Accountability:

Timeline:

Remember: We are looking for progress, not perfection. Authentic intimacy is a journey of spiritual growth.