

What SAA Offers to its Members

Acceptance and Support. Members receive acceptance and understanding of their problems by people who have experienced the same or similar issues. This supportive community offers the help and encouragement needed to recover.

Recovery Program. The SAA Twelve Step program provides the tools, guidance and accountability needed to recover from sex addiction.

Hope. SAA offers hope of a new way of life, free from compulsive sexual behavior.



What SAA Does Not Do

SAA is not therapy or treatment, has no opinion on the subject, and does not diagnose any medical or psychological conditions. All participation is voluntary. SAA does not pressure or solicit people to attend. SAA offers no clinical, scientific or professional expertise. We do not participate in research or keep any records or case studies. We are not allied or affiliated with any outside organization or cause - although SAA members, groups and service offices frequently cooperate with them. SAA does not compete with anyone. We make no claims of effectiveness.

What our members say

"After almost destroying my marriage I hit rock bottom and decided my selfish double life had to end. My SAA sponsor offered help without judgment and showed me a solution. Through working the steps and giving my life to my higher power I finally experienced honesty and found freedom from the thoughts that had dominated my entire adult life." Matt

"I always wondered what was wrong with me. Why couldn't I stop? I thought I was a bad person. Turns out I was wrong about that. When I came to SAA, I learned that I wasn't bad, I was an addict and I needed help. People in SAA didn't judge me and welcomed me with open arms. Today I'm free from the disturbing obsessions that haunted me." Jim

"Working the SAA program of recovery has healed the pain of my past. What surprised me the most is how my life has taken on a new purpose. To be useful, to help others and feel a sense of belonging among my brothers and sisters in recovery is an experience I never thought I would have." David

How to connect with us

Where: First McKinney
1615 W. Louisiana St
McKinney TX 75070
Portable 1A behind church
When: Tue. and Thur. 6:30pm Sat. 8:30am
Zoom: 813-633-5202 / 1935
Phone: 1-469-630-1939
Web: www.dfwsaa.org

Taking Action Group of SAA McKinney TX



If when you honestly want to, you find you can't quit entirely. Or while using you find you can't control the amount you use, you might be a sex addict. BB pg. 44

Sex Addicts Anonymous can help

Sex Addicts Anonymous® is a fellowship of women and men who share their experience, strength and hope with each other so they may overcome their common problems and recover from sexual addiction. SAA was founded in 1977 in Minneapolis, Minnesota. Today SAA is an international society with meetings in many countries.

What to expect

Your first meeting of SAA will be a positive experience of acceptance and understanding. We have been where you are and know many others just like you. You are not required to do or say anything at an SAA meeting. Members of the group will introduce themselves to you, welcome you and ask your name. We want to get to know you. We will provide you with information that will help you get started in the program and connected in the fellowship.

At your first meeting you'll hear about the disease of sex addiction and the solution we have found. We hope you will come and join us in our common solution! Although meetings are important, they are not how we recover from sexual addiction. We recover by the steps we take. Our wish is to be helpful only. Every meeting is different. Maybe you would benefit from a different program. We encourage you to find the place where you feel you belong.

Problematic Sexual Behavior

In our experience, no single behavior defines sex addiction. One common characteristic is that when we tried to stop or moderate our problematic sexual behaviors we found we could not. Sex addiction can include any number of **chronic** or **compulsive** behaviors such as:

- *Sexual/romantic obsession*
- *Pornography addiction/cybersex*
- *Destructive or serial relationships*
- *Sexual avoidance/anorexia*
- *Infidelity/affairs*
- *Risky, anonymous or illegal sexual activity*
- *Voyeurism/exhibitionism*

Consequences of Sex Addiction

Left untreated, sex addiction often leads to painful consequences such as:

- *Divorce/family breakups*
- *Financial stress/ruin*
- *Job/career loss*
- *Loss of freedom/incarceration*
- *Risk to life/health (Suicide, STIs, Homicide)*

The mental anguish of sex addiction can be just as severe and can include:

- *Depression, Despair, Loneliness*
- *Guilt, Shame, Remorse*
- *Fear, Anxiety, Hopelessness*

SAA has developed a list of questions to help you decide if they might benefit from the SAA Program. Those questions can be found here or by using this QR code. <https://cutt.ly/12Questions>



Common Questions

How does SAA Work?

The basic premise of SAA is that addicts can help each other recover from sexual addiction. The core of the SAA program is the Twelve Steps, a set of guidelines that can help addicts achieve recovery. By following these guidelines and working closely with other addicts, those seeking recovery learn to face life in a sexually sober manner. The Steps can also help addicts recover from the damaging beliefs and attitudes underlying their sex addiction.

What is a sponsor?

A sponsor is a sober member of the fellowship who can show others how they worked the Twelve Steps. Make finding a sponsor a priority as you

begin attending meetings. Don't leave without at least a temporary sponsor.

Why is SAA Anonymous?

Anonymity is one of the guiding principles of the SAA program. Anonymity allows addicts to attend meetings without fear of their identity being disclosed. Confidence that their anonymity will be respected can help an addict feel safe attending meetings.

Can Anyone be a SAA member?

Membership is open to anyone with a desire to stop their addictive sexual behavior. There is no other requirement. Our fellowship is open to all genders, regardless of age, race, religion, ethnic background, marital status or occupation. We welcome members of any sexual identity or orientation.

What are SAA Meetings?

Meetings are the heart of the SAA fellowship where our primary approach to recovery - addicts helping addicts - takes place. Most SAA meetings are held at the same time and place each week, usually in a public facility, and are led and supported by the voluntary contributions of its members.

Is SAA a Religious Organization?

Sex Addicts Anonymous is not aligned with any sect, denomination, or religion. The Twelve Step program of recovery is considered spiritual in nature because the program leads to inner change and involves surrender to a Power greater than ourselves. The Twelve steps are a methodology not a theology. Our program includes religious and non-religious members. Everyone is welcome.