

Safety



LNR Note About Safety

Please be aware that this is an individual 12-step program with no governing authority except our Higher Power. This is a group of sex addicts. If you encounter a person within our fellowship who tries to behave sexually with you, this is inappropriate. You do not need to be concerned about the other person's feelings if you end the conversation, even if you initially willingly took part. Our 5th tradition states that our primary purpose is to carry the message of recovery to the sex addict who still suffers. Whether intentional or not, exploiting/grooming another member is not in keeping with our Traditions and is inappropriate. This behavior, commonly referred to as "13th stepping," is rare but unfortunately does happen.

Trust between members takes time to build. Do not assume anything about someone's sobriety or whether they have good boundaries just by their length of time in the program, their status within the group, or even their role in sponsorship. Many newcomers are also unable to trust their own boundaries when they are attracted to someone else. Restricting ourselves only to conversations about recovery and being honest about our intentions helps us all create boundaries that we can rely upon.

1. Here are some suggestions some of us have found helpful for discerning and preventing "13th stepping"
2. Have a wide range of support. Reach out to several people for support, not just one or two people. If something doesn't feel right, question it. Do not hesitate to turn to another sober member for support if necessary.
3. Read our literature on Safe and Sober Meetings. Do not spend one-on-one time or have phone calls with people in SAA to whom you are attracted or have expressed an attraction to you. <https://saa-recovery.org/literature/>
4. If you find yourself more and more curious about another member in the fellowship or it seems as though someone else is more and more curious about you, check these observations out with your sponsor.

5. Secrets are problematic for your own recovery. Some indicators that you may be keeping a secret include:
 - a. you are worried that others will find out your feelings or interactions with someone else in the fellowship
 - b. one of you has uttered “please don’t tell so-and-so ”

Secrets tend to grow. When a relationship progresses to the point where it feels like a secret, both parties probably feel responsible. That’s OK, but the secrecy needs to end in order for everyone to move on. Get honest with your sponsor and those in your recovery circle.

Above all, sobriety is the goal. Honor yourself by respecting boundaries (yours and others) and surrounding yourself with people who support your recovery!