

## DDS—Transformation—Steps (in and out) (2)

AllNeedsMet.us © 2025

#	L	<b>Steps (in and out) These steps can work for any area of life. Parentheses indicate topics.</b>
1	0	<b>Into the Distortion (12 steps in)</b>
1	1	We each have a story about (sex).
1	2	Most of us had poor training; if we had no training, left on our own, this becomes poor training. There is no such thing as no training; no training assures poor training.
1	3	Life happens and insists that we encounter (sex).
1	4	And so, we have experiences in (sex).
1	5	Poorly trained, we have been isolated; having no one with whom to comfortably talk, we are not trained to talk about (sex) and so, we don't.
1	6	Isolated, encountering experiences, we do our best to cope.
1	7	Beliefs are created from these experiences; sometimes these beliefs are lies.
1	8	We experience legitimate dynamics and/or needs in (sex).
1	9	We try to meet our needs and/or cope with the dynamics, but if we are functioning according to lies, we can engage in harmful behaviors; we try to answer the needs and process dynamics in ways that do not work.
1	10	Believing, often unknowingly, that these behaviors will meet our needs and/or manage the dynamics, we persist in the behaviors.
1	11	The behaviors can then become compulsions; we are driven to do them because we deeply and wrongly believe they will answer our needs and or manage the dynamics.
1	12	Often the behaviors are destructive; we know something is off, but we can't change on our own.
2	0	<b>Wanting freedom from the Distortion (6 steps towards change and transformation)</b>
2	1	Aware of the harms, we want change; we want freedom.
2	2	We learn that Truth will set us free, that the Truth will lead us to freedom. [John 8:32]
2	3	We become aware of others who have, like us, been challenged in the area of (sex), and that they have been changed.
2	4	Through them we find others who want the Truth and change, also called transformation.
2	5	In a community of others who want transformation and freedom, we learn how to provide a

#	L	<b>Steps (in and out) These steps can work for any area of life. Parentheses indicate topics.</b>
		safe environment so that we may become fully open about (sex).
2	6	We meet under and with Christ for the quickest and most effective healing and freedom from the distortion.
3	0	<b>Steps out of the Distortion (12 steps)</b>
3	1	Using Scriptures, we draft the ideals of the topic—the ideal training in (sex), the ideal behaviors in (sex as a single, and sex as part of a married couple).
3	2	Using Scriptures, having identified the ideal, we become aware of the behaviors that are problematic, harmful, and/or contrary to the ideal.
3	3	Following Scriptures, we ASK God to identify and implement the ideal behaviors.
3	4	Following Scriptures, we ASK God to help us stop the problematic behaviors.
3	5	Following Scriptures, we pray for protection, and invite, by the Holy Spirit, the excavation and replanting of the beliefs in our spiritual Garden.
3	6	Using the ideal training as a guide, inviting the Holy Spirit to guide and heal us, we write the events of our history, trusting that this history will eventually become a testimony of healing.
3	7	We note what we felt and thought during each event, and what we came to believe because of the experience.
3	8	At times we also follow the fantasy about (sex) because this will often indicate the deficit in our training and experiences.
3	9	We allow the Holy Spirit to rewrite our history, helping us to reimagine our experiences in order to meet the needs and address the dynamics of that time.
3	10	Looking at our history, our feelings and thoughts, and following our fantasies, we identify beliefs that we have adopted that are lies.
3	11	Having identified the lies, we “confess and request;” we confess our shortfalls and make a request of God to heal us.
3	12	Often in gratitude, we stay current with our community of what is improving and healing, and where we still need transformation.