



Sex Addicts
Anonymous®

Sex Addicts Anonymous

Cooperation With the Professional Community

Introductions

- John
- Mary
- Suggest only first names used

Request for Anonymity Statement

There may be some here who are not familiar with our Tradition of personal anonymity at the public level:

“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.”

Thus we respectfully ask that no SAA speaker — or, indeed, any SAA member — be identified by full name in published or broadcast reports of our meetings, including reports on new media technologies such as the Internet.

The assurance of anonymity is essential in our effort to help other sex addicts who may wish to share our recovery program with us. And our Tradition of anonymity reminds us that SAA principles come before personalities.

What is SAA?

Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from sex addiction.

The only requirement for membership is a desire to stop addictive sexual behavior. There are no dues or fees for SAA membership; we are self-supporting through our own contribution. SAA is not allied with any sect denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sex addicts to recover.

Our Diversity

- Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement.
- Our fellowship is open to women and men, regardless of age, race, religion, ethnic background, marital status, or occupation.
- We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual, or transgender.

About Sex Addicts Anonymous[®]

- Founded in 1977 in Minneapolis, Minnesota, USA
- 12-Step recovery program based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous
- Non-profit, volunteer-run fellowship with the exception of staff employed at our international office in Houston who provide support services for SAA groups.
- Currently over 1,800 SAA meetings in 33 countries around the world

Our Addiction

- Sex addiction is a disease affecting the mind, body, and spirit.
- It is progressive with behaviors and consequences usually becoming more severe
- A compulsion, urge stronger than our will to resist
- An obsession or mental preoccupation with sexual behavior and fantasies

Our Addiction

- We call our addictive sexual behavior *acting out*
- Acting out altered our feelings and consciousness – we found this altered state to be very desirable
- An addictive “high” which we sought repeatedly preferring it to many other activities
- Stronger than basic needs to eat, drink, sleep, or be safe.

Ways we acted out / types of addictive behaviors

- Sexual anorexia, excessive fear of or avoidance of sex/intimacy
- Mental or romantic obsession
- Compulsive masturbation
- Promiscuity/Anonymous Sex
- Destructive relationships
- Infidelity/Affairs
- Porn Addiction; compulsive use of internet/other pornography
- Prostitution/use of prostitutes
- Compulsive cross dressing
- Voyeurism/exhibitionism
- Sex in public places
- Dangerous/unprotected sex
- Cyber sex / Phone sex
- Sexually-oriented businesses
- Inappropriate touching
- Sexual assault/Molestation
- Other acting out behaviors

Cost of our addiction

- Loss of:
 - Time
 - Money
 - Relationships
 - Divorce
 - Health
 - Career/Job
 - Freedom (Incarceration)
 - Life (Suicide, STDs, Homicide)

Abstinence or Sexual Sobriety

- Does not mean giving up sex -- we don't give up healthy sexual expression
- The goal is abstinence from one or more compulsive, painful, destructive sexual behaviors
- There is no universal definition of abstinence/sobriety in SAA
- Each person defines what is healthy vs addictive sexual behaviors – usually with the help of a sponsor

“Working the Steps”

Our Program

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. 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 whenever 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 the 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.

“Working the Traditions”

Our Program

The Twelve Traditions of Sex Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon SAA unity
2. 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.
3. The only requirement for SAA membership is a desire to stop addictive sexual behavior
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole
5. Each group has but one primary purpose – to carry its message to the sex addict who still suffers.
6. 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
7. Every SAA group ought to be fully self-supporting, declining outside contributions
8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. SAA, as such, ought never be organized, 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 SAA 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.

Our Fellowship

Meetings

- Meetings are the heart of the SAA fellowship
- Defined as two or more individuals who meet regularly and use the Twelve Steps and Twelve Traditions for the purpose of recovery
- An SAA meeting can be started by any two people who to desire to stop their addictive sexual behavior
- Run by SAA members, non-professional
- No formal leadership; we meet as equals

Our Fellowship Meetings

- No registration and no records are kept
- 60-90 minutes in duration
- Members take turns leading the meeting
- Meeting may start with a reading or short talk followed by a period of sharing
- Non-judgmental , safe environment
- We practice strict anonymity and confidentiality
- We only use first names
- There is no obligation to speak

Our Fellowship

Meetings – Types of Meetings

- Those seeking help: Only people who think they may have a problem with sex addiction may attend (**closed**)
- Open to Visitors: Anyone may attend (**open**) – this is only one in Triangle
- All genders (All Triangle meetings), Men only, Women only (some locales)
- Lesbian, Gay, Bi-sexual, Transgender (LGBT) friendly meetings
 - Telemeetings only – none locally
- Intimacy and Sexual Avoidance
 - Telemeetings only – none locally
- Meetings can be in-person, telephone, internet based

Personal Story

- Acting out pattern
- Why I sought help
- What I found in SAA
- How my life is today

SAA Wants to Work With You

- Cooperation with the professional community is a goal of SAA
- Our Common Purpose: to help the sex addict who still suffers
- We always
 - Seek to strengthen and expand communication with you
 - Welcome your comments and suggestions; they help us work more effectively with you
- Many professionals already refer their clients to SAA
- SAA complements professional assistance

SAA Wants to Work With You

- How does SAA work with you?

SAA is a **RESOURCE**

for professionals and their clients who suffer from sex addiction

Resources SAA Offers – 1

- Free e-mail subscription to our bi-monthly newsletter *The Outer Circle*
- Client Referral Packets
- SAA Literature
- Updated meeting lists whenever there are changes
- SAA speakers at your place of work, school, professional organization, religious organization

Resources SAA Offers – 2

- “Bridging the Gap” – List of SAA trusted servants who will assist your client individually to get started in SAA
- New Meeting Assistance for your clients who want to start a new SAA meeting in their area
- Attend an open SAA meeting

What SAA Does Not Do - 1

- Make claims of effectiveness
- Furnish initial motivation for a sex addict to recover
- Solicit members
- Conduct or engage in research
- Keep any attendance records or case histories
- Join councils or social agencies
- Follow-up or try to control its members
- Make medical or psychological diagnoses
- Provide treatment, therapy, hospitalization, psychiatric or rehabilitation services

What SAA Does Not Do - 2

- Engage in clinical/professional discussions about sex addiction or provide education about sex addiction
- Provide housing, food, clothing, jobs, money, or any other welfare or social services
- Provide domestic or vocational counseling
- Accept money for its services or contributions from non-SAA members
- Provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

Why knowledge about sex addiction and SAA is important

- Millions of people *suffering* who don't know they have a serious disease
- Factual education about sex addiction needed to counterbalance treating sex addiction as a moral failing
- Save marriages, families, careers, finances, health, lives
- Prevention! Arrest the disease early to prevent severe consequences

Thank You!

- Contact Information:

- **LOCAL:**

- Saatriangle.org
- **800-921-1896** (“press 2 if you are a woman and want to speak to a woman”)
- info@saatriangle.org

- **INTERNATIONAL:**

- Saa-recovery.org
- **800-477-8191**
- info@saa-recovery.org