

# ES SAY

**May 2018**

A publication of Sexaholics

Anonymous featuring:

**Member Stories**

Shame & the 4th Dimension: Harvey A.

**Articles**

Working the Steps: A New Pair of Shoes

Staying Sober

The Gift of Healing

Perils of Breaking Anonymity





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 May 2018 is: Anonymity. Future topics are: Relating With Others- the 12 Traditions in August; Humility in October; As We Understood God and Dealing With Mixed Meetings. 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

May 2018

A Publication of Sexaholics  
Anonymous Meeting

Member Stories  
Sharon & the 40th Anniversary Party A  
Five for a Girl Deck II

Articles  
Homes for Steps: A New Pair of Shoes  
Progressive Victory  
Coping Skills



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 the quarterly publication of Sexaholics Anonymous*

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

# EDITORS' CORNER

May, 2018

Dear *Essay* readers:

This issue of *Essay* includes many stories on Anonymity. The next issue in August will focus on the Twelve Traditions using the theme Relating with Others. Send in any stories or short articles on a Tradition that affects you. Let us hear from you at [essay@sa.org](mailto:essay@sa.org)!

Our desire to be a global Meeting in Print is well underway. Translations of *Essay* in Spanish and Hebrew are happening now. New intergroups are forming all over the world.

Let your groups know *Essay* is available! 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)

# May, 2018

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# Dear *Essay*

## A new Logo for S.A.?

I would be disappointed to stop using the original SA logo [*Essay*, February 2018] with its rich history and symbolism.

The male, female, and combined male/female symbols are gender symbols. They are not sexual orientation symbols which have linked gender symbols. The combined male/female gender symbol can also refer to any entity that includes both genders.

The brush-stroke design of the SA logo was on the printed cover of the 1989 "Sexaholics Anonymous." It was artistic, reflecting the beginning words of the SA Purpose: "Sexaholics Anonymous is a fellowship of men and women . . ."

An old-timer who was around in 1989 laughingly said that men who in insobriety carried a porn magazine under their arm, suddenly in sobriety became modest, and didn't want to be seen carrying Sexaholics Anonymous. The Solution? A plain white cover!

In 1992 my first White Book had a printed cover. Although I thought it looked real classy, I always hid it until I arrived at the meeting! Printed cover "White Books" are still available.

Dorene S. Washington, USA

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## Mixed Gender Meetings

I just read the *Essay*. Really enjoyed it. I offer a short quote in response to the February 2018 issue on mixed meetings: "Every meeting I have attended in my time in SA has been a mixed meeting. There were potential triggers at every one of them. When you have same sex attraction that is just the way it is. Deal with it."

--

Dave T., Oklahoma USA

## G-d or God?

I have been an *Essay* subscriber for over 15 years. I was reading a recent issue where it seemed that the word "God" was forbidden. It was replaced by G-d or g--. I find it annoying. Are people offended by the word? Are we going to censor the Steps in the same fashion? I've never seen AA or any other fellowship do this in any of their literature. The AA Big Book says we never apologize for God. I don't think the *Essay* should either.

Jeff S.

## A reply from SAICO:

Jeff,

The use of G-d or G-- is a clear indicator that the writer is Jewish. In their faith practice they do not use the name of God so that they may always be respectful of Him. Occasionally, you may see such a writer use Higher Power or HP. This is in no way disrespectful of God or ignoring God. Rather this is giving God more honor than many others do.

Other than that, God, the God of our understanding, HP, Higher Power, Creator, Master, and many other titles, are still the center of the understanding of the SA Fellowship and *Essay* as the founder of our recovery.

Thanks,  
Kay, SAICO



*Our Meeting in Print*

Dear *Essay*

## Essay en español

March, 2018

Dear fellows,

Please be informed that the new "Translation to Spanish Committee" set up by the new Latin-American region in formation, would like to start translating issues of *Essay* into Spanish. They can do it within a month after publication of each issue.

Marco, Translations Committee

Dear all,

SAICO has no problem with uploading *Essay* to the SA website. It is an "official" publication. My only concern would be space. As long as we have space, we can fill it to the brim with SA stuff-- the more translations, the better.

Kay, SAICO

April, 2018

David,

Adjunto la versión final de la revista *Essay en español* del mes de febrero para que lo puedas enviar oficialmente a SAICO y a Marco.

Un saludo,

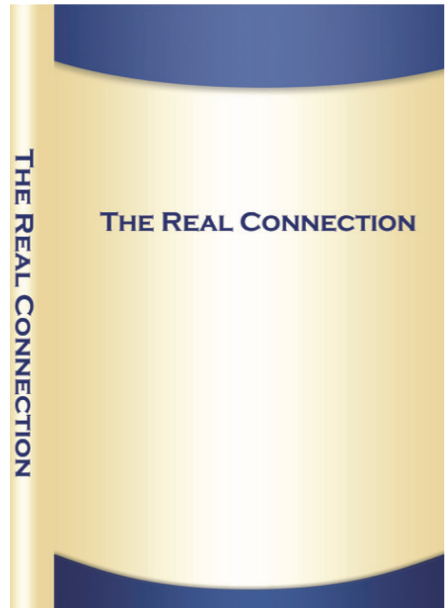
En Franternidad,

Adhe C., La Paz, Bolivia

The Spanish translation of the February 2018 *Essay* is available for a free download at [www.sa.org/essay](http://www.sa.org/essay)

Las traducciones al español del ensayo February 2018 están disponibles para su descarga gratuita en [www.sa.org/essay](http://www.sa.org/essay)

## Literature Corner



### A Full Year of Meditations:

#### The Real Connection

These meditations were written by Sexaholics Anonymous members over a period of years in response to requests made through the *Essay* newsletter, at conventions and workshops, and at home groups and intergroups, for shares on various aspects of recovery. These meditations represent a cross section of over 500 submissions received since around the year 2000. They reflect the experience, strength and hope of the individual authors and are offered here as in the spirit of a share at an SA meeting; they are not intended to speak for the Fellowship as a whole.... They are offered in the hope that exposure to other members' experience of what may be a familiar aspect or principle of the SA Program can provide material for deep reflection and prayer to a wider audience of SA members.

[Order from the SA Store!](#)

# PRACTICAL TOOLS

## Staying Sober

*Paying attention works!*

**T**here is no magic involved in staying sober. It is not a do-it-once-and-get-it-over kind of job. There is daily Grace and Help from our Higher Power, the benefits of working a program in the SA Fellowship, and “one-day-at-a-time” honesty, openness and attention. I have to pay attention to what I am thinking and doing; we have no vacation from sobriety work! Here are some practices I have found helpful over the years.

**Relationship with my Higher Power.** I tried and failed for years to get sober on my own. I needed to let go of my will and surrender to my Higher Power. I am “Not God!” My relationship with my Higher Power must be 24/7.

**Sponsor.** This is number two. I need to keep my life in the open and reveal my thinking and my temptations to my sponsor. My sponsor gives me important feedback so that I don’t deceive myself with rationalized behaviors and with objective advice and encouragement.

**Committed phone calls.** I make phone calls when I am struggling, before I indulge lust, along with scheduled phone calls, which help keep my life in the light.

**Regular meetings.** I listen to members share their struggles and identify with them. I do not feel isolated then, and I hear what is working in their lives and what does not work. Listening to newcomers share is equally beneficial to me.

**Sponsees.** After several years, some

members began asking me to sponsor them. I did this gratefully. Twelfth Step work helps them and is essential to me too. It keeps me on my toes.

**Emotional sobriety.** This means that I am not a “dry drunk” on lust. Emotional sobriety means that I am letting go of resentments. I am being serious about working all of my Steps, but especially the daily ones, Steps 10, 11 and 12. I am not the center of the stage. I need to adopt humility, an attitude of gratitude and kindness.

**SA Literature.** There are a lot of books that are published by SA. Some of the stories are similar to my experience, but all of them deal with the same addiction to lust that I have. The quarterly journal, *Essay*, is now offered for free online at the SA website.

**Conferences and Retreats.** I return from these meetings very encouraged and excited about my program. This is no sad program that we take up. There is a lot of sobriety in the membership, and hope is always in evidence at

**I have to pay attention to what I am thinking and doing; we have no vacation from sobriety work!**

these meetings. SA works. There is abundant evidence of this and I see it at these retreats.

**Attitude of Gratitude.** This is a spiritual program that saves my life. When I review my day and make a list of things for which I am grateful, I have a good life; my cup is “half full, not half empty.” In every day, good or bad, there are things to be grateful for.



Service to others and daily gratitude can lift me up out of the pits.

Attentiveness. This means that I had better pay attention to the moment.

A. What am I thinking? Are my thoughts leading toward lust, past guilt, or future fear? My Higher Power is with me in the present and this is where I need to be.

B. Quick prayer. When a lust hit comes, do I surrender it or toy with it? A simple prayer works, like "God have mercy on me!" or "God, I surrender this lust hit to You." I repeat the prayer until lust leaves.

C. Quick phone call. In some situations, a quick phone call or a text

trigger for me, so that having friends who will provide encouragement and affection is very important.

G. Maintaining hobbies. Likewise, I find that hobbies which engage my mind and my emotions are very healthy alternatives to lust. It gives me an outlet that I can get excited about. Playing a musical instrument or bird watching takes my mind off of negative things and temptations. A good hobby can take me into nature, or among people who represent a safe environment.

K.B.; Missouri, USA

Maintaining friendships. It takes work to keep up healthy family relationships and friendships, but it is worth it. I find that loneliness is a big trigger for me.

to a friend in the fellowship will help bring the temptation to light, and I can more easily surrender the lust hit.

D. Attend a meeting soon. When I feel more susceptible to lust hits, I attend a meeting soon thereafter. I seek balance in my living and an extra meeting/phone call/ reading can restore that balance.

E. Keep up my spiritual life. Honesty with my Higher Power through daily prayer is very helpful. Intercessions, centering or contemplative prayer, "inner work" with a spiritual director, nightly gratitude lists, singing and worship are all good practices, and they help with emotional sobriety.

F. Maintaining friendships. It takes work to keep up healthy family relationships and friendships, but it is worth it. I find that loneliness is a big

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## Willing

Are you willing to do what it takes?

Are you willing to make a leap of faith?

Are you willing to be willing?

Are you willing to get better?

Are you willing to feel?

Are you willing to cry?

Are you willing to let go?

Are you willing to trust Him?

Are You willing?

By Jimmy M.

## Paradoxes of Recovery

*Opposites can bring truth*

*A paradox is a statement that apparently contradicts itself and might be true.*

When we surrender our “freedom,” we become truly free (SA 81).

The way up is down.

To win, I had to surrender and admit defeat.

I had to die to myself in order to live.

Arrest and surrender in order to be set free.

If we don’t give it away, we can’t keep it.

Start taking the right actions toward others before it feels natural.

Through powerlessness, I receive the power--and love--that come from above.

This is a selfish, self-centered program of selfless self-giving.

“We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength” (AA 68)

From weakness (adversity) comes strength.

We forgive to be forgiven.

We suffer to get well.

We surrender to win.

From darkness comes light.

From dependence we found independence

I realized I could do without sex completely, and, paradoxically, that was when sex became clean and free and good.

“The divine paradox of giving is finding your own reward” (ABS1 279).

“Step One showed us an amazing paradox: We found that we were totally unable to be rid of the alcohol obsession until we first admitted that we were powerless over it.” (AA 107)

Bob M., Australia

### → SA HELP WANTED! ←

Want to do some SA 12<sup>th</sup> Step work in unique and rewarding ways?

Want to carry the message about our wonderful SA 12 Step Program of recovery?

This is a great opportunity to submit ideas within our Public Information Committee.

We're looking for sober members with ideas and suggestions. These members would also be asked to volunteer their talents and abilities to design and implement their clever ideas as a service for the Fellowship.

If interested, please contact us at [sapublicinfo@gmail.com](mailto:sapublicinfo@gmail.com). We'll send you an application for the PI Committee (for contact info, sobriety date, etc.). Along with that application we'd be interested to hear about:

- Your digital media skill sets: expertise in particular applications;
- Professional/non-professional experience;
- What type(s) of projects you'd like to work on for the Fellowship;
- Any ideas/suggestions you'd have for letting the public know that our fellowship exists and that our program works.

We're looking for members adept in various disciplines and multimedia software applications (Adobe, Corel, Pro Tools, etc.) such as:

- |                  |                               |                        |
|------------------|-------------------------------|------------------------|
| → Page Layout    | → Audio                       | → Web Site Development |
| → Video          | -Editing                      | → Digital Art          |
| -Taping          | -Production                   | -Designers             |
| -Editing         | -Voice-over                   | -Illustrators          |
| -Animation       | → Social Media Experts        | -Photographers         |
| -Special Effects | → Presentation & Storytelling |                        |
| → Copy Writing   | (live and digital)            |                        |

# Anonymity

## Anonymity

*Equal and confidential*

**T**radition Twelve guides our behavior within the Fellowship. We put our spiritual principle of anonymity ahead of any personal desires to talk about SA meetings or conversations. We respect each other's anonymity at meetings by not repeating outside the meeting whom we saw or what a particular person said at the meeting. Practicing anonymity in this way benefits us as individuals and as a group by allowing each member to share freely what is really going on and by protecting the group from gossip, cliques, divisiveness, hero-worship, and other negative behaviors. Through this principle we keep the focus on ourselves, speaking only about the ideas of the SA Program as they apply to us in our own lives. We focus on the message, not the messenger. We place "principles before personalities."

We also practice anonymity in meetings by not mentioning our occupations, religious leanings, social groups, incomes, membership in other Twelve Step programs, or other outside affiliations. Likewise, if we see someone in a meeting whom we know in another context, we respect their anonymity by not talking about non-Program matters with them at the meeting. When we focus on our similarities, instead of our differences, we can share what is in our hearts, unhampered by the ordinary labels, expectations, and roles that identify us in our "outside" lives. We sit in a meeting as equals, having a common sexaholic problem, rather than as persons divided by social rank

or skill.

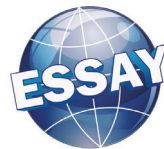
We practice anonymity outside a meeting when we see an SA program friend in a public place. We refrain from saying hello if the situation would require explaining to a third person how we know each other. This is what protecting anonymity means. In a situation where anonymity should be maintained but is not, we call that "breaking anonymity."

We try to practice anonymity in one-on-one conversations with our sponsor or other trusted friend in the SA Program if we need to discuss an issue that involves a third person. By not saying whom we are talking about

*Practicing anonymity in this way benefits us as individuals and as a group by allowing each member to share freely what is really going on and by protecting the group from gossip, cliques, divisiveness, hero-worship, and other negative behaviors.*

we keep the focus on ourselves. After all, we are the one having the issue. We offer spiritual protection for the person we're upset with and avoid gossip and criticism. Our discussion can then focus on what we can change—our own attitudes. We are determined to live in the solution, not the problem.

From Draft materials for Step Into Action



*Our Meeting in Print*

### Principle of Anonymity

*Guided by God's love*

**T**he concept of anonymity as applied to Twelve Step Programs appears in Traditions Eleven and Twelve, which give guidelines for members of the fellowship.

We need always maintain personal anonymity at the level of press, radio, films, and TV. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

In Tradition Eleven, when we, as members, represent SA in the public media, we talk about the principles of the Program without attaching our personal names or self-seeking behaviors. This teaches humility and also protects the well-being of the Fellowship if one of us loses sobriety or takes a public stand. S.A., in fact, has no public stands!

Tradition Twelve focuses on anonymity as “the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.” This is a strong and startling assertion. Why does this serve as the very foundation of all our Traditions?

Here, the AA founders are pointing

### Anonymity and Fear

*Nothing to fear today*

**W**hen I came into the program, my life was in shambles heading downhill. I was late to my first meeting. I couldn't find the room. At the church office I asked the ladies behind the counter where was “the men's 12-step recovery meeting?” One hollered toward the back room, “Joyce, what 12-step

to something much deeper than simply refraining from using our personal names and attending meetings as equals. The early AAs saw that group survival was essential for helping the newcomer and for their own continued sobriety. They came to realize that anonymity at depth is the principle that points us away from the things that can destroy the group—self-will, grandiosity, manipulation, pushing our own agendas, politicking, and other very human forms of self-seeking behavior—and points us toward those attitudes that unify the group and bring us peace, humility, acceptance, love, and service as individuals. Thereby the group conscience can come to the fore and be guided by God's love. Sometimes God's gifts come so easily and naturally that we don't even notice. God, who provides us with so many beautiful gifts—beginning with sobriety—does not need to crow and take credit. If God, who deserves our gratitude, thanks, and recognition, can remain anonymous, then we can seek to include the practice of anonymity in our daily lives.

*(SIA Work in Progress April 2004 93)*

meetings do we have running today at noon?”

The answer, loud enough for me to hear, was, “SA! That's in room 14, down the stairs toward the parking lot.” Shame and fear were so great in me I could have just dried up and blown away that moment. What about “anonymity?” Didn't these women know we don't go around saying “SA?” That was more than six years

## Perils of Breaking Anonymity

*When NOT to tell!*

**I**n our suggested meeting format, just before the end we read *Our public relations policy is based on attraction, not promotion. We need always maintain personal anonymity at the level of press, radio, TV, and film.* Sometimes I add: “please talk to me before you choose to break your anonymity. I made a real mess doing that.”

Like many newcomers, I was really excited about being in SA. I loved being free of the compulsive thoughts and behaviors that had plagued me for decades. At three-plus years into sobriety I found myself telling people at work and some friends that I had sobriety in Sexaholics Anonymous. Each time, after the fact, I told my counselor and my sponsor what I’d done. I made sure it was not breaking anonymity at the level of “press, radio, TV, and film.”

Some people indicated they would just as soon not know about my recovery. After a while I learned

to ask a person if he or she would like to know about my recovery program? Only if they said “yes” did I proceed. In general people seemed appreciative of my program efforts.

However, as it turned out, some people were irate about the behaviors that got me into SA. There were accusations and verbal attacks. I ended up needing to leave a good job. Eventually, for the sake of our family, we moved out of town. While working with a helpful therapist several years later, I came to realize that breaking my anonymity was, for me, a form of exhibitionism. I knew exhibitionism was an old part of my sexaholism. People who heard parts of my story became scared of me or became angry that their image of me was damaged. Today, decades later, I still encounter consequences of breaking my anonymity.

Today I always check my motives and try to follow my guideline: “if it feels really necessary to tell a person about SA, it’s really important NOT to tell them.” Also, I usually check with my sponsor before talking about SA.

Anonymous, USA

ago. Last week I went to a meeting I had not attended in years. I did not know what room it was in. This time, in a different church, I smiled and asked the lady behind the desk, “Which room is the SA meeting in?” “Oh,” came her answer and she pointed me toward the room. There I found a newcomer wandering around, and I asked if she was here for the SA meeting? She blushed a

little and said she was. I introduced myself and we set up the room for the meeting.

What a gift my Higher Power has given me to be a recovered sexaholic, a gift for which I can never be sufficiently grateful. Today I have nothing to fear from my fellows respecting anonymity inside our groups. Yet another blessing.

Kent A., Oregon USA

## My Story About Anonymity

*She was a new sexaholic*

I came in fearful and trembling as a newcomer to SA. My first meeting didn't really happen. I arrived fifteen minutes early and the door was still locked. So I sat in my car to wait and watched as one, two, three, four, five men arrived, one at a time. No women. I was too frightened to go in.

I went home and called Sal, the SA member who had invited me, and he gave me the group secretary's phone number. I called Jim and told him of my failed attempt to attend the meeting. Jim encouraged me to come back.

So I tried again the next week, and this time made it inside. After I was already seated another newcomer walked in and sat down across the table from me. He looked strangely like a pastor in my church, except he was haggard and disheveled. I had never seen him like that. I was dismayed. I didn't want anyone to know I had gone to such a meeting, particularly not a pastor in my church.

I thought about bolting for the door. And then I thought, "No, he's already seen me. And it has taken so much effort to gain the courage to get here." So I stayed, still trembling inside. As a few men shared their stories for the two newcomers, I knew I belonged, although I didn't want to.

At the end of the meeting, God gave me some desperately needed reassurance. We stood up around the table, held hands, and recited the Lord's Prayer together. As I listened

to those male voices praying aloud, I suddenly knew that I was safe with these men. But I was troubled by the pastor's presence.

I was doing 90 meetings in 90 days, and a day or two later I attended an AA Steps & Traditions meeting. They were on Tradition 11. An AA oldtimer was there, and she was asked to share. She stood up, introduced herself by first and last name, gave her length of AA sobriety, and said she had been privileged to know Dr. Bob and Bill W.

She said the tradition of anonymity is often misunderstood to mean AA members should be anonymous in their own group, but this was not the intention of AA's founders. Then she read the following quote from Dr. Bob: "Since our tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition.

The AA who hides his identity from his fellow AA by using only a given name violates the Tradition just as much as the AA who permits his name to appear in the press in connection with matters pertaining to AA.

The former is maintaining his anonymity below the level of press, radio, and films, and the latter is maintaining his anonymity above the level of press, radio, and films--whereas the Tradition states that we should maintain our anonymity at the level of press, radio, and films."

The oldtimer gave this example: If an AA member is hospitalized, and his AA friends go to visit him, how

## Anonymity

will the receptionist be able to direct them to "Bob's" room? *Dr. Bob and Bill envisioned, not a fellowship of strangers, but a fellowship of friends who know and support each other in ways unknown to the outside world.*

I spoke with the oldtimer after the meeting. I left with a sense of relief and assurance that it was ok to stay in SA. *It did not violate tradition that the pastor and I knew each other. But we were bound by tradition to guard each*

*other's anonymity outside SA.* Either of us could have destroyed the other in our shared church context. Neither of us did.

I am grateful that our compassionate God gave me the courage I needed to come to SA. By His grace and strength, I am still here.

Dorene S., grateful SA since 1992,  
Washington, USA

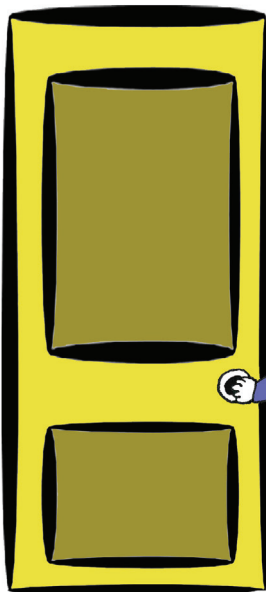
### TWO THOUGHTS ON ANONYMITY

We are living it in this program through anonymity. We have no whites, blacks, Asians, Jews, Christians, women, men, Muslims, We just have sick drunks. [Laughter] [Applause] We connect through our illness. We only have our story. We share our experience, strength and hope...

Harvey A..

When I have stress (money, drugs, family), then I seek anonymity in a group.

Mike D.



I hope nobody recognizes me!

Misery  
Covery

By Jimmy M.

# MEDITATIONS

## Grateful For Anonymity

*Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities (SA 7)*

Walking down the street to my first SA meeting, I was ashamed and afraid everyone knew where I was going. Yet the relief I felt at that meeting was wonderful. I found a home where I could share the dark side of my life, feel accepted, and find hope for recovery from lust. I felt safe because the meeting was only open to those pursuing their own recovery from lust. The group also protected the identity of its members. This is important because the public often does not understand or sympathize with recovery from sexual addiction.

Since then, I have developed a richer appreciation for anonymity. I believe it applies as much to relationships among members as to those in the world outside of our rooms. Anonymity is the gift that allows me to put aside the many ways I ordinarily identify myself—career, gender, race, family and religion—and to lower the masks I usually wear for prestige. Instead, I simply join with people whose primary purpose is to stop lusting and become sexually sober and help others do the same. I guard their anonymity as they guard mine, primarily by not talking with non-members about who is in the group or what is shared at our meetings.

Perhaps the greatest benefit of anonymity comes as I practice it, for then I become humble. In humility, I put the common good of SA above my own desires. No wonder that anonymity stands as the core of our SA program.

*God, thank you for a sanctuary where we can share our secrets and find Your help.  
(90 Days of Meditations 62)*

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### → WOMEN SA MEMBERS!! ←

There's a great new service project being worked on, and we need YOUR help!

Have you seen SA's two outreach videos? If not, please check them out on SA.org's home page. The Public Information Committee is now producing another video—this one is specifically focused on carrying our 12 Step message of recovery to women.

We're looking for sober women members (6+ months of sobriety only, please) to send in a video submission (digital only) of their story of experience, strength and hope to participate in this great project. *All video images will be anonymous.*

This is a wonderful opportunity to do some effective 12-Step work, and we hope that—together, we will bring hundreds of new members into our fellowship to help them obtain lasting and productive sobriety.

If you're interested in being part of this terrific opportunity to carry the SA message, or if you have any questions, please send us an email to: [sapublicinfo@gmail.com](mailto:sapublicinfo@gmail.com)

We will then send back to you instructions to get you started on this terrific new digital venture—helping carry SA's message of recovery to the addict who still suffers.

—The SA Public Information Committee



## True Value

*Anonymity is the spiritual foundation of all our traditions... (12 & 12, 13)*

I used to be convinced that only status and money would bring me happiness. If only I had more “stuff,” life would be good, I reasoned. So, when I first came to SA, I wanted a quick fix for my addiction. Then I could be free to indulge my desire for status and money.

SA, I discovered, has a different set of values. Members leave their outside identities at the door of the meeting room. Inside, the only value is an individual’s desire to stop lusting and become sexually sober. Anonymity enables us to do that since we are all in the same boat, no matter who we are in the outside world. Anonymity teaches me humility because it asks only that I accept others and myself as we are right now. It lets me see the real value in people as they share their struggles with lust and their victories in recovery, not in their deeds or wealth in the outside world.

As I connected to my Higher Power, experienced the fellowship in SA meetings, and worked the Steps, I recognized that genuine happiness does not come from material things, but from a sober life lived free from lust.

*Thank you, God, for the gift of anonymity that enables me to see the true value in others and in myself.*

*(The Real Connection 8)*

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## God Grant....

*SA is not a self-help program*

I find the first two words of the Serenity Prayer crucial for me to focus on and never forget: “God grant.” It is another example of how God does for me what I can not do for myself. I am powerless; He has all power. It’s also one of the early steps in learning some much needed humility, recognizing that this isn’t all about me, nor is my progress of my own doing.

In our local group we pray out loud together the Serenity Prayer and the other prayers from our literature such as the Third Step Prayer, the Seventh Step Prayer, and the Eleventh Step Prayer. I appreciate how in each of these prayers I am reminded that my dependence is on God.

“...Build with me and do with me....” “Relieve me....”

“Take away my difficulties....” “...you now remove....”

“Grant me....” “Lord, make me....”

“Lord, grant....”

Every time I hear someone refer to the 12 Step program as a “self help” program, I wonder if they really have any idea what this program is all about. When I was “helping myself”, I was acting out. For me, this is a “God grant” program, because if he doesn’t grant it, I’m not going to have it.

Sexaholics Anonymous, Taichung Taiwan October 2017 Personal Post

# SA STORIES

## Shame And The Fourth Dimension

*(Edited from the San Antonio January 2018 International Conference. Read the full talk at [www.sa.org/essay](http://www.sa.org/essay))*

**O**kay everyone. Wow! I'm Harvey A., sexaholic from Nashville TN. I've been sexually sober thirty-three years and ten months. But there is someone in this room who has more sobriety and who is a pioneer of pioneers. To be

never come before my program. My wife cannot come before my program; my children cannot come before my program; my religion cannot come before my program; my profession cannot come before my program; my God cannot come before my program. Because if I'm not sober, I cannot have any of those. When I am sober one day at a time, the miracle is we tend to keep all of them.

...Many of you don't know that Roy wrote The White Book. Roy K. was

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...Many of you don't know that Roy wrote The White Book. Roy K. was there alone. He paid for everything out of his pocket. It was in his garage for years.

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a woman, and the oldest in sobriety basically, and to break these frontiers, Sylvia, would you stand? Look at us! She's my kinda woman! You're my kinda people. But I'm going to get serious for a moment if possible. I'm going to read you a poem that's 2500 years old.

[Introduces his wife Nancy and praises her.] This is a woman I kept giving venereal diseases to. This is a woman who had to go through such embarrassment; who had to explain things to our children; who had to defend me when people would say they had heard about me, because I'm a low bottom drunk. ...Do you know what it takes for these women to live with guys like us or people like us? We can hardly live with ourselves, and yet these people somehow get through. If our marriage made it, anybody's marriage can make it. It's based on sobriety. And, it is based on the fact that I would take a bullet for my wife and not think twice, but she can

there alone. He paid for everything out of his pocket. It was in his garage for years. Now, did we get along well together? Well...can you imagine me with an authoritarian figure? [Laughter] That poor guy, when he had to deal with me and all the other newbies? I don't want us to forget him. What we owe him, but also what God could do. God could take us low-life sex addicts and talk through us. And do such miraculous things. It's inconceivable. And each of you are Roys. Each of you are pioneers. We are breaking ground that people have never broken in non-religious areas. We're doing and discovering things that people can't believe. My sponsor would say, "Harvey if this program worked for you, it can work for a dog." [Laughter]

Our program is being crippled by us never getting beyond Step 3 and 4. Crippled by the meetings being constantly about the problem, about acting out. First of all...our

program isn't even about acting out. Where does it say one thing about acting out in the Steps? Does it say one thing? We admitted we were powerless to pornography? No way! It doesn't say that. It doesn't say we are powerless over masturbation. It says we are powerless over lust, and so the fellowship never deals with it. It's one of many subjects the fellowship doesn't deal with. The fellowship doesn't deal with the fact that most people in this

come from? We do not have cookie cutter sobriety. You can't just fit everything for different people. Yes, we have the sobriety definition. We have Steps. We have God as we understand him. We have fellowship. We have sponsorship. But I wish you well if you think you can get a bunch of drunks to do what you think they should do. ...Don't let yourself go into shame. Shame is our enemy. Shame is giving the First Step the middle finger. Shame

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We are living it in this program through anonymity. We have no whites, blacks, Asians, Jews, Christians, women, men, Muslims, we just have sick drunks. [Laughter] [Applause] We connect through our illness. We only have our story. We share our experience, strength and hope....

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room are not living a monastic life. You are having sex with your wives. It's never spoken about. It's like everyone are monks.

...This program is not easy to work. ...We are asking the impossible. There is nothing that feels better than an orgasm. I mean what can you do? Why? This God in his infinite wisdom knew the world needs to survive so he figured this unbelievable thing out. [Laughter] What did he figure out? As I said the other night, just picture this. Do you think a caveman would go out all day with a stick and a rock attached to it; go beat down a tiger, and bring home the food to his children, if he wasn't getting some from his wife that night? [Laughter] Come on. Tell me something else. ...Without it, and just like the 12 and 12 says, these are just natural instincts that have gone haywire. We are allergic to lust. We are not normal people. Normal people can lust. We can't lust normally.

What's another myth? There is only one way to work this program. Bull! Where in the heck did that message

is saying, "I'm bad getting good" not "[I'm] sick getting well." Every time you go into shame, you are blocking that. You are without power. And there is nothing that helps shame except to do it again.

...Fourth dimension. I'll tell you fourth dimension. We were driving home from Atlanta a week or so ago and I get a call from Sweden and this guy says, "I'm from Iran. Do I have permission to translate your talk in Poland that I've already translated?" [Laughter] Which means, possibly and probably. It's like nothing I really said, but they have no input in translation. He said, "I'm translating it into Farsi." So, a country that is having difficulty with Jews is using a talk a Jew made to translate into Farsi. If that's not the fourth dimension, what the heck is? [Laughter][Applause]

...[It's] the fourth dimension, where the Iranians are with the Jews. The lion and the lamb are lying together. How is that possible? We are living it in this program through anonymity. We have no whites, blacks, Asians, Jews, Christians, women, men, Muslims,

## SA Stories

we just have sick drunks. [Laughter] [Applause] We connect through our illness. We only have our story. We share our experience, strength and hope....

So I want to end with the way I always end ...There is nothing you can do to make God stop loving you. If you don't have that God, get him. That's the one I had to borrow and became mine. Let's do it in unison. [group repeats] "There is nothing

you when you were doing all those low-life things you did? And finally I'd squeak out, "yeah, I guess so." And he'd say, "Well then if he loved you then, he must be hog ass wild about you now!" [Laughter]

Now there is no way I'm going to end this without my occasional endings. ...I want everyone to get up. And we are going to sing "Zippity Do Da!" Are you ready? Who knows all the words? [Singing][Applause]

Harvey A.,  
Nashville, Tennessee USA

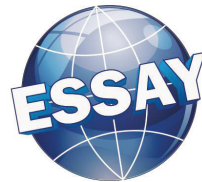
There is nothing you can do to make God stop loving you. If you don't have that God, get him. That's the one I had to borrow and became mine.

that you could do to make God stop loving you." The other thing would be, that my sponsor would say, "Do you think God loved you when you were doing all those low-life things that you did?" And let me tell you, I abused my wife in frequency. I was a chronic obsessive masturbator and I was promiscuous with men, women, anything that walked and then one day my wife yelled out..."and even if they didn't walk!" [Laughter]...and he would say, do you think God loved

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*Our Meeting in Print*

### Group Discussion Topics

The story above says the Fourth Dimension unites improbable recovering sexaholics. Is that your experience, too?

What do you know of Roy K. or Jesse L., two founders of our SA program?

Have you encountered the attitude "there is only one way to work this program?" If so, how did that work?

Does the statement "There is nothing you could do to make God stop loving you" sound true for you?

## True Surrender

*Gratitude in the face of despair*

I just finished a two-hour working session with a sponsee at a coffee shop. We were upstairs, mainly deserted, only one couple at the far end, who looked like they were down on their luck. I used the restroom and headed out when I noticed the gentleman that was upstairs coming down the stairs. I realized I had left my brand new cell phone on the sofa that he had just passed. I went and checked and it was gone. Panic set in. I caught up to him before he got out the door and asked politely, "Hey, did you just find a black cell phone where we were just sitting?" He said nope.

So I ran back into the bathroom and nothing. He was the only one who could have had it. So I went outside and asked again, "Hey brother, did you grab that black cell phone or find one near that couch?" He said "Ah, no I didn't."

I could tell he wasn't being truthful. As he walked down the sidewalk I ran to catch up with him. No one else was around, it was an early Saturday morning and I said, "Hey no questions asked, I will give you a hundred bucks if you give me back my phone." He just looked at me and then started to walk away. I asked again, "Listen man I am in recovery and my whole life is on that phone." He said, "I'm in recovery, too, and I respect that." I said, "Brother, please can you give me back my phone. I will give you a hundred dollars right now." He said "nah, nah" and started to walk away. I

pleaded with him again, "Listen man, my whole life is on that phone. Please will you give me back my phone?" He looked at me with a long pause and said, "What color is it?" I said it is a black HTC. He said "How do I know you are not just offering me money for someone else's phone?" I said "Turn it on and I will describe everything in it." Then he told me he had planned to turn it in at another spot.

He reached into his pocket hesitantly and pulled it out. He handed it to me, I shook his hand, and I said, "Here let me give you some money." "No, no that's OK," he responded. I handed him \$40 dollars anyway and said he probably could use this, then I gave him a hug and told him I loved him. He looked like he felt bad and said, "Now I got to go do some Step work." We laughed and I thanked him and wished him a great day.

I know he was down on his luck and just needed money, I pray for him today that this will let him know he is loved and that God met a need that he must have had.

I am just grateful to get the phone back, have all my recovery stuff back, and be able to text you all this story.

Dennis T.  
Geek Camp WhatsApp group



## Free As a Bird

*He found a new freedom*

*(See unedited story @ [www.sa.org/essay](http://www.sa.org/essay))*

**M**y name is Dick and I am grateful to my Higher Power and SA for the gift of six years of sexual sobriety. I suffered unbelievable shame and guilt for over sixty years! You see, I am a priest and had taken a vow of chastity; I can think of no better way to describe Hell than who I was and what I did.

I was seventy when I got sober. I don't recommend to anyone to wait this long—to wait at all, really. But that doesn't matter now. It was worth every minute for the peace, serenity and freedom from shame I have today.

I grew up in a little town in upstate New York. One of nine children, I was a loner and lived a lot in my head. My father was an unrecoverable alcoholic and my mother a devout Irish Catholic woman with sayings like, "Don't let the camel get his head under the tent" (don't let lust get into your head or purity flies out the window).

I didn't heed her warning. I was in the fog all through puberty. I hid upstairs in a back room to get away from the violence. Lustful fantasies and desires were my companions, which led to masturbation. Each time, I was filled with guilt, shame and self-loathing. Confession was my only cleansing, at a parish forty-five miles away, too ashamed to go to my own local priest.

I slipped in seminary, nearing a year of sexual sobriety. I was counselled

that I should be on guard against lust. Then my twin brother was killed in an auto accident. I couldn't get over his death. Without his humor and high spirits, my depression deepened and isolation enshrouded me.

I kept my belief in God, but thought He did not love me because of my repeated failures. Even ordained, I continued to act out and confess, promising not to do so again I began drinking to and quickly became an alcoholic, lasting another twenty years.

Lust took me to pornography, adult bookstores, and cruising for sex partners, then more drinking and lusting. Another priest suggested I had a drinking problem; I entered an treatment center for priests in 1982. I thought I drank to get rid of the depression. I found out I was drugging.

I got sober in AA, but lust didn't go away. I told a counsellor friend about my problem, and he suggested I try their program. I promised I would "when I retire." (Another delay!) After retirement I went and I was told that I was a sex addict, that I needed to go to SA. That blew my mind. I recognized immediately he was right - I had a sexual addiction and always have had it.

I came to SA in August of 1995 - fifty or sixty years late! When I got here, other members told me I was addicted to lust and that I was not a bad person, just sick. I felt a great weight had been lifted off me. I got a sponsor and a home group and started working the

program.

I accepted my denial of my addiction; I “came to believe” all over again in SA. Little by little a new faith came, until I could believe that God loved even me. SA has made a believer out of me.

I recognized the damage lust did to me and others. Shame and guilt inhibited my relations with people, crippled my effectiveness as a priest. I pray every day for all those whom I harmed. And the more I make

**I don't know of any other place I can go and speak truth and experience freedom. There is no place. Finding SA for me is finding salvation,**

amends, the more free I get. Now I can stand before the people and the world and feel free.

For me, SA is the royal road to heaven. I don't know of any other place I can go and speak truth and experience freedom. There is no place. Finding SA for me is finding salvation, and freedom. And I never want to take it for granted.

Today I keep quite busy and occupied with my parish work and recovery. Daily prayer and meditation, meetings and service positions all support me in my relationship with God. I have sponsored several men so far and am grateful that today God can use my defects to help another drunk.

I reach out to others when I am lonely. I have lost my parents and siblings and I miss them very much. At 75 years, I have a few health problems; I find the aging process quite a challenge. Still, I pray every day for the grace of surrender. For me it all begins in my head and if I don't let lustful thoughts or desires root, I am free as a bird.

Last June I celebrated fifty years as a priest. My sponsor and a few home group members were there to celebrate. I am so grateful to SA, for without my sobriety there would have been no party and no priesthood.

This new life I have is full of surprises. I'm not the same person I was five years ago. It's wonderful to get up in the morning and thank God for another day of sobriety. If God can take a sexaholic like me and bring me into sobriety—that's a miracle, truly “beyond my wildest dreams.” I never thought it would happen to me. Thanks be to God and to SA, my sponsor and the fellowship, and to all those who have helped me in my journey of sobriety. Amen.

Dick O. died January 13, 2016.



# STEPS

## The Fourth Step

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

**T**hirty years ago in SA I had an awful experience working on my Fourth Step. I focused solely on my defects of character and acting out behaviors. As I wrote I reacted in shame and acted out sexually. I couldn't connect with any hope that I could get well or notice the hand of God working in my life. I was worse off after completing my Fourth Step than I was before I started it!

Recently, I re-did my Fourth Step, and I used a different model. My Dad was an accountant, and I assisted him on more than one audit. Part of the process included doing a physical inventory, culminating with three

I could then begin to process both the damage that was in my soul and the damage that I had inflicted on others. I had done some pretty awful things to a wide variety of people, even with long-term sobriety.

values for each product. First, we would go to a warehouse and count the number of different items that were actually present, making a distinction between those items that were in good shape and those that were damaged. Then, we would check the company's record of how many items should have been on site. When the paper count was higher than the physical amount, we calculated how many were missing.

For my latest Fourth Step, I used the framework of good, damaged, and missing. I looked at different chapters in the history of my life. I started by reflecting on what was good about my life during that time. This helped me

to see God's grace and activity in my life, even though I was a mess in other areas. God was loving to me and had my best interests at heart even when I was practicing a double life and being a jerk. I became aware of a God who honored me and wanted a personal relationship with me.

With the foundation of God's redeeming effort in my life, I could then process both the damage that was in my soul and the damage that I had inflicted on others. I had done some pretty awful things to a wide variety of people, even with long-term sobriety. I was not triggered this time. I would feel drained emotionally and physically, but my soul was not downcast or disturbed. Rather, I was at a place where I could better see and act on the repair work that I still needed for those I had injured. I was able to rejoice as I looked on the character defects that the Spirit helped me to work on. Thank God, I am not where I was!

Lastly, I looked at what was missing. This is not always easy. My Mom died when I was quite young. I was severely wounded that God wouldn't answer an eight-year old's prayer to heal his mother. I had a hole in my soul for my mother's love. I came to realize that God brought a number of older women into my life, especially when I was single, who loved me as if I were biologically their son. I was able to mourn what I had been missing, and then rejoice in God's provision.

I could have been a poster child for "Half measures availed us nothing." I was a slow learner in sexual recovery. I hope my experience will help others work a good Fourth Step sooner than I did.

Walter H.



## Working the Steps: A New Pair of Shoes

**A**t a convention recently, the speaker had a powerful message about comfort and change. Change often feels unnatural. We always revert to what feels comfortable.

Later at home, I realized that I have an old pair of shoes that I really like to wear. That old pair of shoes are ragged, dirty, and falling apart. However, I refuse to throw them away. My wife even bought me another exact pair that I have only worn three times. The old pair are broken in and molded and shaped to my feet. They are COMFORTABLE. But, in fact, they really are not that comfortable anymore. The soles are loose, cold air and water flow through the holes and soles. Yet, I refuse to change into those new shoes.

My addiction was and is exactly the same. My old ideas and habits were comfortable. The grooves in my brains were well-worn paths. When I was tired, I turned to lust for comfort. When I was angry or resentful, I turned to my fantasies to soothe me. When stressed at work, I turned to the internet for someone, somewhere to fix me. When my marriage was falling apart, I might change for a few months, but then turned back to my old, comfortable ways, just as I do with my old shoes.

Then one day my old ways no longer worked for me. The lust, the fantasy, the intrigue were not comfortable anymore. The cold air flowed through, my feet were wet, the soles were coming off. What I thought was comfortable was uncomfortable. "No words can tell of the loneliness and

despair I found in that bitter morass of self-pity. I had met my match. I had been overwhelmed. Lust and fantasy were my master.

What next? "Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements. Simple, but not easy." (AA 13-14) I had to throw out that old "pair of shoes." I would have to do the work, suffer the blisters required to break in the "new shoes." This morning I did Step 11 with meditation and quiet time. During this, I received these words and put them down on paper: I will do my 3rd Step prayer and 7th step prayer on my knees, I will call my sponsor, I will meet with a sponsee to work on his Step 1. I will do the things that are not yet comfortable.

Simple but not easy. It would be easy (comfortable) to just jump out of bed and go about my day, not connect to a Power greater than me, not answer my sponsee calls. It would be easy (comfortable) to not call my sponsor, turn to lust and fantasy instead of turning to God. Today, just for today, I remember the pain and the cold and the loneliness of that time eleven months ago, and I choose freedom from lust. As we hear at meetings: "some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely" (AA 58). Maybe it is time to throw away that old pair of shoes.

Preston D



## The Gift of Healing

*12 Keys to my Recovery*

**I**n the early recovery stages, the pain of my addiction was excruciating. Today I want to pay it forward, as others did for me. I discovered 12 essential keys that have contributed to my personal recovery.

**SWEET SURRENDER** – When I truly embraced steps 1-3, I began to heal from the malady from which I suffered. Really turning my will over to God rather than managing life myself, was the first key to getting healthier.

**HUMBLING HONESTY** – My Higher Power to reveal to me, through others, the true impact of my decisions, defects, and shortcomings. Only continuously and honestly facing the hard facts of my addiction and the negative impacts am I able to see reality.

**DESTROY DEMONS** – While my home was good and my parents essentially decent, many attitudes and viewpoints in my family of origin were erroneous and damaging. Creating a new approach laid a foundation for my progress in recovery.

**FREELY FORGIVING** – I came to recognize that holding onto a grudge was a roadblock to progress. How could I expect God to forgive me of the pain I had caused if I refused that same forgiveness to others? I have found that a desire to freely forgive others allows me to accept my Higher Power's peace.

**CONSCIOUS CHOICE** – I learned to embrace discomfort and lean into pain. Each time a situation was presented, I had to consciously choose

to go forward. When something uncomfortable arose, I took it. When amends were necessary, I did it.

**PATIENT PERSPECTIVE** – Our journeys are one day at a time, one footstep at a time. Occasionally, I reach a summit with a sense of accomplishment looking back. I understand that a patient perspective was paramount to progress.

**FRATERNAL FELLOWSHIP** – Throughout the past 5½ years the loving support from others gave me unity, encouragement, and sustenance. Loving advice kept me focused on the goal and loving compassion allowed me to grieve and heal.

*Seeking gratitude for all things is a lifelong task, but the attitude of gratitude bears a bountiful harvest.*

**CONSTANT CONNECTION** – After decades of isolating, outreach to others was hard. Those further along the recovery path encouraged me time and time again to make calls. Some days there was only one connection. Some days there were many. Likewise, communion with God has linked me to Him more than I had ever dreamed.

**MEDIA MANAGEMENT** – I learned that I had to eliminate lust in order to recover. I rigorously check out the content of films. I limit internet media consumption to only the safest of sites. I commit not to allow lust to enter into my mind or heart.

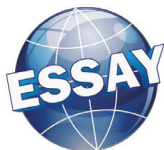
**STANDARD SELF-CARE** – My unbalanced approach to life compromised my ability to be present, to deal with

challenges, and to relish life. Proper priorities for self-care is another key to my recovery. A good book, a leisurely walk, new music, travel excursions and cultural events all are keys to healthy life.

**SPIRITUAL SUSTENANCE** – When I find that I am flagging emotionally, it is usually through lack of spiritual nourishment. Adequate spiritual nutrition has been as vital for me as meals. When I feed my soul, I am able to remember the potential God has given me if I stay sober.

**GIFT OF GRATITUDE** – An SA veteran shared that the trial of addiction can transform into triumph. I frankly didn't believe him, and his multi-decade sobriety gave me hope. I now understand. My heart is filled with gratitude to all who have helped me on my path of recovery. Seeking gratitude for all things is a lifelong task, but the attitude of gratitude bears a bountiful harvest.

Brian B.



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**DONATE**  
TO SA INTERNATIONAL  
USE PAYPAL OR CREDIT  
CARD IN 7 CURRENCIES  
[www.sa.org/donate/](http://www.sa.org/donate/)

## Daily Challenge

*A New Recovery Tool*

**M**y recovery requires me to form new habits. It takes time to develop a new habit. The accountability of a daily check-in was absolutely necessary for me to get the momentum required to make something routine. But, even this was not enough to motivate me to be consistent. I shared my struggle with another member and we had a new idea.

At the beginning of the day, we make an effort to spend at least five minutes engaged in the Recovery activity we feel least like doing. As soon as we are done, we text the other person, reporting what we did. We challenge them to engage for at least five minutes in whatever Recovery activity they feel least like doing. When the challenge is met, we text the challenger back for accountability. We give absolutely no consideration to whose turn it is, or what time of day it is. This means that if I get a text at 4 a.m. that he just spent 15 minutes on his 4th Step, then I need to get out of bed at 4 a.m. and spend at least five minutes on my 10th Step and text him back. The inconvenience is part of the reason the tool works.

We've been consistently challenging each other for over a month now. The spontaneity of this routine has invigorated my program with excitement and fun. Most importantly, my daily consistency has never been more solid in the six years I've been working this program. As a result, I've never been more at peace.

Brian Z., Modesto, CA

# WORLD WIDE NEWS

## Phone meetings in Hindi and English facilitated by SA India

Dear Family, This is an announcement of phone meetings in HINDI!

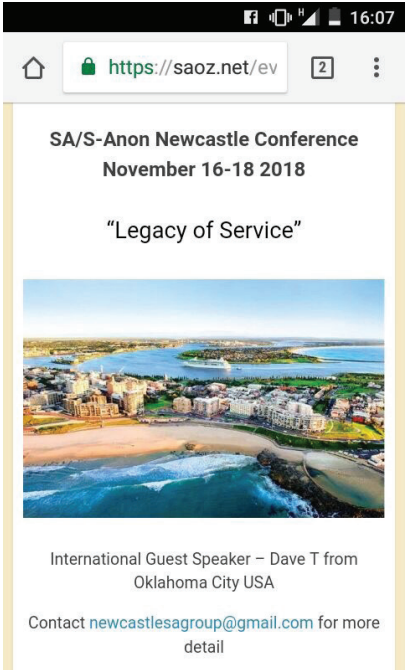
Every morning: Daily Sobriety Renewal (DSR) Meeting -- Bilingual (Hindi and English) 7AM to 8AM (IST) / 1:30AM to 2:30AM (GMT)

Every Monday: Open Sharing In ENGLISH 5PM to 6PM (IST) / 11:30AM to 12:30PM (GMT)

Every Thursday: Speaker or White Book study 5PM to 6PM (IST) / 11:30AM to 12:30PM (GMT)


For example, this Thursday 10th May: Speaker will be Ives D from Belgium, sober since 9 March 2012. Chairperson will be Luc D from Belgium.

For SA India, Mumbai



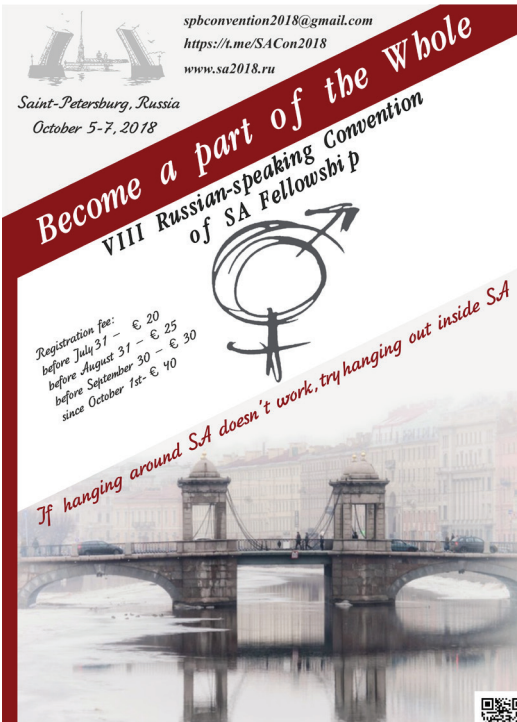
SA/S-Anon Newcastle Conference  
November 16-18 2018

"Legacy of Service"



International Guest Speaker – Dave T from Oklahoma City USA

Contact [newcastlesagroup@gmail.com](mailto:newcastlesagroup@gmail.com) for more detail




spbconvention2018@gmail.com  
<https://t.me/SACon2018>  
www.sa2018.ru

Saint-Petersburg, Russia  
October 5-7, 2018

**Become a part of the Whole**  
VIII Russian-speaking Convention  
of SA Fellowship

Registration fee:  
before July 31 – € 20  
before August 31 – € 25  
before September 30 – € 30  
since October 1st – € 40

*If hanging around SA doesn't work, try hanging out inside SA*



The flyer for the October Russian-speaking Convention conveys some of the unique aspects of this SA presence. Saint Petersburg, the city of drawbridges, will host the SA gathering.

Этот информационный флаер сообщает потрясающую новость о прохождении октябрьского русскоязычного Конвента АС. Санкт-Петербург - город разводных мостов, примет гостей замечательного сообщества АС!

## World Wide News



### Bursary for women and Regional Assembly

We are happy to inform you about special bursaries to support Women to go to EMER Conventions so that woman can experience being around more long time sober women in recovery.

We warmly invite you to apply for a bursary for this (or another) EMER convention! If you have:

- at least 3 months of sobriety
- you are doing service (at group or intergroup-level)
- you are supported by your sponsor for applying for the bursary
- you have a financial need and you want to take part in the convention, send an e-mail to [sfwcbursary@gmail.com](mailto:sfwcbursary@gmail.com), giving your motivation and information on sobriety, service jobs, sponsor, financial situation and what EMER workshop or convention you want to attend. Don't forget to include recommendation from your sponsor!

### Dublin Regional Assembly

A few words about the upcoming EMER Regional Convention to be held in Dublin from Friday 22nd June to Sunday 24th June. The 2018 Convention of the European and Middle Eastern Region (EMER) will be held in Ireland, hosted in a truly historic venue near Dublin (just 90 mins from Dublin airport by public transport, or 30 minutes by car from Dublin airport and Dublin city centre). Online registration for accommodation closes on Friday, 4th May 2018.

Details for registration: <https://sexaholicsanonymous.eu/>

### 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/emmer2018>

Contact: [emmer2018@aireland.com](mailto:emmer2018@aireland.com)

If difficulty with Internet and Booking, please ask a member to contact us: [www.sexaholicsanonymous.eu/](http://www.sexaholicsanonymous.eu/) / [www.saireland.com](http://www.saireland.com)

#### Please Book Early

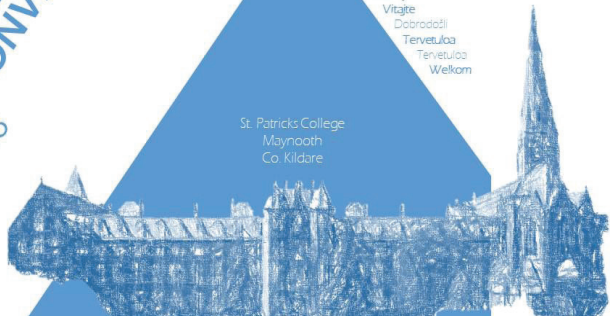
- ♦ Convention Bursaries Available
- ♦ Language Translation Provided where possible

EMER  
SA / SANON  
REGIONAL CONVENTION  
IRELAND 2018

22-24  
June

Welcome  
Fölte  
Bienvenido  
Willkommen  
добро пожаловать  
Vitamy  
Vitajte  
Dobrodobli  
Tervetuloa  
Tervetuloa  
Welkom

St. Patrick's College  
Maynooth  
Co. Kildare



## Come On - Admit It!

*Bringing wrongs to the light*

*Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

**W**hen I was acting out, I could hide behind the wall of Internet anonymity. That anonymity gave me license to go where ever my addiction wanted. That anonymity allowed me to act out without being exposed, attracting real partners, or engaging prostitutes with the illusions that this method was somehow okay. If my Internet anonymity were ever made public, I would die of shame and embarrassment and face personal and professional consequences.

To stop this conduct, I disclose it in the presence of others. No one needs to hear the specifics, but I

need to disclose, on a continuing basis, the nature of my addiction. I do this at meetings, with my sponsor, and my sponsees. I share this with new comers to SA so they can hear my experiences and discover that they are not alone. Speaking my thoughts out loud exposes them as lies.

The Fifth Step is not an event. It is a part of the daily Tenth Step. Only by admitting and sharing my wrongful thoughts, words, and deeds can I change my old thought patterns. It is through identification of the old thinking that I choose today's target for my Step work.

I keep my anonymity about being in the Program, but within that Program my wrongs are brought into the open.

*Higher Power, help me to always 'lead with my weakness.'*

via EMER Nicholas - 2015 - #308

From the Israel Region Web site:  
<https://www.sa-israel.org/>

## איך ניתן להיגמל?

איך להתחיל? הצעד הראשון הוא להגיע לפגישה! אין תחליף לפגישה פנים מול פנים. שבירת ההכחשה, ה"לעבוד על עצמי" וההתבודדות, בנוסף ללמידה, לכמיהה לכנות מוחלטת - הכל טמון בקבוצת המכורים שבעיניים שלהם תצטרך להסתכל כשתדבר - אלה מכירים את כל ה"בולשיט" שזורם להרבה מאיתנו בטבעיות כזו. ה"קסם" שבפגישות האלו הוא בשיתוף על הקשים וההתמודדויות עם עבודת הצעדים. המשך לקרא...



# NEW SA GROUPS 1ST QUARTER 2018

## Europe and Asia

Kaiserslautern, Germany  
Manama, Bahrain  
Wexford, Ireland

## North, Central, South America

Brunswick, Ohio (new group)  
Estero, Florida (2 new groups)  
Houston, Texas (additional group)

Los Banos, California  
Medellin, Colombia (2)  
Tijuana, Mexico  
Paducah, Kentucky (new group)  
Sparta, New Jersey  
Steamboat Springs, Colorado  
Troy, Alabama  
Waterbury, Connecticut

## SAICO 2018 1st Quarter

### Finance Report

Donations	\$57,522
Other Revenues	\$43,913
Expenses	\$77,631
Rev – Exp	\$23,804
Prudent Reserve	\$282,000
SAICO operating reserve for six months is	\$144,950.

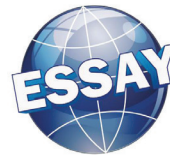
The Finance Committee is in the process of issuing the service committees call for their proposed 2019 budget requests. These proposed budget requests are due April 1, 2018. The 2018 proposed budget is planned to be presented to the GDA Delegates at their face to face meeting at the July 2018 Saint Louis convention.

Carlton B. Chair,  
SA Finance Committee

## Gratitude from EMER

We 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 \(laurens111@aol.com\)](mailto:laurens111@aol.com) and include in the subject line your name, country, and "Service - EMER".



## From the SA Service Manual 2017, Chapter 21

The individual SA Group is the basic unit of the Service Structure. Each SA Group sends an Intergroup Representative (IGR) to the local Intergroup meeting, which meets regularly (perhaps monthly).

An Intergroup is formed when there are several SA Groups in a geographic area.

This Intergroup helps with the Intergroup service work, that is, establishes phone lines with answering service, develops 12 Step procedures, tabulates local meeting lists, provides communication and information on a local level, etc. Each Intergroup would select, among its Trusted Servants, one Regional Delegate (RD) to attend an Annual Regional Assembly.



# EVENTS CALENDAR

## Upcoming International Conventions

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

**January 11 - 13, 2019 El Escorial, near Madrid, Spain** SA International Convention: Living the Slogans. Info at [www.livingtheslogans.org](http://www.livingtheslogans.org)

**July 12 - 14, 2019 Seattle, Washington, USA** SA/S-Anon International Convention: Surrender, Serenity, Miracles. Info at: [www.serenityinSeattle2019.com](http://www.serenityinSeattle2019.com)

## Local Regional Events 2018

**May 18 - 20, Covington, Georgia, USA** SASERA 2018 Spiritual Retreat: Improving Our Conscious Contact. Info at: [www.sasera.org](http://www.sasera.org)

**May 25 - 27, Amsterdam, Netherlands** SA 12 Step Workshop. Email: [sa.workshop.amsterdam@gmail.com](mailto:sa.workshop.amsterdam@gmail.com)

**June 22 - 24, 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](#)

**July 20 - 22, Pamplona, Colombia** SA Colombia 6th Convention: The Love of my Higher Power. Email: [sabogotacolombia@yahoo.es](mailto:sabogotacolombia@yahoo.es)

**July 27 - 29, Puebla, Mexico** SA/S-Anon Mexico National Convention: Hand in Hand, Working the Solution. Email: [agalseg@hotmail.com](mailto:agalseg@hotmail.com)

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...The Regional Delegates meet annually in their Regions to discuss and deal with matters affecting the SA Groups and SA Fellowship in their Regions. They select one of their members as the Assembly Delegate to the annual General Delegate Assembly.

The annual General Delegate Assembly would consist, therefore, of the Regional Delegates from each of the Regions above.

The International SA Fellowship could also send a Representative, selected through a process to be self-determined, to the General Delegate Assembly.

The Assembly would concentrate on matters affecting the growth and functioning of the SA Fellowship as a whole. The first Assembly would also nominate and elect the first Board of Trustees...

**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  
SA email: gatewaytoanewfreedom@gmail.com  
S-Anon email: gnf2018anon@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)

## Family Reunion

I'm River W., a sober SA woman from Kansas City, Missouri. My sobriety date is August 26, 2015.

In April, I attended my 5th SA Regional in Wichita, KS. Our Region holds a bi-annual event which is lovingly referred to as the Family Reunion. This event is one of the great joys of my recovery. There's nothing like getting together with people who share my common problem and solution! It's close to my home, is held in the same retreat center, and I get to see many of the same faces each time. It's a smaller, intimate group – usually 25 -50 people.

This lends itself to a real feeling of “Family Reunion”.... only like no family I ever belonged to. In my new SA family we show true compassion and tolerance for one another. We can dare to be real. We support one another through the tough times, champion each other's progress and celebrate the journey of life together.

SA and SA Anon members showed up

from Texas, Oklahoma, Kansas, Missouri and Colorado. The theme was *The Principles of the Program*. There was plenty of laughter, fellowship, tears, healing and joy.

I am currently the Intergroup Representative for Kansas City so I participated in the Regional Business meeting. Being active in service has been a vital part of my recovery! In business meetings I get to learn about structure, how to disagree, discuss and collaborate and how to “Let Go and Let God.” I get to have my voice. We all get to have a voice and we are all aiming for one common unified goal based on the Traditions.

I hope to see many of you at the St. Louis International Convention July 13 -- 15. St. Louis is part of our South Midwest Region. We're so proud of the work they are doing to support a great convention. I've found them to be a real “Gateway to Freedom” ....

Missouri USA

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

**11-13 enero de 2019 en El Escorial · Madrid · España  
Convención Internacional de SA y Nacional de S-Anon y S-Ateen**



**¡HOLA!**

We know you know these Slogans: “One Day At a Time” “First Things First” “Easy Does It” “Keep It Simple”

But have you heard of these? “Take The Cotton Out Of Your Ears and Put Them In Your Mouth” “Humility Is Not Thinking Less Of Yourself, But Thinking Of Yourself Less” “Anger Is But One Letter Away From Danger” “The Only Thing You Have To Change Is Everything” “SA Never Opened

The Gates Of Heaven To Let me In, SA Did Open The Gates Of Hell To Let Me Out”

And what about these? “If God Seems Far Away, Who Moved?” “Have A Good Day, Unless Of Course You Have Made Other Plans” “Bloom Where You Are Planted” “If You Find A Path With No Obstacles, It Probably Doesn’t Lead Anywhere”

And there are many, many more for you to discover in the first SA International Convention & S-Anon, S-Ateen National Convention on the European continent!

Long-term sober members from the US, Israel, Russia, UK, Iran, Poland, Ireland, Columbia, Belgium, Mexico, and many other countries will share how the Slogans support their recovery and are used in their daily lives.

Book at [www.livingtheslogans.org](http://www.livingtheslogans.org) Cost: 170 € Includes Convention Fee + 2 nights in a double room + all meals from Friday lunch till Sunday lunch!

We really hope to meet you at the most colorful and playful International Convention ever. In grateful service,

Our delegates will be at the St Louis IC and have a registration table on Saturday afternoon. Is there any other way you would recommend to make the Madrid International Conference known?

Luc D and the Madrid IC organizing committee

**¡¡OLÉ!!**

## 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.



### Subscribe to *Essay*!

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 year subscriptions are welcome. Visit [www.sa.org](http://www.sa.org) to subscribe or for information.ww

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).

# Humor For SA

## Some SA Acronyms:

ODAAT - One Day At A Time

DIMM - Did I Mention Masturbation?

GDS – Gratitude Deficiency Syndrome [With GDS I break out in a rash of negativity! At least I’m not on fire....]

ADIDAS - All Day I Dream About Sex (from an S-Anon)

EGO - Edging God Out; Egregious, Godless, Odiferous  
(what I am without recovery)

WAIT - Why Am I Talking?

WAIST - Why Am I Still Talking?

HALT - Hungry Angry Lonely Tired

FEAR - Future Events Appearing Real; Forget Everything And Run

SHAME - Should Have Already Mastered Everything

## Sexaholics Application

Name and Address			
Name (First, MI, Last)	<b>Bob</b>	Social Security Number	<b>N/A</b>
Mailing Address	<b>N/A</b>		
City, State, and Zip Code	<b>N/A</b>		
Home Phone	<b>N/A</b>	Message Phone	<b>Optional</b>
E-mail Address	<b>Optional</b>	May we use e-mail to contact you?	<b>Optional</b>

Education <small>(Schools attended or special training received)</small>			
School	<b>N/A</b>	From	<b>N/A</b>
		To	<b>N/A</b>
Location	<b>N/A</b>		Did you graduate?
			<b>N/A</b>
School	<b>N/A</b>	From	<b>N/A</b>
		To	<b>N/A</b>
Location	<b>N/A</b>		Did you graduate?
			<b>N/A</b>

The only requirement for membership is a desire to stop lusting and become sexually sober

## The Twelve Steps

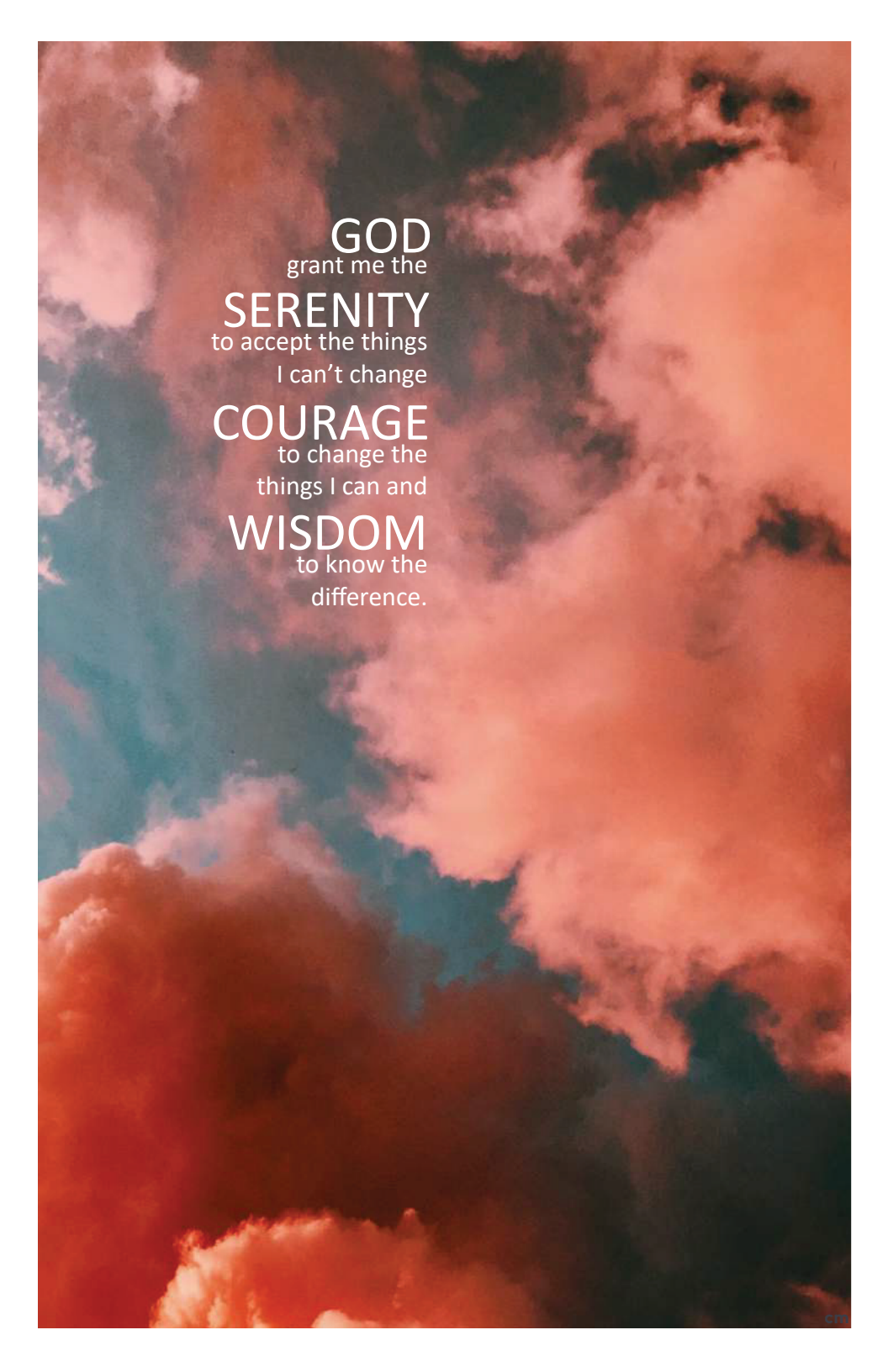
1. We admitted that we were powerless over lust—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless 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.