

# ES SAY

February 2018

A quarterly publication of  
Sexaholics Anonymous featuring:

## Member Stories

Twenty More Years  
Recovering Female Sex Addict

## Articles

SA Growth in Moscow  
Sexaholic, Mentally Ill, and Sober  
Old Timers Speak - Part II  
Move the Feet!  
Plant New Meetings



THE HAND  
OF  
SA REACHES OUT



Our Meeting in Print

*Essay* presents the experience, strength, and hope of SA members. *Essay* is aware that every SA member has an individual way of working the program. In submitting articles, please remember SA's sobriety definition is not debated, since it distinguishes SA from other sex addiction fellowships. Opinions expressed in *Essay* are not to be attributed to SA as a whole, nor does publication of any article imply endorsement by SA or by *Essay*.

The theme for this issue February 2018 is: The Hand of SA Reaches Out. Future topics are: Anonymity; Dealing With Mixed Meetings; Living The 12 Traditions; and "As We Understood God." Closing date for articles is approximately four weeks prior to publication dates in February, May, August, October, and December.

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Resolution: "Since each issue of *Essay* cannot go through the SA Literature approval process, the Trustees and General Delegate Assembly recognize *Essay* as the International Journal of Sexaholics Anonymous and support the use of *Essay* materials in SA meetings."

Adopted by the Trustees and Delegate Assembly in May, 2016

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### Sexaholics Anonymous – Statement Of Principle

We have a solution. We don't claim it's for everybody, but for us, it works. If you identify with us and think you may share our problem, we'd like to share our solution with you (Sexaholics Anonymous, last sentence, page 2). In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. Thus, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us, single and married alike, sexual sobriety also includes progressive victory over lust (*Sexaholics Anonymous* 191-192). (*Adopted 2010*)

The only requirement for SA membership is a desire to stop lusting and become sexually sober according to the SA sobriety definition.

Any two or more sexaholics gathered together for SA sobriety according to the SA sobriety definition may call themselves an SA group.

Meetings that do not adhere to and follow Sexaholics Anonymous' sobriety statement as set forth in the foregoing Statement of Principle adopted by the General Delegate Assembly in 2010 are not SA meetings and shall not call themselves SA meetings. (*Addendum to the Statement of Principle passed by the General Delegate Assembly on July 2016.*)

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# ES SAY

February 2018  
A quarterly publication of  
Sexaholics Anonymous Publishing  
**Member Stories**  
Bobby the Hero  
Recovering From Sex Addiction  
**Articles**  
Get Sober in 30 Days  
Sexaholics, Meetings, & Self-Care  
Get Sober Again (Part 2)  
How the "Puff"  
Does Your Relationship



Sexaholics 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. The only requirement for membership is a desire to stop lusting and become sexually sober. There are no dues or fees for SA membership; we are self-supporting through our own contributions. SA 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 others to achieve sexual sobriety.  
*Adapted with permission from AA Grapevine Inc.*

*Essay is published five times per year by Sexaholics Anonymous*

[Essay@sa.org](mailto:Essay@sa.org)

# EDITORS' CORNER

February, 2018

Dear *Essay* readers:

This issue of *Essay* includes many stories on The Hand of SA Reaches Out. As of late January there were about 1,758 downloads (about 800 views) of the newly free June *Essay*, 1,084 (about 500 views) of September, and 1,590 downloads (about 750 views) of December to date. Our desire to be a global Meeting in Print is well underway. Let your groups know *Essay* is available!

The May 2018 theme is Anonymity. Have you any experience, strength and hope for us in carrying the message of Anonymity? Let us hear from you at [essay@sa.org](mailto:essay@sa.org)!

We encourage groups and individuals to order mailed subscriptions for those who find *Essay* easier to hand to newcomers and to use for meeting discussions. The print edition of SA has fewer pages than the electronic version due to mechanical requirements. Print or electronic, each version of *Essay* can serve as a Meeting in Print. Thank you for being readers of *Essay*!

The Editors (David, Kira, Kent, Kirsten)  
Artists: (Christian M., Jimmy M.)

Are you new to Sexaholics Anonymous?  
Contact our International Central Office  
Visit the SA website at [www.sa.org](http://www.sa.org)  
North America toll-free 866-424-8777  
Outside of the USA call +1 615-370-6062  
E-mail us at [saico@sa.org](mailto:saico@sa.org)

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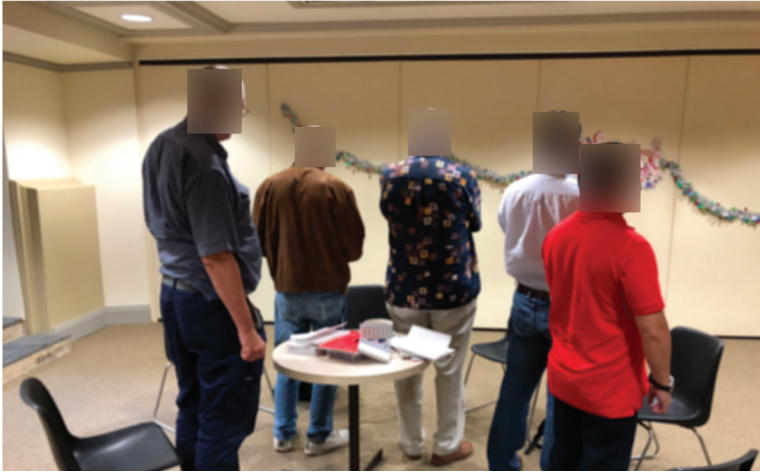
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# Dear *Essay*

## Letter from SA International Committee to Costa Rica:

El Martes 24 de octubre de 2017  
Querido Javier,

Thank you for your message. We are glad to hear from our amigos in Costa Rica, and so happy that you will be hosting one of our long-time members. I am amazed that the fledgling San José group can finance this journey! This certainly demonstrates your generosity and your commitment to our program of sobriety. Please stay in touch and send us a report after Dave's visit.

Miguel (Mike F.), Chair  
para el Comité Internacional

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## Letter to SA from Costa Rica

Good morning. It's a beautiful day in Costa Rica. I am flying to Columbia this afternoon.

Dominicana was very interesting. Four people at the meeting. I guess I'm doing what I'm supposed to.

Costa Rica really is beautiful and they've taken very good care of me. I have a hot water shower here. And we had about eight people at the meeting. Maybe hearing something with a new voice will help them. I have spent some one-on-one time with some of the members, which is great.

In both Dominican Republic and Costa Rica my hosts have been LDS members. I have learned a lot from them and attended their services. It's amazing how we tried to make things so different. We may try to make "them" and "us."

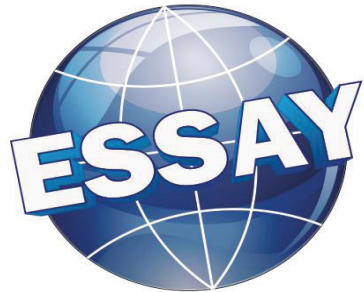
David T., 18 December 2017

## Is it Time for a new Logo for S.A.?

When I first came to S.A. and saw our logo, I found it confusing. I knew from my Genetics class that this was the symbol for a hermaphrodite, an organism with both male and female sexual organs. I have also seen this symbol used to represent someone who is bisexual.

Neither of these seems to be what S.A. is about. What I don't think of when I see the logo is that this is an organization about recovery from addiction. If we are going to have a logo, I think it might be better to have one that instantly speaks of who we are.

I am not tied to any alternative, but perhaps the letters SA in a triangle would be good. As we begin more public outreach with our videos, maybe it is time to reconsider our logo. What do you think? M.H.



*Our Meeting in Print*



Hi Essay

I inadvertently shared the December issue of *Essay* today on several global WhatsApp groups of which I am an administrator. Instead of sharing the download link to [sa.org/essay](http://sa.org/essay) I automatically distributed it to over 500 people. It was pointed out to me that this was a violation of the copyright.

My feelings regarding this issue are that a large amount of the people on these WhatsApp lists do not have access to [sa.org](http://sa.org) in a browser due to self-imposed sobriety restrictions.

So I am asking for explicit permission for future issues to be able to continue to do what I did and share the original PDF file as an attachment in WhatsApp to all these fellows who would benefit and might otherwise not be able to read from it.

Please let me know your thoughts and thank you for your service.

Daniel T, Growing Stronger ODAAT

#### SAICO RESPONSE

Good morning Daniel,

I am writing to inform you that at its recent meeting the Board of Trustees discussed your request to share *Essay* broadly as you did with the December issue with global WhatsApp groups. *Essay* is copyright protected and permission has been extended to permit sharing of 10 copies. This limitation remains and all are asked to comply with it. The trustees appreciate your interest in carrying the message in this way and suggest that you consider sending a message as widely as you choose stating that you have read the current issue and that others might wish to also and that they can access it at the [SA.org](http://SA.org) website, <http://www.sa.org/downloads/>

Thanks and best wishes, Gary L.

SAICO Trustees — Essay Liaison

February, 2018

## Literature Corner



Sexaholics  
Anonymous

Is SA for Me?

Am I Too Young to Be a Sexaholic?

*Note: This pamphlet is intended only for those who are legally eligible to attend SA meetings; legal minors are not permitted to attend SA meetings.*

“Those of us who came to Sexaholics Anonymous (SA) at a young age often found ourselves surrounded at meetings by people much older than we were. Sometimes we were the youngest in the meeting by two or three decades! This disparity in age caused many of us to question whether we really belonged in SA. After all, most of us had never been arrested, lost a job, or ruined a marriage as many of the older members had.

As we stuck around, however, we gradually realized that this was a progressive illness and that what we could truly say was that we hadn't gone as far as the others yet. ...should we choose to remain in our addiction, we were likely to cross the same lines and suffer the same dire consequences—jail, divorce, even death—as those who came to SA later in life.”

[Order from the SA Store!](#)

# PRACTICAL TOOLS

## Porn Free

*An addiction solution*

**I** am grateful today for Sexaholics Anonymous, and for one year porn free. That is a miracle! I attended my first SA meeting in June 2011, but this is the first time I have celebrated one year. God willing I will stay sober and porn free for the rest of my life.

I think that what is different today is that I now understand that I am addicted to lust, and if I want to

**Remembering to lighten up,  
to not take myself or my life  
too seriously, and to  
laugh whenever possible!**

continue to be porn free, I must surrender every lust temptation, of whatever kind, the moment it appears. I learned this from listening to the tapes of a long-term SA member. Some days I do this diligently, and other days I don't. I am far from perfect. So it's only by God's grace that I am sober today.

At times I still find myself enjoying a second look or going briefly into the porn store in my head. When this happens, I immediately call one of my SA friends to surrender my lust. I also have morning and evening check-in/accountability partners, so it is never long before I surrender any lust incidents. If I indulge in a prolonged fantasy or recalling of pornography in my head, for me that would be a form of sex with self, and I would have to reset my sobriety date.

Reading the article "What is Sex With Self" in the book "Practical Recovery Tools" helped me to understand this.

## Tools That Have Helped Me Become Porn Free

The tools that have been the most useful for me are:

Praying "God help me," whenever I am tempted to look at a woman.

Taking the 12 Steps.

Calling my sponsor regularly, especially when triggered or emotionally disturbed.

Calling others if I don't get hold of my sponsor.

Asking my sponsor for suggestions and trying to follow them.

Working my AA and Al-Anon programs as well as SA.

Attending meetings regularly and punctually, and taking a service position.

Volunteering for other small service tasks in SA and in other areas of my life.

Calling fellows to see how they are doing and to get to know them better.

Practicing Step Eleven prayer and meditation.

Trying to stick to regular daily calls with my morning and evening check-in partners and sharing honestly with them.

Remembering to lighten up, to not take myself or my life too seriously, and to laugh whenever possible!

Accepting my physical, mental, and emotional limits.

Reading approved literature.

Writing gratitude lists.

Engaging in a dialogue throughout the day with my Higher Power, and getting to know and trust Him.

Praying for faith, trust, willingness, and guidance.

Seeking and accepting outside help (doctor, psychiatrist, medication, psychotherapist) for my anxiety.

I have talked with educated and experienced members in this area during this process. Thank you to the fellowship of Sexaholics Anonymous for one year porn free!

<https://sexaholicsanonymous.eu>



## Move the Feet!

*A truly portable tool*

**F**or sexaholics one of the most difficult parts of recovery is that our program is so simple. We have the Steps suggested as a program of recovery and we are told to ask God's protection and care with complete abandon. Our recovery goal is equally simple: we have a spiritual awakening as the result of these Steps. We lived a self-centered life replete with nearly constant fantasy and sexual arousal. Having spewed a seemingly endless string of lies and diversions, it's no wonder that we expect sobriety and recovery to be complicated. We are wrong.

My sponsor told me that we only have to pray one more time than we lust. This means I must use a prayer as often as I have a sexual fantasy or image in my head plus one more prayer. As with so many recommendations in Sexaholics Anonymous, this tool works if I work it. He also said to me that "God help me!" is a great prayer because we can fit so many of the prayers into a short period of time. When I use it, I am reminded that he is right.

He also told me that when I find myself focusing on some body part of a woman and when I am drawn to some sexual image in print or on the computer, I am just "doing my job." He said, often, "David, we are sexaholics—it's our job to lust and to be distracted by sexual images. It's what we do next that matters!" If what I do next is to trust God, work the Steps, go to meetings, help others, and surrender to God my right to lust, once again he is proven right.

However, there is a recovery tool

which, if used immediately and often, allows the other tools to be more useful. That is, when I am disturbed in any way by any lust image, I must MOVE THE FEET! Whether I am lying in bed or reading in my living room or driving down a city street or sitting in a restaurant, if I am willing to get out of that situation by simply moving my feet, I will dramatically reduce the lust and increase my willingness to use my SA tools. So,

**When I am disturbed in any way by any lust image, I must MOVE THE FEET!**

if I roll out of bed onto the floor, and perhaps even leave the room, lust will ebb. If I put down the magazine or close the computer and move away from the table, lust will ebb. If I push down on the accelerator or brake the car to a stop or turn the corner, lust will ebb. If I get up and change places at the restaurant table or perhaps just go to the restroom, lust will ebb. My discovery over the years is that sometimes working the Steps means in some way moving my feet. The lust will always ebb.

An SA might retort, well "when I move my feet to get a better look, what good is that?" Simply by moving, however, we are giving ourselves a second chance to get to safety. Often I have to move my feet again to be safe and serene. So what? Moving my feet only once in response to lust is just like doing a prayer only once or surrendering my right to lust only once. We just choose sobriety and recovery one more time than lusting. It's that simple.

David M., Oregon, USA

## A God Box

*"I cannot handle it" is okay!*

This can be a very helpful tool to use not only for yourself but to show those you are mentoring and certainly your family members. Whenever you feel disturbed, upset, or bothered, if you are worrying about something, fretting, can't get it out of your mind, irritated at someone, resent someone, obsessing about a topic or person or object, if there is anything taking up too much space in your brain (a dangerous neighborhood - don't go in there by yourself!), give this tool a try.

Use any kind of box from the well decorated to an old shoe box or a box you were about to throw away. You can have a creative time with this. Get a plain box and some colors or acrylic paint and brushes and have a Painting Party.

Once the box is ready, take time to write out in detail exactly what your thoughts are (see list above) and put them in print. Put them in the God Box and close it. Then ask God to take them away and ask Him for His Will to be done with whatever you wrote. Ask Him to take it because it is killing you. "You, handle it, God, because it is taking up too much in my brain."

Keep your box and add to it. If you want, you can check the contents after a month. See what comes to mind and see how things have changed since you let it go. Sometimes it will take many, many months for it to get better and less disturbing. It's a great lessons in letting go, surrendering, taking action, giving up control, and connecting with the One who can handle it.

Allen C., Tennessee USA

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### What is Sexaholics Anonymous?



## Watch SA Videos!

There are two videos that are embedded in the [www.SA.org](http://www.SA.org) website. One is a 30 second public service spot and the other is a 3 minute introduction to SA and could be used in introducing SA to the helping community. One Public Information Committee member took his phone to a local TV station and played the 30 second spot. They were impressed with the quality and will play it.

# The Hand of SA Reaches Out

## Old Timers Speak — Part II

*Part I was in the December Essay*

### On apps and technology

**Harvey** - See this little booger (he points to his smartphone)? This could either destroy me or could make my life so much easier. I have a 10th Step app. It takes me three minutes. You just click it. Are you angry today? Do you have a resentment today? You just click yes or no. I have a meditation app, I have a gratitude list app. I have read books on mindfulness, on meditation. Never stop learning.

### Overcoming the draw of lust

**Dee** - I had to retrain my thinking. I had to be very conscious of what I was thinking. I had to have huge mental readjustments and rearrangements in my thinking because it is not only physical but it is also a mental disease. The Big Book outlines how to do that. The Steps are simple, they are not easy. I became willing to look at what was my selfishness, dishonesty, resentment, my fear. I asked myself the questions like what was the lie I told myself and what was the truth in this situation? My Fourth Step took a long time. My sponsor kept redirecting my focus back onto me. My thinking was tangled. I was dishonest with and deceiving myself. I had to see my self-seeking,

selfishness. I had to learn how to be selfless.

### On knowing God's will

**Tom** - This is a philosophical question in our SA program. What comes to mind is that I have to be in conscious contact with God in order to know God's will for me. What does that mean? How can I

The Old-Timers panel in Newark last summer was comprised of Dee (1987), Tom (1987), Pat (1996), Mitch A. (1986), Margo C. (1986), and Harvey A (1984). Part III will be in the May Essay.

get in conscious contact? We talk about that in the program all the time. The number one thing for me is meditation. When I got into this program, I was already in a program where I had to make a commitment to meditate 20 minutes a day twice a day in order to stay in that particular program. I have kept that commitment now for 30 years. Meditation has been the most uplifting spiritual thing I do in SA. It helps me maintain conscious contact with God. It does bring me peace of heart. If I don't have peace each day, I can't be in connection

with God. Nor can I be in connected relationships with other people.

I have to make sure that my relationships with other people are good and are peaceful and do not cause resentments in my life. I do the 10th Step in the evening and make sure that when I go to bed that evening I'm not carrying anger or anything with me. If I do

I may have to make amends that particular night, or at the latest the next day, to make sure I don't carry my resentments in my heart. To me it is all focusing on my spiritual connection with God. If I don't have that I really have nothing.

Old Timers Panel

Newark International Convention  
July, 2017

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## Carrying the Message

*A message of hope*

We awoke to a new awareness: we had a message to carry, and a responsibility to carry it. We had found a solution that required only the working of twelve simple Steps within a Fellowship of sobriety. The solution was freely given to us, and to keep it alive for ourselves, we had to pass it on to others.

We told our stories and shared the SA solution without being invested in the results. We were responsible for carrying the message, not the sexaholic. We remembered that Step 12 states only that we tried to carry this message. We were not responsible for whether or not others accepted the message of recovery. Nor were we responsible for another person's ability to get or stay sober. That was between them and their Higher Power.

We accepted that we have a solution. We don't claim that it's for everyone, but for us it works. Nonetheless, in spite of the questions, struggles, and confusion that we have gone through, we find that sexual sobriety is truly the key to a happy and joyous freedom we could otherwise never know. SA is not for everyone who needs it; SA is for those who want it. Nor do we claim that sobriety alone will lead to a lasting and joyous recovery (SA 2).

We who had spent our lives in hiding now opened ourselves to fellowship. As others had done for us, we reached out to newcomers with a message of hope. We participated in SA meetings, where we shared the solution with others. We volunteered for service positions in our group. We sponsored others. We served at local, regional, and international levels. We took SA into prisons and treatment centers. We wrote for SA publications and corresponded with loners and imprisoned members. We helped organize regional and international conferences. As we participated in service work and learned to cooperate with other sexaholics, we experienced a new joy and spiritual growth. We found great satisfaction in giving without expecting anything in return. And we found our solution at last in being useful to God and others.

Step Into Action p 173

## Fear and Courage

*It takes courage to work the program*

Fear is normal and somewhat healthy. It has enabled human beings to survive and flourish. If fear was not a part of the human make up, our ancestors would have either been eaten by lions or tigers, or met some other unfortunate end. I have experienced fear many times in my own life beginning at an early age when my father would angrily yell

**It takes courage to work the program, to be open and honest**

all the time. Then there were authority figures such as police officers and teachers. And of course the bullies that always took great pleasure in seeing the smaller kid turn into a pool of sweat when confronted. In fact, I would be lying if I said I don't experience fear almost daily in some form or other.

I have also, sadly, seen fear in SA meetings where members should feel safe and protected, where we can let our guards down and be our true selves. There is fear of telling the truth in case there is judgement, fear of looking weak or stupid, fear of falling, even fear of telling our story in the first step. There is no judgement because I too have been a victim of the same fears. It took me three years to write and give my first step because I couldn't face what I had done to myself and my family, let alone telling it to others. Then when I got to the ninth step, making amends, I worried how it would affect both myself and the ones I made the amends to. This was all paper tigers because in giving my first step I was filled with the grace of God and my fellow SA team gave me support and love. Then when I did my ninth step the load of guilt I

was carrying melted away and each person I made amends to forgave me.

Now if there was a teeter-totter and fear was on one side, courage would be on the other. It takes courage to work the program, to be open and honest. It takes courage to admit our faults when we feel weak and vulnerable. The same courage is needed to own up when a fall has happened resulting in a loss of sobriety. But time after time I see that this courage is lacking and fear far outweighs courage.

I am happy to say that I have found courage in myself in the last few years, even though I have been in the program twenty. The first act of

**I've found a small amount of true sobriety is much more valuable than fake sobriety because lying and hiding only hinders my connection with God.**

courage was to give up porn in all its forms. That decision led to the installation of monitoring software on my phone and computers, and having my wife as my accountability partner. That took guts! Next was admitting when I'd fallen in meetings, being open and honest about where I was and not hiding behind my badge of sobriety. I've found a small amount of true sobriety is much more valuable than fake sobriety because lying and hiding only hinders my connection with God. I've also found courage to admit when I was wrong when disagreements happen. Again, it takes courage to put my pride aside.

To me, replacing fear with courage is ongoing and the more I practice, the better my connection with my Higher Power. And let's face it, isn't that what this whole program is about?

Garry B.



## The Hand of SA in the Americas

*"Must be nice to go to all those places and have them pay."*

I do hear that said from time to time. First, let me say that I get more out of speaking places than anyone else. I love the chance to share my Experience, Strength, and Hope with others. The support I receive is from groups or SAICO for a first time visit to strengthen a fellowship. They reimburse me for my travel costs and my hosts take care of my travel, lodging and food.

For my recent trip I left home in Oklahoma and changed planes in Dallas for a midnight arrival in Miami. My plane to Dominican Republic left at 9:45 am in the morning so I slept in the airport. After arriving at 1 pm. I waited and waited for my ride. It turned out that I was in the International Airport, Punta Cana and they were waiting in the Capital airport...3 hours away! After some calls he arrived about 6pm and we started back. It was dark, the van had one headlight, no seatbelt on the passenger side. I prayed a lot.

In the Dominican Republic they are a small group. The SAs do their very best with what they have. My host family were so loving and kind. They gave up their room for me. I got to try some new foods. What good fellowship we had. I can't tell you how great people were to me. The International Committee paid for my travel there to get the four people started on good footing. My group at home sent literature and chips for them.

Next I flew to Costa Rica for a week. Again I was met with love and everyone offered their best. One

member took me to the volcano and on the way stopped for a photo shot and opened his trunk to a pot of local coffee and tortillas with fried eggs. HP was watching out for me, since my host family did not drink coffee. Such caring. We had nine at that workshop and other times with members for questions, etc.

Bogota was my third week. In both Costa Rica and Columbia the host apartments were in gated communities. I was reminded that prison is also a gated community. Attended three meetings there, met with a group of therapists and talked to residents of a treatment center. Our workshop was all day Friday, all day Saturday and half a day Sunday. Thirty people attended with some flying in from six other Columbian cities.

It is wonderful to share my ESH. It is wonderful to travel and try new things. It is wonderful to feel the love and sharing of fellow members. It is difficult to not know what others are saying or where we are going because I don't understand the language. It is difficult to be "on call" for three weeks straight. It is difficult when a short walk to them is not for me.

Is it worth it? YES! I am sober because I heard many stories from many people at meetings, retreats, over coffee, conventions, etc. Some of them do not get to hear other SA stories. When there are only four SAs in your country or only one in your city then electronic connections help but do not replace direct sharing. Each of us doing this kind of 12 step work tell our stories in different ways using different perspectives and with different examples. The same but different. Thanks for letting me be a part of the joys of recovery.

David T., Oklahoma USA

## South American Outreach

*Columbia SA is grateful*

On Tuesday December 5th, veteran SA member Dave (27 years sober) arrived in Colombia to share with us his experience, strength and hope. On December 6th he accompanied us to the noon and afternoon meetings, where there was a combined attendance of close to 15 members. On the next day we went to a drug-addiction treatment center, where Dave shared his experience with 9 psychologists and close to 20 addicts. His love for the program and spirituality moved many of the attendants.

Between Friday the 8th and Sunday the 10th, around 30 SA members took part in Dave's conference. God acts in wonderful, miraculous and surprising ways: for the first time we had two new-arrivals and one member attending his second meeting, all on this workshop. On Saturday morning we went to a park near the city, where the contact with nature was a channel that allowed us to feel the presence of our Higher Power, all guided by Dave's experiences and his generous love.

To our great surprise, the number of fellows closing Saturday's meeting was 27, exactly the same number of fellows closing the meeting on noon on Sunday, with

different people in attendance. This number coincides with Dave's 27 years of sobriety. This was not a coincidence: it was a God-incidence. In addition, on Sunday afternoon there was an S-anon meeting, where two of the addict's family members attended for the first time.

We could all see God working through Dave, and God's love for each and every one of us. We entered into a new level of connection with Him.

Oscar. In Fraternity

### International Committee

#### Focus Countries List - 2018

If you speak a language related to these countries, or travel there, or have other ties there, you could be of great help to your fellow SAs there.

To volunteer to assist the Committee in our outreach work, please write to us at [saico@sa.org](mailto:saico@sa.org)

Subject line: "IC volunteer for (+ country name)"

#### AFRICA:

Congo  
Ethiopia  
Ghana  
Kenya  
Malawi  
Mauritius  
South Africa  
Sudan  
Tanzania

#### ASIA:

Bangladesh  
China  
India  
Japan  
Malaysia  
Pakistan  
Philippines  
Singapore  
South Korea  
Taiwan  
Thailand

## Planting New Meetings

*A Scottish Suggestion*

I had an idea in my head. My idea was to plant meetings around Scotland. I thought even if it doesn't help many SA's in Scotland it would probably help keep me sober. I am grateful that I have been sober from lust since December 2008.

Some of my SA friends said they would support the idea when they could. In September 2008 SA-Aberdeen was born with four regular members, initially meeting fortnightly before changing time, date, venue and becoming a weekly meeting.

We organized open Public Information (PI) meetings in Glasgow and Edinburgh. The Aberdeen group and Intergroup enabled another member with 18 years sobriety at the time to come speak. The Glasgow meeting flopped, but the Edinburgh fellowship supported our meeting. Most importantly, I stayed sober. The other Edinburgh members are still attending meetings.

Not deterred, I tried again. My thought was to catch people after Christmas breakups. So on the coldest day of the year a fellow and I traveled from London by coach to Inverness to meet two Aberdeen members for an open PI meeting. No professional showed. We had a meeting ourselves and stayed sober that day. After a train back to Aberdeen, my fellow and I were invited to attend a similar PI event at Dundee. Once again, no professionals showed but we had various Aberdeen and Edinburgh members and an S-anon show. At another Aberdeen PI event nurses,

professionals and therapists plus Aberdeen and Edinburgh members attended. Success at last.

A different tack now. I arranged to visit a sex counseling centre in Glasgow with a sober fellow from Edinburgh. We spoke to about 20 professionals and sold some White Books and distributed leaflets. We repeated this at a similar sized gathering of professionals in Aberdeen. They dealt with all sorts of sexual issues and not just addiction to lust.

Before the visit to Aberdeen counseling center, I planted meetings in Dundee and Glasgow, each many miles from my home. Again a few Aberdeen and Edinburgh members came to the Dundee meeting. One of our fellows had his first exposure to SA in Dundee even though he lives in Edinburgh. Today he is a year and half sober. Our HP was at work as I set up a conference call and members would phone in on weeks that nobody showed. That meeting couldn't find anybody to keep it running when I started college full time. But, I stayed sober.

Going to Glasgow by train meant starting work extra early so I could catch a train that got me to Glasgow in time for a meeting. Usually I got back to my bed after midnight. I went five times or so. We had interest from other S fellowships and our Edinburgh fellow has kept the meeting going. It struggles sometimes but can get five or so some weeks.

Simultaneously another fellow appeared on the scene in Inverness. I'd had enquiries from other Inverness loners but nothing took. This man accepted the help of a sponsor and I traveled up to see him by train. I

encouraged him to start a meeting and helped him find venues to visit. He did this even though he had never had any Twelve Step experience.

Along with a second meeting in Edinburgh, we had six SA meetings in Scotland when there had only been one. Also we have had two non-residential three day conventions in 2016 and 2017. This year we doubled the numbers and planned a residential convention April 6 – 8 2018 in Perth.

Throughout the whole of this process various Scottish SA members have sent emails, letter, leaflets and filled in web forms for churches, religious centres, medical centres, therapists, counselors, bishops, chaplains and medical doctor's. No obvious direct referrals yet, but we stayed sober a day at a time.

The results are mixed: We do not have twenty strong meetings, we are not all sober. Our service positions

are not all filled, we do not have old-timers with long-term sobriety guiding us. But quite a few of us have more than a year's sobriety and are grateful for and appreciate what life throws at us. Most importantly, I am sober today.

I cannot say if the meetings in Dundee, Perth or Stirling will take off, and I don't know if newcomers will stick or even attend. But I am sure the majority of fellows going to a Scottish meeting will stay sober for that day, and by God's grace I will remain sober today, one day at a time.

So if you fancy attending a Scottish meeting either come in person or to our Perth gathering or else phone or VOIP into one of our meetings.

Yours in Love and Fellowship  
Richard

## SA/SANON SCOTTISH CONVENTION 2018 "Just For Today - the first day of the rest of our lives"

KINNOULL - APRIL 6TH TO 8TH



JOIN US FOR A WEEKEND OF FELLOWSHIP AND SHARING AT THE BEAUTIFUL KINNOULL RETREAT IN PERTH.

36 RESIDENTIAL PLACES IN SINGLE BEDROOMS, ALL EN SUITE. THREE COMFORTABLE MEETING ROOMS. LOVELY GARDENS AND NEARBY WALKS. WEEKEND FULL BOARD £180. (EARLY BIRD £165 for registrations before end October 2017).

SPACE FOR A FURTHER 14 NON-RESIDENTIAL PARTICIPANTS: WITH FULL MEAL PACKAGE ON SITE £50; NON RESIDENTIAL WITHOUT MEALS £25

LOCAL ACCOMMODATION AVAILABLE FOR COUPLES AND OTHER NON RESIDENTS

# MEDITATIONS

## The Benefits of Service

*Beginning to feel a part of...*

*We ... start giving of ourselves with no thought of getting anything in return except our own peace of mind and freedom. (SA147)*

When I first came to SA, I only wanted to sit and listen in on meetings. I was passive—not surprising since silence and invisibility were tools I used to survive in my childhood. After a few months of sobriety in SA, however, I realized I needed to change. I was taking but not giving. My sponsor suggested I volunteer for service in the meetings I attended; so I did. Initially, I took on simple tasks, such as setting out chairs, arranging program literature, greeting newcomers and members, and giving out sobriety chips. Performing these simple tasks had a positive effect on

my recovery. It prompted me to arrive at meetings on time and I began to feel “a part of” rather than “apart from” the group.

Service continues to be essential for my recovery. Service enables me in gratitude to give back to the groups and the Fellowship at large a small part of what I have received from SA. Service reminds me that as a recovering sexaholic, I need to focus on others and to share with them my strength, hope and joy—even my failings. The tasks may not seem important, but performing them faithfully makes me feel connected, useful and sober.

*Thank you, Higher Power, for helping me stay in recovery as I serve you and others.*

90 Days of Meditations P 18

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I've got problems  
of my own....





## Hope for Freedom

*We will be amazed*

*(The following is a personal post from one of our group members.)*

One of the greatest gifts in recovery for me has been the realized hope for freedom. I say “greatest,” because I didn’t believe it was possible for me to have freedom from the obsessions and compulsions of my addiction. As an addict I am powerless over lust, so what hope could I have? As I sat in meetings in the earlier years, most of us were still showing up week after week to report on our latest acting out episodes. I and they clearly had no hope for freedom.

But, there it was in the literature: “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.” (AA, p83 “The Promises”) “We discovered that we could stop, that not feeding the hunger didn’t kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive.” (SA 204) There were, of course, those few members who somehow had realized the “hope for freedom” that the rest of us said we wanted, and never saw happen.

As for me and perhaps for the

others as well, I now know that it was because I still wanted to play with lust, and not have to suffer the consequences. I wanted to be free from lust’s power, and still depend on my own power to win the battle. I wanted God’s help, and still wanted to avoid turning my will and life over to Him. I

**I still wanted to play with lust,  
and not have to suffer the  
consequences.**

wanted to be rid of the habit, and still be able to keep the rest of my life running on my terms. “If we want the old life intact, simply minus the habit, we don’t really want healing, for our sickness is the old way of life.” (SA 143)

Immersing myself in the literature, going to meetings, and working the 12 Steps as my sponsor told me to do them was the key to beginning to have hope for freedom. And that hope has been realized. Today, God gives me freedom from lust and the obsessions and compulsions of my addiction! It is true. It will happen. But it comes at a price, a price I now wonder why I ever questioned if it was worth paying.

Sexaholics Anonymous,  
Taichung Taiwan October 2017

# SA STORIES

## The Good Side of Tech

*Finding life in technology*

I am a technophobe, and clumsy at best when it comes to all the gadgets today. I miss the simple life of rotary phones and typewriters! I realize that technology neither caused my disease nor is responsible for my recovery.

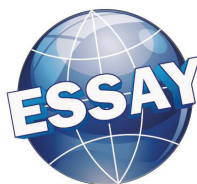
Technology nearly killed me, pushing me deeper into the problem. At first, I found the thrill of telephone chat lines, where I found many addicts like myself sometimes for free but usually for \$0.99 per minute that I could charge to my credit card. Damn the cost, I could talk live to others seeking the same disconnection. Soon, this thing called the internet arrived and I was hooked. I spent countless hours watching pornography and searching webcams in an effort to reach my next high. It wasn't long before I was cruising online dating sites and trolling for illicit services via adult "want ads." In the ultimate shameful behavior. I lost my job because I thought it was a smart, rationale idea to use my work computer to hire an escort. Just before I found the miracle of the program I remember lying in bed Googling for ways to commit suicide while my beautiful family was downstairs. Thankfully my Higher Power didn't let me find that article.

The same vices and demons are still there today. Now, through the grace of the SA program, technology is a key part of my recovery and propelling me further into the Solution. Today,

I use my smartphone to start my day with a spiritual renewal call or to participate in an SA phone meeting. I have downloaded some recovery tools to my phone as well. Every Wednesday I send along a gratitude list to my SA fellows whose numbers I have accumulated on my smartphone, and I send and receive texts from other fellows in the program as we trudge along the road toward happy destiny. Finally, I use my computer to help me find recovery meetings on my frequent business travel. I have been to numerous SA meetings on three continents. While I prefer an SA meeting, the internet has led me to many great recovery meetings all while helping me build a global recovery network.

Today, with the tap of a button I can make a call, send a text, find a meeting, or immerse myself in a great reading. Maybe I am not such a technophobe after all.

Bill K, New York USA



*Our Meeting in Print*

**Donate**

## Sharing the Nature Of My Addiction

*Using the present tense*

I have to remember that my lust has not gone anywhere since I got into recovery. I've just been holding it at arm's length. If I think I've got some sobriety so that now I can relax and I don't need to work so hard to stay sober, my lust is right there ready to step back front and center in my life.

For my sobriety, I announce the nature of my addiction, or my act-out behaviors in every meeting I attend. I do this to practice honesty, because I need all the practice I can get. I hope someday to be as honest outside of meetings; however, I don't trust people outside the program as much as I've learned to trust my fellow sexaholics.

My act-out behaviors include lusting

after others, wanting to be lusted after, and pornography in ANY media I can find. I am a voyeur. I have relationships with married women. I frequent strip clubs. I have the ability to store up all those fantasies and use images to masturbate at the drop of a hat. For any act-out behaviors I haven't mentioned, I have an on-going plan for in my head, I just haven't figured out how to get away with them yet. I am grateful that today all of these things are just options for me. I no longer believe that if I don't do them I'm going to die.

Even though I have sexual sobriety today, I still talk about my act-out behaviors in the present-tense because they have not gone anywhere. They are still right there inside my head, and my lust still wants them to come out.

Chad H

### My story

*Staying in God's will*

I discovered lust around puberty through a porn magazine and quickly became addicted to masturbation and fantasy women in stories, pictures and eventually clips and movies from electronic sources.

When I discovered SA many years later, I had found a solution but in my heart I did not really want it because I enjoyed the pleasure of acting out. I tried the program to prove to myself that it did not work. I did not become sober, so I eventually quit SA.

Several years later, I rejoined SA and when I really wanted to become sober and could not, I realized that I had just done Step 1. It has been several months now and I have had only a couple of slips since then but

my heart is now in the right place, and I am working the Steps. I feel a freedom I have never had and my whole life is better.

**I rejoined SA and when I really wanted to become sober and could not,**

I am currently experiencing a transition period where I am very stressed and have trouble sleeping, perhaps because masturbation was a way to relieve that stress previously and now I just cannot stay asleep more than 5 or 6 hours at a time. Nevertheless, I am grateful for the fellowship and for the grace my Higher Power grants me if I turn to him when tempted, powerless as I am. He grants me the power to stay in his will and I stay sober. Praise God!

J-F [sam@twelvesteps.net](mailto:sam@twelvesteps.net)

## Recovering female sex addict

*She finally called herself a sexaholic*

I left home at 21 and moved in with my boyfriend. I had been attending college full-time and had two part-time jobs, but I dropped out of school and work so I could spend more time acting out sexually. I felt a lot of shame, so I convinced my boyfriend to marry me. Sometimes we acted out by watching porn. When my husband wasn't home, I would look at the porn and masturbate. We were both sex addicts, and we ragged at each other daily. Lust killed our relationship.

Three years later, I separated from my husband and moved back into my parents' house. In the separation

him but he was done with me. I stalked him online, called him at work, and went to his office. He told me to stop. In my despair over losing this "connection," I became involved in Internet chatting. I stayed up late at night chatting about sex. I tried to live out a fantasy with others by typing sexual conversations. Next I got a camera and transmitted explicit pictures of myself online. The reaction did not fit my fantasy and I felt less than human. But I repeated this.

I was feeling crushed by the shame of acting out with strangers online. I was obsessed with thoughts of acting out with my ex-teacher. I was obsessed with the forbidden. I began to wonder if I could be a sex addict.

One day, immediately after acting out in cyberspace and becoming

**One day, immediately after acting out in cyberspace, I searched for help online, found an "S" fellowship, and called a member.**

I got the computer. I would view the porn my husband had downloaded. Sometimes I would delete a video after being disgusted with myself for acting out while watching it. Then I would watch another.

That year I acted out with a former teacher from college. We acted out once and I became obsessed with

distressed, I searched for help online, found an "S" fellowship, and called a member. I went to my first "S" meeting that night. I was the only woman at a meeting of about eight men. The men tried to reassure me but after attending only three meetings, I searched the

### Group Discussion Topics

How do you identify with the "Recovering Female Sex Addict" story above?

What common experiences or differences in SA for women and men occur to you?

Do the dual diseases of mental illness and sex addiction (page 24) affect you?

Have you found Moving the Feet (page 9) to be a useful tool.

Has The Hand of SA Reaches Out been your experience?

Internet for a woman's meeting and found a Sexaholics Anonymous meeting for women only. I went faithfully every week, stayed sober for a month and collected a 30-day chip. But I was not committed. I remember thinking, "I can't call myself a sexaholic!" That would mean I was a "sicko," someone who masturbates and struggles with lust to masturbate. That is not me!

Sure I masturbated, but my version was different! Eventually I stopped going to meetings. I decided I could work the Sexaholics Anonymous program on my own. Guess what happened? I went back to my same behaviors and took more risks. I began browsing the Internet for porn I hadn't seen before, and went back to acting out online. I began going out to nightclubs and dating again. My addiction was spinning out of control. I was acting out at work during my breaks. I was

**I heard my story told over and over again. I started to share at meetings and I did not die. I was welcomed as one of them.**

divorcing my husband because he was emotionally and physically abusive, but I acted out with him again. I thought of finding a job in the sex industry so I could lust full-time. I wanted to kill myself. I thought I had to act out or I would die, yet acting out was killing my spirit, my creativity, my personality, and all joy. I had hit bottom again.

I came back to Sexaholics Anonymous, feeling defeated and hopeless. I went back to the women-only Sexaholics Anonymous meeting. They did not yell at me or ask me what I had been doing since I left. I began

to identify myself as a sexaholic. I struggled to get a 30-day chip and then a 60-day chip. I kept going to meetings. I could not figure out how to stay sober. My triggers became more frequent and the desire to have sex with myself and others returned. The once-a-week meetings were no longer enough for me. I became willing to do whatever it took to stay sober and grow in recovery. I started attending an early morning Sexaholics Anonymous meeting of men and women.

Before I went to meetings with men, I prayed I would be shielded from lusting after others and being lusted after. At first I kept my head down and listened. To my surprise, I heard my story told over and over again. I began to feel alive again. I took another chance and started attending a very large mixed meeting at the suggestion of my sponsor. I was amazed to meet people who had ten or more years

of sobriety! I hadn't known that was possible. I started to share at meetings and I did not die. I was welcomed as one of them.

Today, I am proud to say that I am a recovering sexaholic who loves going to Sexaholics Anonymous meetings, and I am supported by hundreds of people in the Sexaholics Anonymous fellowship, both women and men. I am not alone anymore.

<https://sexaholicsanonymous.eu/recovering-female-sex-addict>



# STEPS

## How NOT to Work The Steps

*No matter how far down the scale...*

*Excerpt from the San Antonio Convention  
Friday night talk by Jesse J., of the Saturday  
San Antonio de Zavala group.*

Jesse became an expert — on the Steps! Here's the Jesse Step Program:

STEP 1: Powerless? "Yes, of course! I can't stop myself."

STEP 2: Came to believe that a power greater ...blah, blah, blah? "I already know that part."

STEP 3: Made a decision to turn my will and life over ...blah, blah, blah? "I did that years ago. In my youth, even."

STEP 4: Made a searching and fearless moral inventory of all the terrible people who have harmed me from my childhood to the present day? "Now we're getting somewhere! And it was quite a list, and I benignly forgive

**Working the Steps this way, I rarely made it past Step Four before I changed sponsors, changed groups, or just dropped out.**

them all. And now I'm done with that."

STEP 5: Admitted the exact nature of my wrongs? "MY wrongs? Well, yes, I was wrong to carry around all that resentment about how badly all you people hurt me and caused me to fall under this terrible burden of addiction, and I forgive you, so we're done with that."

STEP 6: Entirely ready to have God remove these defects of character? "Yes, of course. God knows my defects,

and if He in His Wisdom wishes to remove them, He will do so. He's probably done it already and I haven't even noticed."

STEP 7: Humbly asked Him to remove my shortcomings? "That's not necessary. God already did that."

STEP 8: Made a list of all persons I have harmed? "Whoa! Hold up just a red hot minute! People I have harmed? Especially the part where it says 'You made the list in Step Four.' No, I didn't Those were sins against me, so I already took care of that. But, with some prodding, let me think again. This is a real stumper. People I have harmed — OK, there's a few. Got it."

STEP 9: Made amends? "I'm Very Very Sorry. Boy! I feel MUCH better! And I'm sure you do, too."

STEPS 10, 11, 12: Never mind about Steps 10, 11, 12.

Working the Steps this way, I rarely made it past Step Four before I changed sponsors, changed groups, or just dropped out.



## Step 9: Just Another Day?

*Learning to really care*

Today is November 7th. Three full days after I celebrated my November 4th birthday I still have not gotten any text or phone call from my parents, brother, or my two children. I realize that I am an adult. I told myself over and over again that it was just another day. All my life I was told "a birthday is just another day." I believed hoping for birthday wishes was selfish and to just move on.

My sponsor from the program in the early 2000s tried to teach me the importance of a person's birthday. He ALWAYS made sure I knew I was important to him on MY birthday. His birthday was just a month later and I remember he always invited me to his birthday celebrations. He would invite lots of people and I remember his birthdays fondly. However, to avoid the hurt and sadness on my birthday I would still say it was just another day.

After I dropped out of SA in 2006, I was able to ignore my birthday again. My parents and kids would not text or call. I would use sex, porn, and masturbation to numb out the pain. I was good once again. I could deal with it being just another day.

In 2009 I met a woman, now my wife, who told me that my birthday was important. I tried to stop my compulsive behaviors without a program. No matter how hard I tried to keep my double life secret, I would spiral down from the hurt and pain of my birthday. Today I am convinced that my birthday is the biggest trigger I have because it is not just another day, no matter how much I try to tell myself that. In my self pity I down played my birthday, and even my existence. I didn't matter, nobody cared, nobody wanted me. In order to matter I sought someone outside myself

(usually multiple someones) to tell me I do matter, that someone cared, and that I am wanted.

Today all that is different. I am on Step 9 for the first time in my life. I am able to look at my parents, children, and brother as sick people just like I am. I am able to look at my life and realize I have forgotten SO many birthdays and events (my second anniversary) because I was so wrapped up in me.

**Because of SA and working the steps I can clearly see that I have done things to put myself in this position. However, I can do things to make my life better.**

Alcoholics Anonymous says, "Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt" (p. 62)

Today because of SA and working the steps I can clearly see that I have done things to put myself in this position. However, I can do things to make my life better. I have gone through my contacts and made sure that every person I care about has a birthday that will alert me. They will get a Happy Birthday from me. I make it a point to remember my anniversary as well. I can never make up for the one I forgot, but I can be sure to not let that mistake happen again. Today with the help of my sponsor and the SA program I know that my birthday is important. I know that I matter and that others care. So even though I struggle with the hurt, I know that there are those that do care that I was born on November 4th, 1973!

Preston D

## Sexaholic, Mentally Ill, and Sober

*He's willing to go to any lengths*

**I**lost 8 years of sexual sobriety and was only able to regain it after discovering a mental health condition which had been undiagnosed since childhood. I had spent a lifetime in counsellors' offices trying to work out what was wrong with me. I came into SA, being one of the founding members of the program in my city. I got sober, worked the Steps, did service, sponsored others, immersed myself in the literature and conference recordings. But I wasn't "happy, joyous and free!"

Even in long term sobriety I knew there was an "elephant in the living room," something profoundly wrong inside that I had trouble describing. Everything I did in life was hard: work, family, recovery. After much searching

on the web I began to identify some symptoms I had previously been unable to name. The process of taking inventory, that I learnt in the program, helped me do this. As Sexaholics Anonymous p 71 says, "dim outlines of our sick patterns emerge."

Then on a trip to the USA, sitting with SA members in a cafe after a meeting, they each described having various forms of brain testing. That was the

**Acceptance of my mental health condition has become the foundation of my current sobriety. I do have a productive and sober life and many moments of real joy.**

turning point. I returned to Australia, got some testing and discovered over a period of years how dysfunctional was my brain. After some treatment and some improvement, I began integrating what I had learnt about myself into my 12 Step recovery. There

## Twenty More Years

*Joy for the young SA*

**I**am grateful for six years of sobriety, starting October 10, 2011. It has been by the grace of God, the support of the fellowship, and a whole lot of work on my part.

Newcomers in their 20s and 30s walk through the doors and I think, "If only I had started then." Sometimes I see them leave, not ready to embrace their own powerlessness. As I began writing my first Step, I reviewed my journals I kept on how my life was NOT developing the way I thought it should develop. There was

an entry from 20 years before I entered SA.

It was an era of sexual exposition, people coming forth about their sexual lives, wives discovering men who were unfaithful and broadcasting it on daytime talk shows for the feasting salacious viewer (like me).

I wrote at that time, "I wonder if I'm a sex addict." Seven words that could have changed my life if I had listened to them at 33. God, and God alone, had kept me safe up to that point. I had been unfaithful to my wife with other men. "It's just sex, honey," I justified. "I love you. They are just relief for me." ("I wonder if I'm a

sex addict," always playing in my mind.) I did not have access to SA in the Rocky Mountains where we lived. There was no internet. Google did not exist. And I certainly could not have gone to the local public library to search big city phone books for "sex addiction." I am not entirely certain that sex addiction counseling was big enough to have yellow page ads back then (remember the Yellow Pages?). Twenty more years I would wander.

Instead, I kept acting out. More frequent partners, more risky behavior, more involvement of and concessions from my wife, and more justification for

is no medication for my condition. The Steps became a vital tool in helping me manage my condition. A new, more comfortable sobriety began to emerge.

I discovered important missing pieces of my prior Step work. Since childhood I had unconsciously hidden my mental health symptoms with character defects. My Step work had been quite incomplete. Sadly it was the best I could do at the time. As amnesia and attention issues are part of my condition, I have had to accept some parts of my Step work will always be missing. This is where the 10th step has become vital to ongoing sobriety and recovery. I have wreckage of the past that I may never be able to remember, but I can surrender old patterns of thinking and behavior when they arise in the present.

The program imperative of “being willing to go to any lengths” was a guiding principle over the next few years. Drastic changes included retiring early from work; going on disability; giving up driving; living in the US for a

total of 30 months to soak up a broader recovery culture; moving cities in Australia to undertake treatment; and, spending a lot of money on treatment and travel. I discovered the concept of dual-recovery – dealing with both addiction and mental illness. If I am not working a program of recovery on both my sexaholism and my mental health condition I am treating neither effectively! Locally, we trialed SA dual recovery meetings. Members were able to talk more openly and in more detail about our dual recovery.

Acceptance of my mental health condition has become the foundation of my current sobriety. I may not have the recovery I hoped or planned for when I came into SA 25 years ago but I do have a productive and sober life and many moments of real joy. Recovery continues!

Paul H, Australia

---

my actions. All the while, I believed that I was in the wrong relationship. If only I could find the man I could love, THEN my life would be wonderful. Twenty more years.

So my heart leaps with joy when I see young people enter our program. These are people who may still have their health, their families, their jobs, and even two cars in the garage, who recognize their sexaholism (12x12, 23). They can save themselves 20 more years of “incomprehensible demoralization” (AA, 30). They can set about correcting harms they have done and with a much smaller list

than they WILL have in 20 more years. They can trust the spirit of the folks who have gone before, and who have gone through a great deal more than they will have to go through, if only they are willing “to follow a few simple rules” for living (AA, xxix). They don’t have to suffer 20 more years.

To our younger fellows, I pray for your release from bondage. Know that “...you will find release from care, boredom, and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead” (AA, 152). This I have found, and much more, in Sexaholics

Anonymous. And in only five years! I thank God that I was protected and my family was protected from disease, death, or mental degradation. What we suffered, individually and collectively, we can right - together as a family. I am excited about 20 more years, if it be God’s will.

For our fellows who choose to leave, I will stand by the door guiding you back into the rooms with my voice if you choose to hear me. That is my sole purpose in life now - to help the sexaholic who still suffers. No one need wait 20 more years to step inside.

Anonymous

# WORLD WIDE NEWS

## Official Support Boosts SA Growth in Moscow

See the complete letter in Russian and English at [www.sa.org/essay/](http://www.sa.org/essay/)

Since Russia's Chief Narcologist Yevgeny Brune issued a letter of support to SA on June 27, 2016, the number of weekly meetings in Moscow has more than doubled to eleven.

Brune wrote,

"In this modern age of progress, it has become possible to instantly obtain through the internet anything desired (pornographic videos, photos or sexual contacts or services)... the service of Sexaholics Anonymous is very important and urgent in today's emerging situation."

The official called upon the narcological centers of the Ministry of Health to allow SA groups access to their meeting spaces and to display SA information.

Thanks to the letter, SA information displays now hang on the walls of numerous such centers in Moscow, with more planned. The plexiglass information stands hang on the walls of these centers next to those of other twelve-step fellowships and contain brochures and informational business cards.

Moscow SA is beginning sharing this experience with the fellowship in other Russian cities. The Carry the Message Committee of the Europe and Middle East Region is hoping this will serve as a model in gaining the support of health officials in additional countries.

"The Brune letter signals SA coming

*I consider it essential to render assistance to the fellowship of Sexaholics Anonymous by providing meeting spaces for its members and by placing its information at the Moscow Scientific-Practical Center of Narcology.*

*-Y. Brune, Chief Narcologist*

out of the shadows in a positive way, with the support of officials from the healthcare field," observes Anton, the chair of the Moscow Intergroup Carry the Message Committee. "The letter is helping to inform the public that sexaholism is a disease, and it makes accepting us as recovering persons acceptable."

Health workers can now picture that there can be life without the affliction of sexaholism and that inspires them to help. Anton adds, "We should increase our cooperation with these high-level specialists to carry the message to the still-suffering sexaholic."

February, 2018

## Europe Middle East Region (EMER) Connection Channels

Some examples of how EMER SA members can stay in touch:

- EMER web site: <http://sexaholicsanonymous.eu/>
- Speaker Meetings and Married Speaker Meetings
- Face to Face Meetings in each nation. Email meetings
- SA Telephone & VOIP Meetings around the clock
- Published meeting formats & readings.
- Flying Piggies WhatsApp Group



## A useful tool for me

I have downloaded what I call a “ringing tone” that rings every day at 12:12. It is now on my smartphone. It has been for almost a year. I may have

...une mélodie qui me rappelle  
que notre programme..

seen that tool somewhere within an SA document. It helps me remember to be grateful that I have a program in 12 Steps and 12 Traditions. Any ring tone could do the trick.

In fellowship, Bernard.

J’ai téléchargé une mélodie qui me rappelle que notre programme comporte 12 Etapes et 12 Traditions. Je rends grâce à Dieu tel que je Le conçois de l’avoir. Elle est sur mon smartphone et sonne tous les jours à 12H12. N’importe quelle mélodie peut faire l’affaire. J’ai connu cet outil grâce à un document SA que j’ai un jour reçu.

Bonnes 24 heures, Bernard  
2018-01-14



11-13 January 2019 in El Escorial · Madrid · Spain  
SA International and the  
S-Anon, S-Ateen National Convention

[REGISTER HERE!](#)

**Discovering the Principles: Personal Recovery and Relationships.**  
Price per person, accommodation and all meals:  
€163 – sharing room / €175 – single room  
Bookings and Information: <https://tinyurl.com/emer2018>  
Contact: [emer2018@sairland.com](mailto:emer2018@sairland.com)  
If difficulty with Internet and Booking, please ask a member to contact us: [www.seaholicsanonymous.eu](http://www.seaholicsanonymous.eu) / [www.sairland.com](http://www.sairland.com)

**Please Book Early**

- ◆ Convention Bursaries Available
- ◆ Language Translation Provided where possible

**EMER SA / SANON REGIONAL CONVENTION IRELAND 2018**

**22-24 June**

Welcome  
Faites  
Bienvenida  
Willkommen  
dobro pozhalovat  
Witamy  
Vitajte  
Dobrodobiti  
Tervetuloa  
Welkom

St. Patrick's College  
Maynooth  
Co. Kildare

# NEW SA GROUPS 4TH QUARTER 2017

## Europe and Asia

Cluj-Napoca, Romania

Stockholm, Sweden

## North, Central, and

## South America

Brunswick, Ohio

Fort Worth, Texas (New meeting)

Joplin, Missouri

Lakewood, New Jersey (women's meeting)

Murray, Utah (New meeting)

Ottawa, Ontario, Canada (New meeting)

Pocatello, Idaho (New meeting)

Pomona, New York

Bucaramanga, Colombia

## SAICO 2017 Finance Report

Donations	\$199,168
Other Revenues	\$111,690
Expenses	\$305,443
Rev – Exp	\$5,415
Prudent Reserve	\$282,000
SAICO operating reserve for six months is	\$144,950.

### SA Finance Summary Report -- January – December 2017

Above are SAICO's preliminary 2017 financial results. These preliminary data are subject to the CPA's examination.

Overall net income (income less expenses) was positive by \$5,415. Revenues benefited from the sales of the new *Step into Action* book and the financial successes of the Fellowships conventions. Contribution income continued below budget. Expenses were in line with actual revenues. The Finance Committee is in the process of issuing the service committees call for their proposed 2019 budget requests. These proposed budget requests are due April 1, 2018. The 2018 proposed budget is planned to be presented to the GDA Delegates at their face to face meeting at the July 2018 Saint Louis convention.

Carlton B. Chair,  
SA Finance Committee

## Gratitude from EMER

We close Gratitude Week 2018 with a share from another long time sober member. We've had members offering to do service work at regional level, we've received reactions of gratitude. You're welcome to continue giving from what you have received in recovery.

*"I am grateful for having received a new life. When I acted out in my sexaholism, I was dying. I was disconnected, depressed and suicidal. Today I am grateful for my desperation, because it made me ready to give up and finally ask for help. With the help of the SA-fellowship and the program, I have received the gift of sobriety, self-acceptance, friendship, family, joy and peace. I have a loving Higher Power and I experience love in being of service. Today I know that I am no longer alone. Thank you all for being there!"*

(Marie-Paule, Luxembourg)

We invite you to also share your gratitude in your meetings, in SA-WhatsApp groups,... Express your gratitude by donating here to [SAICO](#) (SA International Central Office). Have a group conscience about sending a donation or this week's 7th tradition. Offer to be of service at local level, intergroup level, regional or international level. For servicing at Regional level, just contact [Laurens \(laurens111@aol.com\)](#) and include in the subject line your name, country, and "Service - EMER".

# EVENTS CALENDAR

## Upcoming International Conventions

**July 13 - 15, 2018 Saint Louis, Missouri, USA** SA/S-Anon International Convention: Gateway to a New Freedom. Web: [www.gatewaytoanewfreedom2018.com](http://www.gatewaytoanewfreedom2018.com)

**11-13 January 2019 in El Escorial · Madrid · Spain**

SA International and the S-Anon, S-Ateen National Convention

<http://sexolicosanonimos.org/wp-content/uploads/videos/Convencion%202019%20-%20vf.mp4>  
<http://sexolicosanonimos.org/wp-content/uploads/videos/Convencion%202019%20-%20vf-eng.mp4>

## Local Regional Events 2018

**March 3, Norcross, Georgia, USA Atlanta Area** SA/S-Anon Marathon: Atlanta The Journey Continues. Info at: [www.atlantathejourneycontinues.org](http://www.atlantathejourneycontinues.org)

**March 3, Fort Myers, Florida, USA** Southeast Florida SA/S-Anon Event: March Into Recovery. Email: [tylerm007@gmail.com](mailto:tylerm007@gmail.com) or [rogeraction@hotmail.com](mailto:rogeraction@hotmail.com)

**March 9 - 11, Athenry, Co Galway, Ireland** SA Galway 2018 Convention: "Took the actions of love to improve our relations with others." Email: [gmulesker@gmail.com](mailto:gmulesker@gmail.com)

**March 10 - 11, Kiev, Ukraine** SA International Convention Ukraine: Everything Starts in KYIV. Info at: <https://goo.gl/forms/BI8orUIRb8aqyAOx2>

**March 17, Auckland, New Zealand** SA/S-Anon New Zealand Auckland Conference 2018: Recovery, Unity, Service. Email: [recovery@sa-nz.org](mailto:recovery@sa-nz.org)

**April 6 - 8, Zaniemysl, Poland** SA/S-Anon Polish Convention: Sobriety - Pass it On. Email: [zlot.zaniemysl2018@gmail.com](mailto:zlot.zaniemysl2018@gmail.com)

**April 6 - 8, Perth, Scotland, United Kingdom** SA/S-Anon Spring Scottish Convention: Just For Today - The First Day of the Rest of our Lives. Email: [essay.aberdeen@hotmail.co.uk](mailto:essay.aberdeen@hotmail.co.uk)

**April 13 - 15, Mansfield, Ontario, Canada** SA Ontario Spring Retreat: Stepping into the Light. Info at: [www.SAretreat.org](http://www.SAretreat.org)

**April 14, Greensboro, North Carolina, USA** Triad SA/S-Anon Marathon: Hope and Renewal. Email: [triadsa@triadsa.org](mailto:triadsa@triadsa.org)

**April 20 - 21, Nashville, Tennessee, USA** SA/S-Anon Souls of Serenity Meeting Marathon: Taking the Actions of Love. Info at: [sosnashville.wordpress.com](http://sosnashville.wordpress.com)

**April 20 - 22, Sumas, Washington, USA** SA/S-Anon Spring Retreat: On Awakening - Northwest Regional Retreat. Info at: <http://www.pugetsoundsa.org/northwest-regional-sa-s-anon-2018-spring-retreat-in-sumas-wa/>

**April 27 - 29, Wichita, Kansas, USA** SA/S-Anon South Midwest Region Spring Retreat: Principles of the Program. Phone: 316-350-7672

**May 4 - 6, Blankenheim, Germany** SA German Speaking Spring Convention: Silence Roots Joy. Email: [as.d@posteo.de](mailto:as.d@posteo.de)

**May 4 - 6, Mansfield, Ontario, Canada** SA Ontario Spring Retreat. Email: [events@saontario.org](mailto:events@saontario.org)

**May 4 - 6, Sydney, Australia** Regional Conference: Essentials of Recovery. Info at: [www.saoz.net/events](http://www.saoz.net/events)

**June 22 - 24, 2018, Dublin, Ireland** SA/S-Anon EMER Regional Convention Discovering the Principles Personal Recovery and Relationships Email: [emer2018@saireland.com](mailto:emer2018@saireland.com) Web information [HERE](#)

**Gateway to a New Freedom**  
Saint Louis Missouri  
July 13th - 15th, 2018

Important Times	
Friday 12:00 PM	Registration Begins
Friday 2:00 PM	Early Bird Meetings
Friday 6:00 PM	Dinner and Beginning of Convention
Sunday 12:00 PM	Convention Closing

**Helpful Reminders:**

- We request that all attendees dress in a respectful manner so as not to distract others.
- Any child not registered as an S-Ateen may not attend any convention function or meal. Please make arrangements.

**Updates:**  
Please check our website for updates.  
The final schedule will be posted prior to the convention.

[www.gatewaytoanewfreedom2018.com](http://www.gatewaytoanewfreedom2018.com)  
SA email: [gatewaytoanewfreedom@gmail.com](mailto:gatewaytoanewfreedom@gmail.com)

**GATEWAY TO A NEW FREEDOM**

**SA & S-ANON INTERNATIONAL CONVENTIONS JULY 13TH-15TH 2018 SAINT LOUIS MISSOURI**

St. Louis, USA is known as the “Gateway to the West” as many settlers and adventurers passed through on their way to the West. We of SA and S-Anon have found our fellowships to be Gateways to a New Freedom. Please join us as we share the various experiences, strengths, and hopes of our journey to that freedom.

<http://www.gatewaytoanewfreedom2018.com/> [gatewaytoanewfreedom@gmail.com](mailto:gatewaytoanewfreedom@gmail.com)

### “Endgame Strategies Of Choice” For Sexaholics Anonymous Members

*Do you find yourself wanting to be vague about your sobriety date?*

The endgame strategy of choice is to say “I am grateful to be sober today.” It allows you to be the mysterious humble one in the meeting without giving an actual sobriety date.

*Do you want to get called less often in meetings?*

The endgame strategy of choice is to talk like it’s a therapy check-in session, share at least double the expected time, ignore the meeting topic, and don’t mention any Step. You can get an endgame bonus point for saying your therapist told you to share this way in the meeting.

**Best methods to help your sponsor practice firing a sponsee.**

- 1 - Contradict and challenge every suggestion
- 2 - Ask him/her to show you where a suggestion is printed in the Big Book.
- 3 - Explain since you are focusing on yourself right now there is not time to work the program.
- 4 - Tell him/her God told you to fix the current crisis in your life, and God said you should not spend time working the Steps.
- 5 - As you wrap up a “getting current” phone call, before he/she can give you any suggestions tell your sponsor that you have to go.
- 6 - For any direction the sponsor provides, explain you need to first run it by your therapist, spouse, God, or your sponsor in another fellowship.

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If you want what I have, call me!





## Do you speak Italian?

**A**re you available and willing to sponsor and help the growth of the young Italian fellowship? SA in Italy started on 9 Feb 2017 with a Skype meeting which helped reach sexaholics in various regions of the country—and Italian-speakers residing abroad, too. A Twelve Step workshop with some fifteen participants in November helped to strengthen the fellowship and reach out. As of February 2018,

besides the weekly Skype meeting, there are two face to face meetings, in Rome and in Como.

Newcomers are coming through the doors nearly every week. We are now facing a lack of sponsors as only a few of the members have had the chance to work at least the initial Steps, and most of the members speak only Italian. We need sponsors who can speak and sponsor in Italian. If you can help by taking one or more sponsees, please contact Luca M ([luca\\_essay@yahoo.com](mailto:luca_essay@yahoo.com)).

## Letter to *Essay*

Hi David, Kent,  
I'm planning to send a broadcast message requesting stories from our members in Singapore. Should I broadcast your e-mail addresses to our group in Singapore, in case they have questions. (And should I tell them that you are working with *Essay*?)  
Best, Richard, Australia  
Aug 25, 2017

*Essay* reply:  
Hi, Richard — so glad you are doing this! The address to us is [essay@sa.org](mailto:essay@sa.org)  
That comes directly to the Editor.  
Yes, please tell them Kent, Kira, Kirsten, and I are the *Essay* editors!  
David M., Oregon USA

## March into Recovery

SWFL SA and S-ANON Sponsored Event



MARCH 3, 2018

Riverside Church

8660 Daniels Parkway, Ft. Myers FL 33912

**TAKING  
THE ACTIONS  
OF LOVE!**



9.-11.2 2018

SA 12 STEP WORKSHOP BY THE AA BIG BOOK

High TATRAS Slovakia



with Cathal M. from Ireland







# SA and S-Anon NZ Auckland Conference 2018 RECOVERY, UNITY, SERVICE

Saturday 17<sup>th</sup> March

Hosted by the SA Auckland fellowship, with S-Anon participation

### Dear SA friends!

Ukrainian SA fellowship are happy to invite you to

### the 1st International SA Convention in Ukraine!

It will take place in Kiev on March 10-11, 2018.

SA meeting "Daylight" (Kyiv) and the Community of Ukrainian SA decided to carry the message of recovery to those who still suffer and need help using such an important and amazing event as the International Convention, where all we can share our experience, strength and hope.

everything starts in



**Address:** Ukraine, Kyiv (left bank), boulevard Perova, 1B (cathedral's hall).

**Accommodation and meal:** possible in the place of convention;

approximate price is near \$12-\$15 a day.

**Registration fee:** \$4 (100 UAH)

And you can also contact us through:

e-mail: [sasvitanok@ukr.net](mailto:sasvitanok@ukr.net)

Skype: SA\_Svitanok

<http://sa-ru.ru/news>

Our contacts:

+38(066)771-64-38 Andrii (English, Ukrainian)

+38 (066) 269-26-20 Oleg (Russian)

+38 (066) 024-24-12 Victor G. (Russian)

*Let our Heavenly Father bless all of you!*

**SEXAHOLICS ANONYMOUS**  
زمالة مدمني الجنس المجهولين

**التعافي أسلوب حياة**

**Recovery Is a Life-Style**

**هناك أمل**  
**THERE IS A HOPE**

**1 2**  
**Feb - 2018**

**المؤتمر السنوي الثاني**  
زمالة مدمني الجنس المجهولين - مصر

Support Essay with donations to SA



## SUBMISSIONS TO *ESSAY*

**Y**our writings and art are invited, although no payment can be made. All articles and letters submitted are assumed intended for publication and will be edited. Articles are edited to maintain their essence and meet *Essay* word length and content limits. Materials submitted become the property of *Essay* for copyright purposes. Please do not reference unadjudicated illegal activities.

The *Essay* welcomes meeting room photos, artwork and humor. Graphic art and funny stories enhance each issue. For graphics, please remember *Essay* is printed in black ink. 300 dpi is preferred.

We invite articles of different lengths, from 200-400 word anecdotes or memories, to 400-600 word Practical Tools or Meditations, to 1000–1500 word Member stories. We prefer electronically submitted manuscripts sent to [Essay@sa.org](mailto:Essay@sa.org). Articles may be sent by postal mail to SAICO, PO Box 3565, Brentwood, TN 37024 USA. Handwritten items should be written clearly on only one side of each sheet.

Articles are invited in the original language with an English translation. Whenever possible we use the original language and the translation. Please include an author name, address, telephone number, and/or e-mail address so that authenticity can be verified. This information will remain confidential.



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The electronic worldwide *Essay* (pdf file) is now free. Download your current or back copy from [www.sa.org/essay](http://www.sa.org/essay). Mailed individual 5 issue print subscriptions are \$20 USD/year to addresses in the United States. Mailed 5 issue print subscriptions to Canada or outside North America are \$26 USD/year. Group rate (10+ copies sent to one address) for mailed copies is \$17.50 USD/year to USA addresses. Multiple years subscriptions are welcome. Visit [www.sa.org](http://www.sa.org) to subscribe or for information.

Dear *Essay*: The **SA Literature Committee** has been asked to assemble a global Old-Timers compilation of articles and speeches. Please contribute your favorite text, either print or on a tape or CD, and send it to SAICO by postal mail or internet at [saico@sa.org](mailto:saico@sa.org).

# SA Correctional Facilities Committee (SACFC)

**I**t is an exciting time to be in correctional service. Brian from Sacramento recently gave a seminar to a local Diocese on how to develop SA at the New Folsom State prison. From California to Poland and elsewhere we are building bridges with religious communities aligned with the SA sobriety definition. Many religions hold that prison has a rehabilitative purpose. Prisoners look and act like you and me. As the healing community joins SACFC in pointing out the challenges for the prisoner and parolee wanting the spiritual solution in recovery from a sexual past, fewer prisons and administrators are justified in looking the other way.

We hope to change the way the prison community views SA recovery, from those who work with volunteer programs to the behavioral careerists and psychological experts, along with clergy. I wrote a blog recently about Larry B. in California who is working with prisoners as an advocate of contemplative work or the 11th Step. The work being done by Ray Leonardini and others who conduct spiritual exchanges brings help connect with the HP in prison. But, for every friend of SA, many more administrators, chaplains

and supervisors will need to have access to our education about the effectiveness of our 12 Step program and to a safety protocol for the sexaholics in prison.

In 2018, I ask your help in working with your local SA communities to pledge to take action. Just as we're discovering allies in the religious community, our local intergroups can become foundries of ideas. To be truly involved in service means intensive work in recovery, through visitations and sponsoring by mail. The SACFC is the only Board of Trustee committee whose job is to educate prison administrators and actively recruit from the ranks of the entire service structure. SACFC remains, for now, a small number of committed trusted servants. With your help we can make progress. By God's grace.

In grateful service, Eric S.  
December, 2017

**Eric S., SACFC Chair**  
**+1 415-317-4299**  
[sacfc1@gmail.com](mailto:sacfc1@gmail.com)

**Donate**

## The Twelve Steps

1. We admitted that we were powerless over lust—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 Him 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 sexaholics, and to practice these principles in all our affairs.

The Twelve Steps and Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. (“AAWS”). Permission to adapt and reprint the Twelve Steps and Twelve Traditions does not mean that AAWS has approved the contents of this publication, nor that AAWS agrees with the views expressed herein. AA is a program of recovery from alcoholism only. Use of the Twelve Steps and Twelve Traditions in connection with programs which are patterned after AA, but which address other problems, or in any other non-AA context, does not imply otherwise.

Sexaholics Anonymous is a recovery program based on the principles of Alcoholics Anonymous and received permission from AA to use its Twelve Steps and Twelve Traditions in 1979.



## The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon S.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or S.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An S.A. group ought never endorse, finance, or lend the S.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A. group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. S.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the S.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, films and TV.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

# GOD

grant me the

# SERENITY

to accept the things  
I can't change

# COURAGE

to change the  
things I can and

# WISDOM

to know the  
difference.

