

SEX ADDICTS ANONYMOUS



SAA Conference Approved

OUR ADDICTION

Sex Addiction can involve a wide variety of practices. Sometimes an addict has trouble with just one unwanted behavior, sometimes with many. A large number of sex addicts say their unhealthy use of sex has been a progressive process. It may have started with masturbation, pornography, or a relationship, but over the years progressed to increasingly dangerous behaviors.

The essence of all addiction is the addict's experience of powerlessness over compulsive sexual behavior, resulting in their lives becoming unmanageable. The addict is out of control and experiences tremendous shame, pain and self-loathing. The addict may wish to stop acting out – making promises and many attempts to stop – yet repeatedly fails to do so. The unmanageability of addicts' lives can be seen in the consequences they suffer: low self-esteem, loss of interest in things not sexual, difficulties with work, financial troubles, loss of relationships, imprisonment, despair, disease, and death.

Sexual preoccupation takes up tremendous amounts of energy. As this increases for the sex addict, a pattern of behavior (or rituals) follows, which usually leads to acting out (for some it is flirting, looking at pornography, or driving to the park.) When the acting out happens, there is a denial of feelings usually followed by despair and shame or a feeling of hopelessness and confusion.

THE PROGRAM

Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction or dependency.

- Membership is open to all who share a desire to stop compulsive 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.
- SAA is supported through voluntary contributions from members.
- We are not affiliated with any other twelve-step program, nor are we a part of any other organization. We do not support, endorse, or oppose outside causes or issues.
- 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 recovery possible.

TWELVE QUESTIONS FOR SELF-ASSESSMENT

1. Do you keep secrets about your sexual or romantic activities from those important to you? Do you lead a double life?
Yes _____ No _____
2. Have your needs driven you to have sex in places or with people you would not normally choose?
Yes _____ No _____
3. Do you find yourself looking for sexually arousing articles or scenes in newspapers, magazines or other media?
Yes _____ No _____
4. Do you find that romantic or sexual fantasies interfere with your relationships or are preventing you from facing problems?
Yes _____ No _____
5. Do you frequently want to get away from a sex partner after having sex? Do you frequently feel remorse, shame, or guilt after a sexual encounter?
Yes _____ No _____
6. Do you feel shame about your body or your sexuality, such that you avoid touching your body or engaging in sexual relationships? Do you fear that you have no sexual feelings, that you are asexual?
Yes _____ No _____
7. Does each new relationship continue to have the same destructive patterns which prompted you to leave the last relationship?
Yes _____ No _____
8. Is it taking more variety and frequency of sexual and romantic activities than previously to bring the same levels of excitement and relief?
Yes _____ No _____
9. Have you been arrested or are you in danger of being arrested because of your practices of voyeurism exhibitionism, prostitution, sex with minors, indecent phone calls, etc.?
Yes _____ No _____
10. Does your pursuit of sex or romantic relationships interfere with your spiritual beliefs or development?
Yes _____ No _____
11. Do your sexual activities include the risk, threat, or reality of disease, pregnancy, coercion or violence?
Yes _____ No _____
12. Has your sexual or romantic behavior ever left you feeling hopeless, alienated from others, or suicidal?
Yes _____ No _____

If you answered yes to more than one of these questions we would encourage you to seek out additional literature as a resource or attend an SAA Meeting to further assess your need.

ABOUT THIS PAMPHLET

This pamphlet has been approved by the International Service Organization of SAA, Inc. Copies of this brochure may be obtained from SAA at P. O. Box 70949, Houston, TX 77270. The price is .50 each.

READING LIST

These books and pamphlets explain more about our Twelve Step program. They have been helpful to us in our recovery from sexual addiction. Some of this material relates to alcoholism – substitution of the words “compulsive sexual behavior” for “alcoholism” makes the information relevant to our situations.

CONFERENCE APPROVED LITERATURE

(Approved by the Fellowship as a Whole)

<i>Abstinence and Boundaries in SAA</i>	2.50
<i>Group Guide: A Handbook for SAA Groups</i>	2.50
<i>First Step To Recovery</i>	1.30
<i>SAA Self-Assessment Brochure</i>50
<i>The Bubble</i>50
<i>Getting Started in Sex Addicts Anonymous:</i>	
<i>A Beginners Packet for Recovering Sex Addicts</i>	2.50
<i>Three Circles; Defining Sexual Sobriety</i>50
<i>Abstinence</i>50
<i>A Special Welcome to the Woman Newcomer</i>50

ISO APPROVED LITERATURE

(Approved by the Literature committee of the ISO,
Conference approval Pending)

<i>From Shame to Grace</i>	12.00
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OTHER HELPFUL LITERATURE

<i>Alcoholics Anonymous; A.A. World Service Inc. 1939</i> ..	8.00
<i>The Twelve Steps and Twelve Traditions;</i>	
<i>A.A. World Service Inc. 1953</i>	8.00

OTHER USEFUL ITEMS

<i>The Plain Brown Rapper: SAA's Newsletter</i>	Free
<i>SAA Fellowship Directory</i>	3.00

OUR RECOVERY

We began to attend SAA meetings. We heard stories similar to ours, and we heard how others in SAA were abstaining from their compulsive behaviors, We learned of the twelve suggested steps of recovery, and when we began to apply them in our lives, we discovered that we, too, could abstain from our compulsive behaviors with the help of our fellow addicts. We acquired the faith and courage to make appropriate changes in our lives, and to accept our daily problems as stepping stones for spiritual growth. As we continue in our recovery from sexual addiction, one day at a time, we are developing healthier sexuality, a stronger sense of personal integrity, and an ability to truly enjoy our lives.

HOW TO REACH US

If you wish to contact us, your anonymity will be assured. We maintain information about SAA groups around the world.

International Service Organization of SAA, Inc.

P. O. Box 70949

Houston, TX 77270

713-869-4902

800-477-8191

info@saa-recovery.org

Messages can be left at any time.

Office hours are between 10:00 a.m. and 6:00 p.m. C.S.T.

TIPS FOR STARTING AN SAA MEETING

Should you be in an area where SAA recovery has not been established you may wish to form a chapter. First, there is no perfect way to start an SAA group. Here are some suggestions:

1. Find some people to join you.
2. Find a place to meet.
3. Establish a way you can be contacted (i.e., a post office box.)
4. Get SAA literature (Our Group Guide has a lot of information for helping new groups in getting started.)
5. Officially register your group the International Service Organization of SAA, Inc.
6. Determine how you wish to reach out to other sex addicts.
7. Begin to network with other local and area SAA groups.

THE TWELVE STEPS OF SEX ADDICTS ANONYMOUS

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. Established a relationship with 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 TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol – 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 Him. 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 Him, praying only for knowledge of His 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 alcoholics, and to practice these principles in all our affairs.

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