

YOU ARE NOT ALONE

European LGBTQ+
Tuesday Telemeeting
of
Sex Addicts
Anonymous

YOU ARE NOT ALONE

God,

***Grant me the serenity to accept the
things I cannot change,***

***Courage to change the things I can,
and***

Wisdom to know the difference.

YOU ARE NOT ALONE

A MESSAGE OF HOPE

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

Our Primary Purpose is to stop our addictive sexual behaviour and to help others recover from sexual addiction. We find a new way of living through the SAA Program, and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behaviour. There is no other requirement. Our fellowship is open to All people, regardless of age, race, religion, ethnic background, marital status, gender identity or occupation. We welcome members of any sexual identity, orientation and gender, whether they are gay, lesbian, straight, bisexual, transgendered, Questioning or of any other identity.

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Many of our sexual behaviours produced negative consequences. These behaviours are not gender specific, and may cross lines of sexual orientation. In the recent decades of sexual liberation, we may have been encouraged to engage in some activities in order to foster a “Gay Positive” self-esteem. Yet for some of us, these behaviours ultimately backfired and left us discouraged, isolated and demoralised.

For many of us, the spiral of sexual addiction led to what we called “Hitting Rock Bottom. To Hit Rock Bottom is to reach such a low point - Mentally, physically, emotionally and spiritually – that we break through our denial.

We now use our sense of surrender in a healthy manner. Previously we surrendered to the destructive addictive sexual behaviours that caused great damage in our lives. Now we start to surrender and become teachable, to a more healthy way of life filled with HOPE, GROWTH and CHANGE.

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SAA 12 STEPS

- 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.*

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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.

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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.

These 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.

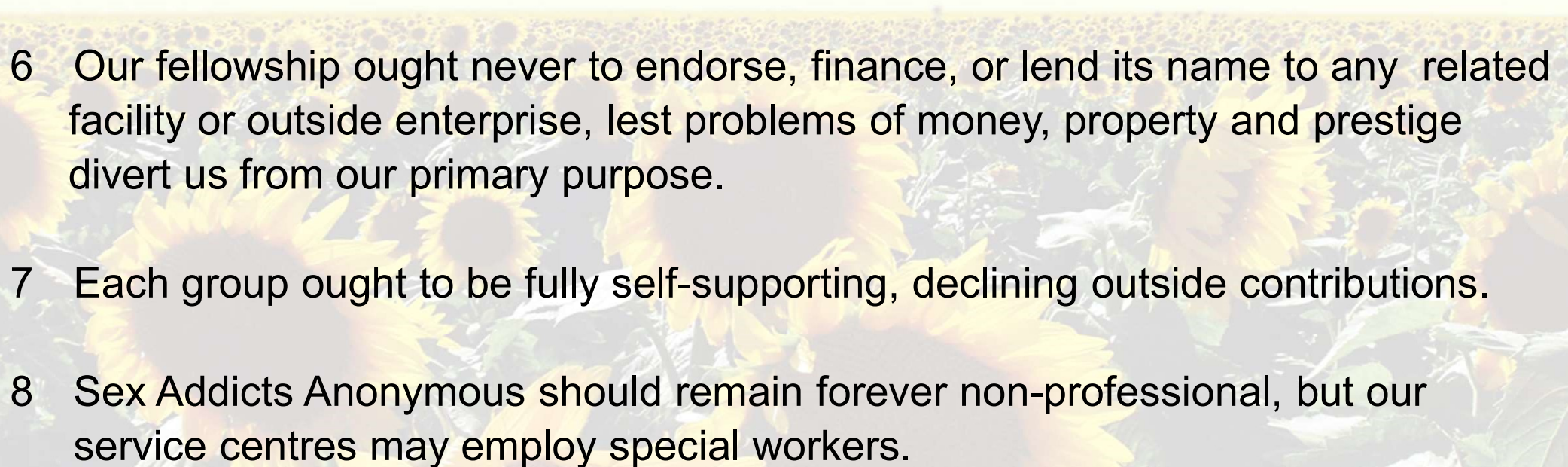
The path is wide enough for everyone who wishes to walk it.

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SAA 12 TRADITIONS

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 may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
- 3 The only requirement for membership in S.A.A. is a desire to stop addictive sexual behaviour.
- 4 Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.

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- A background image of a field of sunflowers, with the flowers in various stages of bloom, their yellow petals and dark brown centers visible against a soft, out-of-focus background.
- 5 Each group has but one primary purpose - to carry its message to the addict who still suffers.
 - 6 Our fellowship ought never to endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
 - 7 Each group ought to be fully self-supporting, declining outside contributions.
 - 8 Sex Addicts Anonymous should remain forever non-professional, but our service centres may employ special workers.

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- A background image of a field of sunflowers with green leaves and yellow petals, slightly faded to allow text to be read.
- 9 S.A.A. as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
 - 10 Sex Addicts Anonymous 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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NEWCOMMERS WELCOME

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

The programme of S.A.A. is patterned after the Twelve Step Programme 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.

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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.

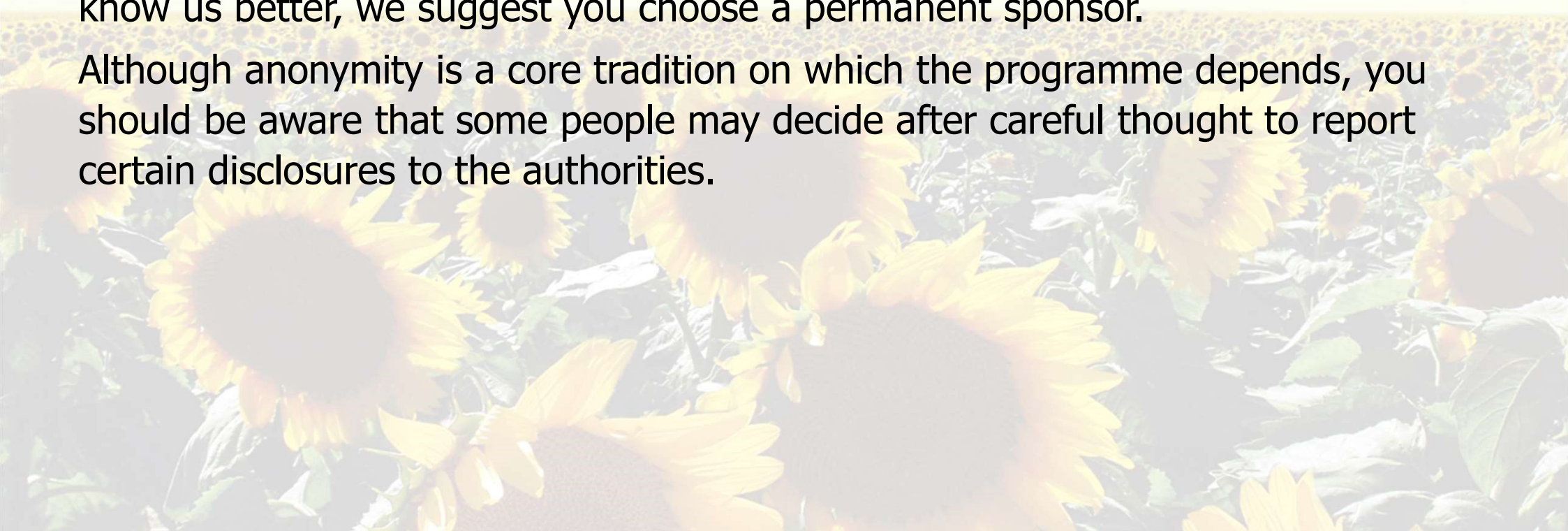
The only requirement for membership in S.A.A. is a desire to stop compulsive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and maintain healthy relationships, then you are in the right place.

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.

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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.

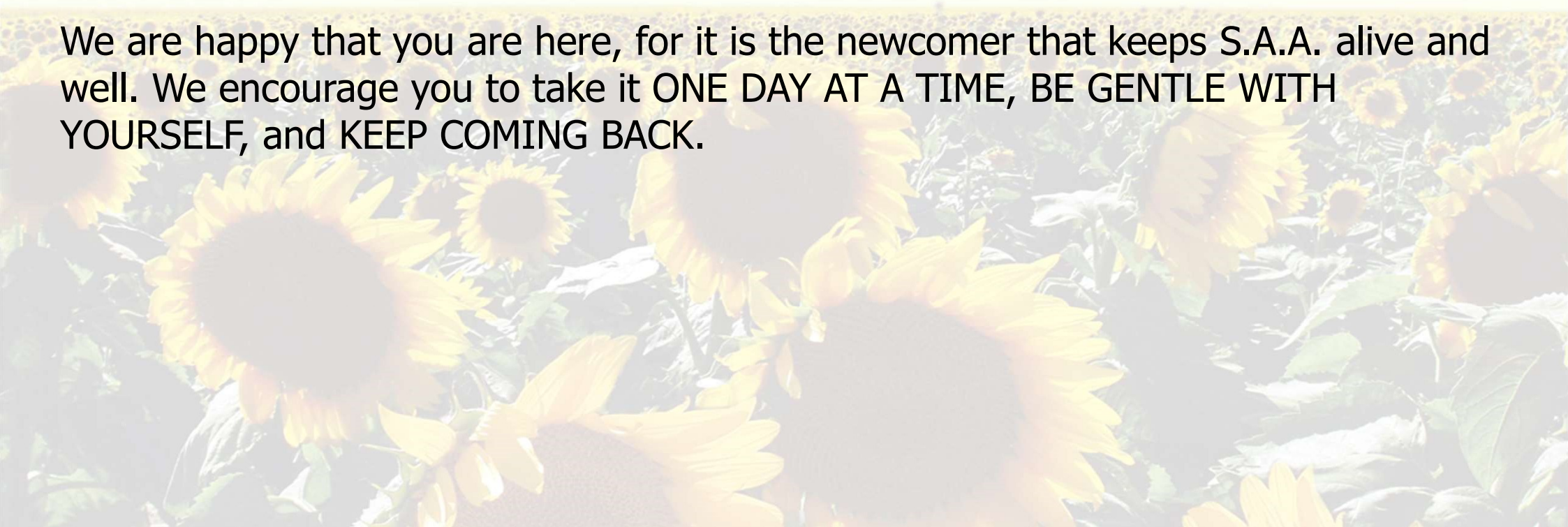
Although anonymity is a core tradition on which the programme depends, you should be aware that some people may decide after careful thought to report certain disclosures to the authorities.



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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 available via Intergroup, 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.



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WELCOME



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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 experiences 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.

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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 realise that God is doing for us what we could not do for ourselves.

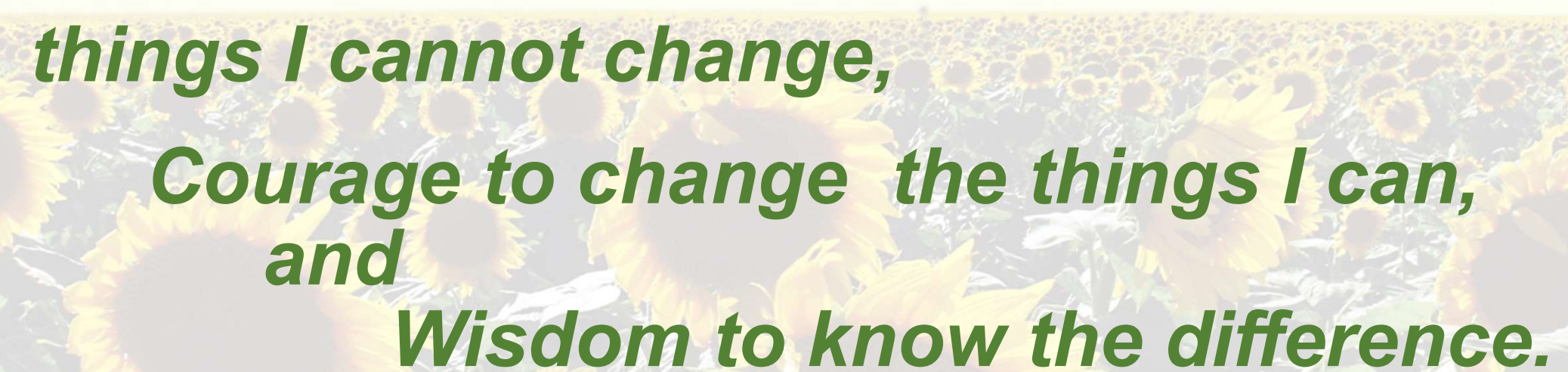
Are these extravagant promises?

ALL - We think not.

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

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