

# What is Sex Addicts Anonymous?

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew is that we couldn't control our sexual behavior. For us, sex was a consuming way of life. Although the details of our stories are different, our problem was the same. We were addicted to sexual behaviors that we returned to over and over again, despite the consequences.

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

SAA is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

Membership is open to all who share a desire to stop compulsive and/or obsessive sexual behavior. There is no other requirement. Our common goals are to become sexually healthy and to help other sex addicts achieve freedom from compulsive sexual behavior.

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to A.A. for this gift which makes our recovery possible.

# How it works - Part 1

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 cannot develop a manner of living which demands rigorous honesty. There are those, too, who suffer from serious 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're dealing 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.

# How It Works - Part 2

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

Here are the steps we took, which are suggested as a program of recovery.

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 had been able to maintain anything like perfect adherence to these principles. We are not saints but 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.

# SAA Tradition of the Month

JANUARY	Our common welfare should come first; personal recovery depends upon SAA unity.
FEBRUARY	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.
MARCH	The only requirement for SAA membership is a desire to stop addictive sexual behavior.
APRIL	Each group should be autonomous except in matters affecting other groups or SAA as a whole.
MAY	Each group has but one primary purpose - to carry its message to the sex addict who still suffers.
JUNE	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.
JULY	Every SAA group ought to be fully self-supporting, declining outside contributions.
AUGUST	Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
SEPTEMBER	SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
OCTOBER	Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
NOVEMBER	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.
DECEMBER	Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

# Chips - Suggested Script

In our program we use a chip system to remind us of our milestones in recovery. These chips are physical reminders of the work you have done, or want to do in our program.

The first chip is the WHITE chip. WHITE is the color of surrender in our program. It signifies your desire to surrender to a new way of life free from addiction and your belief that this program is one way to start that new life. A desire to be free from addiction is the only requirement to accept a white chip.

The next chip is the RED chip. The RED chip is accepted when you recognize 1 month of sobriety in our program. Sobriety is defined by defining inner circle behaviors and avoiding them. Congratulations on your 1 month of sobriety and always remember, your program celebrates progress not perfection.

The next chip is the GOLD (yellow) chip. The GOLD chip is accepted when you recognize 2 months of sobriety. This chip celebrates your continued progress. Congratulations on your 2 months of sobriety. Keep coming back.

The next chip is the GREEN chip. The GREEN chip is accepted when you recognize 3 months of sobriety. Congratulations on your 3 months of sobriety.

The next chip is the BLUE chip. The BLUE chip is accepted when you recognize 6 months of sobriety. The progress you are making is a reminder of where you were and is an inspiration to our members that the program does work. Congratulations on your 6 months of sobriety. Keep coming back.

The next chip is the PURPLE chip. The PURPLE chip is accepted when you recognize 9 months of sobriety. Congratulations on your 9 months of sobriety, keep coming back.

At intervals of 1 year or more, on your anniversary date, medallions are presented to remind you of your journey and the progress you have made. Please let your sponsor know if you are approaching an anniversary date so the proper medallion can be ordered in time to present it to you on your special date. To show your support and faith in our program if you have been attending for more than a year, please raise your hand. Thank you and keep coming back.

IF YOU HAVE NOT ACTED OUT TODAY. OR IF YOU HAVE AND STILL MADE THE CHOICE TO COME HERE, GIVE YOURSELF AND YOUR HIGHER POWER A HAND.

# The Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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? "*We think not.*" They are being fulfilled among us - sometimes quickly, sometimes slowly. *They will always materialize if we work for them.*