

Our message

Before coming to SAA many of us felt isolated because of our sexual activities.

Most of us felt a great sense of embarrassment and shame about our behaviours and were unable to talk to others for fear of judgement. We found it difficult to believe others suffered as we did and believed that our situation was without a solution.

In time most of us found recovery from our sexual behaviors by attending regular SAA meetings, asking for guidance in our sponsorship, and by working the Twelve Steps of SAA.

They are as follows:

- Step 1 We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable.
- Step 2 Came to believe that a power greater than ourselves could restore us to sanity.
- Step 3 Made a decision to turn our will and our lives over to the care of God as we understood God.
- Step 4 Made a searching and fearless moral inventory of ourselves.
- Step 5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- Step 6 Were entirely ready to have God remove all these defects of character.
- Step 7 Humbly asked God to remove our shortcomings.

- Step 8 Made a list of all persons we had harmed and became willing to make amends to them all.
- Step 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10 Continued to take personal inventory and when we were wrong promptly admitted it.
- Step 11 Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for the knowledge of God's will for us and the power to carry that out.
- Step 12 Having had a spiritual awakening as a result of these steps, we tried to carry this message to other sex addicts and to practice these principles in all our affairs.

It is important to remember whilst working through this programme that we are not saints. The point is that we are willing to grow along spiritual lines. The principles we set down are guides to spiritual progress. We claim spiritual progress rather than spiritual perfection.