

Sex Addicts Anonymous
Monday Meeting - 6:00 PM
Bethany Church, Montpelier, VT

PREAMBLE (reprinted for adaptation with permission of the AA Grapevine.)

Ours is a fellowship of women and men who share our experience, strength, and hope with each other so that we may solve our common problem and help others to recover from their sexual addictions.

The only requirement for membership is a desire to stop compulsive sexual behavior. There are no dues or fees for membership; we are self-supporting through our own contributions.

We are not allied with any organization. We do not wish to engage in any controversy, endorse nor oppose any causes.

Although there is no organizational affiliation with Alcoholics Anonymous and our fellowship we are based on the principles of AA.

Our primary purpose is to stay sexually healthy and help other sex addicts achieve freedom from compulsive sexual behavior.

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HOW IT WORKS

"Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program..."

They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

"Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it - then you are ready to take certain steps."

"At some of these we balked. We thought we could find an easier, softer way, but we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely."

"Remember that we deal with sexual addiction-cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power - that One is God. May you find God now!"

"Half measures availed us nothing. We stood at the turning point. We asked God's protection and care with complete abandon."

"Here are the Steps we took, which are suggested as a program of recovery:"

- excerpt from the AA Blue Book

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THE 12 STEPS OF SEX ADDICTS ANONYMOUS

1. We admitted we were powerless over addictive sexual behavior — 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.

“Many of us exclaimed, “What an order! I can't go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.”

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THE TWELVE TRADITIONS OF SEX ADDICTS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon S.A.A. 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 S.A.A. membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. An S.A.A. group ought never endorse, finance, or lend the S.A.A. name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.A.A. should remain forever nonprofessional, but our service centers may employ special workers.
9. S.A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. S.A.A. has no opinion on outside issues; hence the S.A.A. 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.

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ABSTINENCE STATEMENT

Our goal when entering the SAA Program is abstinence from one or more specific sexual behaviors. But unlike programs for recovering alcoholics or drug addicts, SAA does not have a universal definition of abstinence. Most of us have no desire to stop being sexual altogether. It is not sex in and of itself that causes us problems, but the addiction to certain sexual behaviors. In SAA we will be better able to determine what behavior is addictive and what is healthy.

Since different addicts suffer from different behaviors, and since our sexuality is experienced in so many different ways, we have found it necessary that SAA members define for themselves, with the help of their sponsors or others in recovery, which of their sexual behaviors they consider to be “acting out.”

This can be a difficult challenge. If we are too lenient with ourselves, we might not get sober. If we are too strict, we might restrict ourselves from healthy behaviors that we have no need to give up, and an inability to meet our high standards could set us up for relapse. We need the help of other recovering sex addicts, and the reliance on a Power greater than ourselves, to find the right balance between these two extremes.

Our program acknowledges each individual’s dignity and right to choose his or her own concept of healthy sexuality. We have learned that our ideas of what is healthy and what is addictive evolve with experience. In time, we are able to define our individual abstinence with honesty, fairness and gentleness. This process is a valuable exercise in our recovery.

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THE OTTOWA PROMISES

Through a renewed Relationship with God/our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to God/our Higher Power and working our program, our lives will become manageable and we will be restored to sanity. We will receive the inner strength and support needed to face our anxieties and fears, and to deal with the painful feelings that feed our addiction.

Relations with Others will improve as we learn to respect our boundaries and allow others freedom to be themselves. Reaching out in trust and connecting with others will come easier, dispelling our sense of isolation and loneliness. Degrading fantasies and obsessive sexual thinking will diminish.

Relating to Ourselves, self-absorption will give way to self-discovery; secrecy to honesty; feelings of unworthiness to dignity; and shame to grace. A restored integrity will guide our behavior. We will feel more alive and regain a sense of happiness. We will hear ourselves laugh again and rediscover play. We will embrace change and will grow.

A Spiritual Awakening will free us from the tyranny of our addiction. An awareness of being guided by a Higher Power and supported by caring friends will sustain us. Regret for the past and worry for the future will give way to living for today. We will open ourselves to the amazing possibilities of a life worth living — our life.

Are these extravagant promises?

WE THINK NOT! (Altogether please)

We have seen them fulfilled. They are ours, if we want them and work for them.