

# Readings



## **The 12 Steps of SAA**

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.

## **The 12 Traditions of SAA**

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 behavior.
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.
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.
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.

### **The Late Night Recovery Promises**

LNR meets seven days a week; here are seven promises for those who work the program:

1. We will find a new freedom from addictive obsession.
2. We will learn to be present during emotional and physical intimacy, and to express love in healthy ways.
3. We will deepen our compassion and forgiveness of others and ourselves.
4. We will pursue the company of people who accept and respect us.
5. We will find belonging and true friendship with ourselves and with others.
6. We will ask for help, and offer it freely to others.
7. We will experience profound healing in the hands of a loving higher power.

Are these extravagant promises? We think not. They are ours if we work them.

### **The Serenity Prayer**

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.