

## SA Daily Sobriety Renewal Checklist\*

**These questions are shared between recovery partners at the beginning of the day.**

1) Are you willing to admit you are powerless over lust and sexual acting out, just for today?

2) Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation?

3) Are you willing to do whatever is necessary to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, setting appropriate boundaries, and refusing all lust hits as toxic?

4) Just for today, do we commit to God and this group that we do not have to have sex with ourselves or anyone else (except a spouse) no matter what, realizing that at the end of this 24 hours we are free to continue with sobriety or go another way?

5) Do you understand that this renewal does not keep you sober (God does), but it does make you aware of yourself and accountable to others?

6) And, just for today, are you willing with me to hand over your will and the care of your life to the One Who kept you sober yesterday and has protected you from the full consequences of your lust in the past?

7) Have you done anything in the last 24 hours that you're ashamed of?

8) Are we aware of anything in our plans for the next 24 hours of which we might become ashamed? Any danger zones, slippery spots on the horizon, or hidden bottles we should bring to the light?

Close by exchanging at least one gratitude.

\* Taken from the SA newsletter [The Essay](#)