

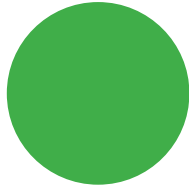
Our Addiction

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behaviour. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same.

We were addicted to sexual behaviours that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behaviour and its consequences usually becoming more severe over time. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behaviour and fantasies. In SAA, we have come to call our addictive sexual behaviour acting out.

Our Addiction



How It Works

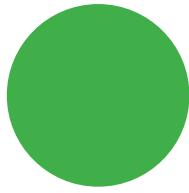
We are sex addicts. Our addiction nearly destroyed our lives, but we found freedom through the recovery programme of Sex Addicts Anonymous.

In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength and hope gives us the choice to live a new life.

Our addictive sexual behaviour was causing pain – to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises, and many attempts to stop, yet we repeatedly failed to do so. For each of us, there came a moment of crisis.

When we finally reached out for help, we found recovery through the programme of SAA. We have found, through long and painful experience, that we are unable to achieve recovery from our sexual addiction through our own efforts. Our programme is based on the belief, confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone. By surrendering our addiction to a Higher Power, we receive the gift of recovery, one day at a time.

How It Works



The Abstinence Statement

We define abstinence in terms of behaviour and obsessions rather than our passing thoughts. Addictive ways of thinking may take years to drain away; abstinence from destructive behaviours, however, can begin today.

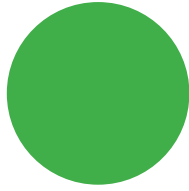
We seek progress rather than perfection.

Abstinence will be different for every member of SAA. Some addicts can do things other addicts find they ; in SAA, each person must assess their own experience. Think cannot about those behaviours which leave you feeling confused, hurt and demoralised, and establish some boundaries around these now. They don't have to be perfect. You can always revise them. Talk about them with other members of the group. If any of your behaviours are particularly dangerous or abusive, then we recommend that you give first priority to stopping these.

We also need to take note if abstinence becomes obsessive, and we cut off completely from all sexual feelings. Abstinence does not mean completely eliminating sexuality from our lives.

Our intention is to give ourselves a breathing space simply to feel alive, to grow, and allow our God-given understanding of healthy sexuality to emerge quite naturally.

Abstinence Statement



The 12 Steps of SAA

– Intro adapted by the group, steps text taken from *Sex Addicts Anonymous*, p. 20-21

The following steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us.

Although the steps use the word “God” to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices.

The path is wide enough for everyone who wishes to walk it.

- 1** We admitted we were powerless over addictive sexual behaviour - that our lives had become unmanageable.

- 2** Came to believe that a Power greater than ourselves could restore us to sanity.

- 3** Made a decision to turn our will and our lives over to the care of God as we understood God.

- 4** Made a searching and fearless moral inventory of ourselves.

- 5** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

- 6** Were entirely ready to have God remove all these defects of character.

- 7** Humbly asked God to remove our shortcomings.

- 8** Made a list of all persons we had harmed and became willing to make amends to them all.

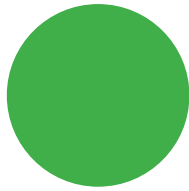
- 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.

- 10** Continued to take personal inventory and when we were wrong promptly admitted it.

- 11** Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

- 12** Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

Steps

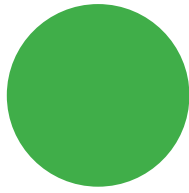


The 12 Traditions of SAA

week 1	1	Our common welfare should come first; personal recovery depends upon SAA unity.
	2	For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
	3	The only requirement for SAA membership is a desire to stop addictive sexual behaviour.
week 2	4	Each group should be autonomous except in matters affecting other groups or SAA as a whole.
	5	Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
week 3	6	An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
	7	Every SAA group ought to be fully self-supporting, declining outside contributions.
	8	SAA should remain forever nonprofessional, but our service centers may employ special workers.
week 4	9	SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
	10	SAA has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
	11	Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
	12	Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

On the fifth week of the month read any three of the traditions

Traditions



Newcomers Welcome

Dear Newcomer, Welcome to SAA.

When we came to our first meeting, many of us were having a variety of feelings. We were relieved to have found a place where our pain and despair might be understood. We were angry that we had to get help and could not manage this part of our lives. We felt lonely and were ashamed of our sexual history. We had secrets that we were reluctant to share. We were distrustful, guarded and frightened. We had been abused and we had abused others. We were sex addicts and we needed help.

The programme of SAA is patterned after the Twelve Steps of Alcoholics Anonymous.

Here we learn a new way of living. We learn at our own pace, to experience intimacy and sharing with others in a healthy way. We learn to trust; to express our feelings; to ask for our needs to be met; to say no when no is appropriate; and to stay around when all we want to do is run.

Here no one shames us for what we have done or are still doing. Here we have a safe harbour within which to heal, and for that we are grateful.

The only requirement for membership in S.A.A. is a desire to stop compulsive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and maintain healthy relationships, then you are in the right place.

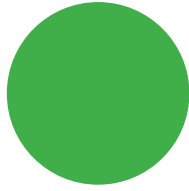
It is suggested that you attend at least six meetings before you decide whether the programme is for you. At your first meeting we encourage you to talk to others and exchange telephone numbers with those you relate to. We also suggest that you select a temporary sponsor to assist you in learning the basics.

The selection process is easy: all you do is ask someone you relate to (to whom you are not sexually attracted) if they would be willing to be your temporary sponsor until you learn your way around. At a later date, after you have got to know us better, we suggest you choose a permanent sponsor.

In addition to attending meetings and talking with others we suggest you read our primary text *Sex Addicts Anonymous (The Green Book)*, S.A.A. pamphlets, saauk.info and saa-recovery.org, *Alcoholics Anonymous (The Big Book)* and other appropriate recovery literature.

We are happy that you are here, for it is the newcomer that keeps S.A.A. alive and well. We encourage you to take it **one day at a time**, **be gentle with yourself**, and **keep coming back**.

Newcomers Welcome



The Promises

– Alcoholics Anonymous, p. 83-84

- If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves

Are these extravagant promises?

All at will: We think not.

Volunteer: They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Promises

