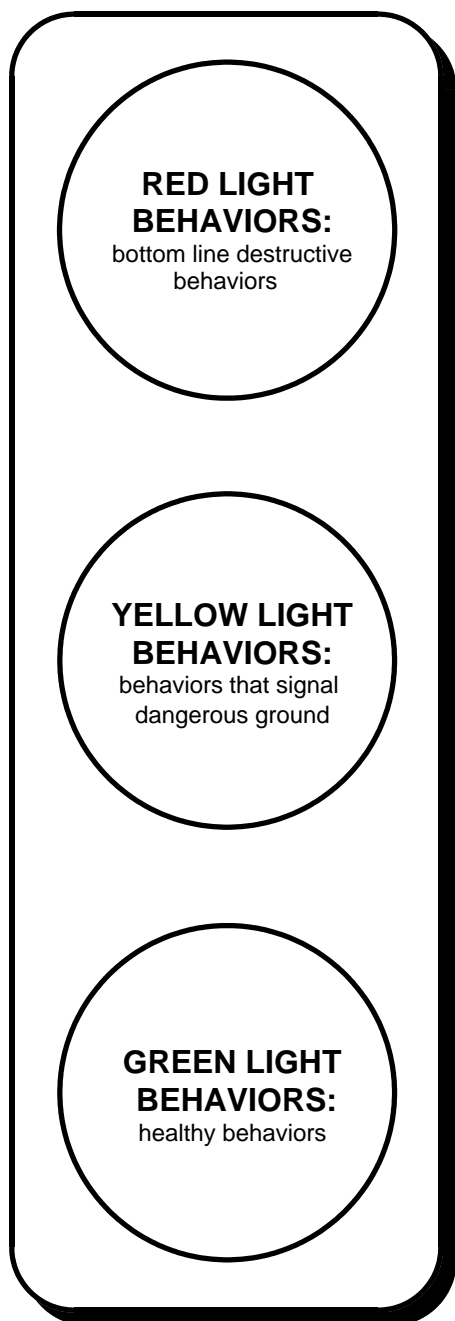


# Your Bottom Line

Red light behaviors include two types of sexual behavior. The first type involves behavior that is so risky that just one episode of it could cause significant loss relative to your job, primary relationship, legal standing, finances, or health. The second type has to do with behaviors that “make you crazy” and become obsessive and out of control in terms of frequency. These are the behaviors that you will not do...your bottom line. In many ways you do not *set* your bottom line, you *recognize* it because it is there in reality. Yellow light behaviors are those which trigger you to act out or which need to be monitored. Think of these categories as how you need to live today...”one day at a time.”



Consequence:

Boundary Behaviors - trigger behaviors I will not do

Caution Behaviors - behaviors that are questionable or need to be monitored

Consequence:

Consequences are actions you will take if you violate your bottom line or otherwise begin to act in an unhealthy way. They may include going to more meetings, making phone calls, talking about the violation in therapy and meetings, talking to your partner, etc.