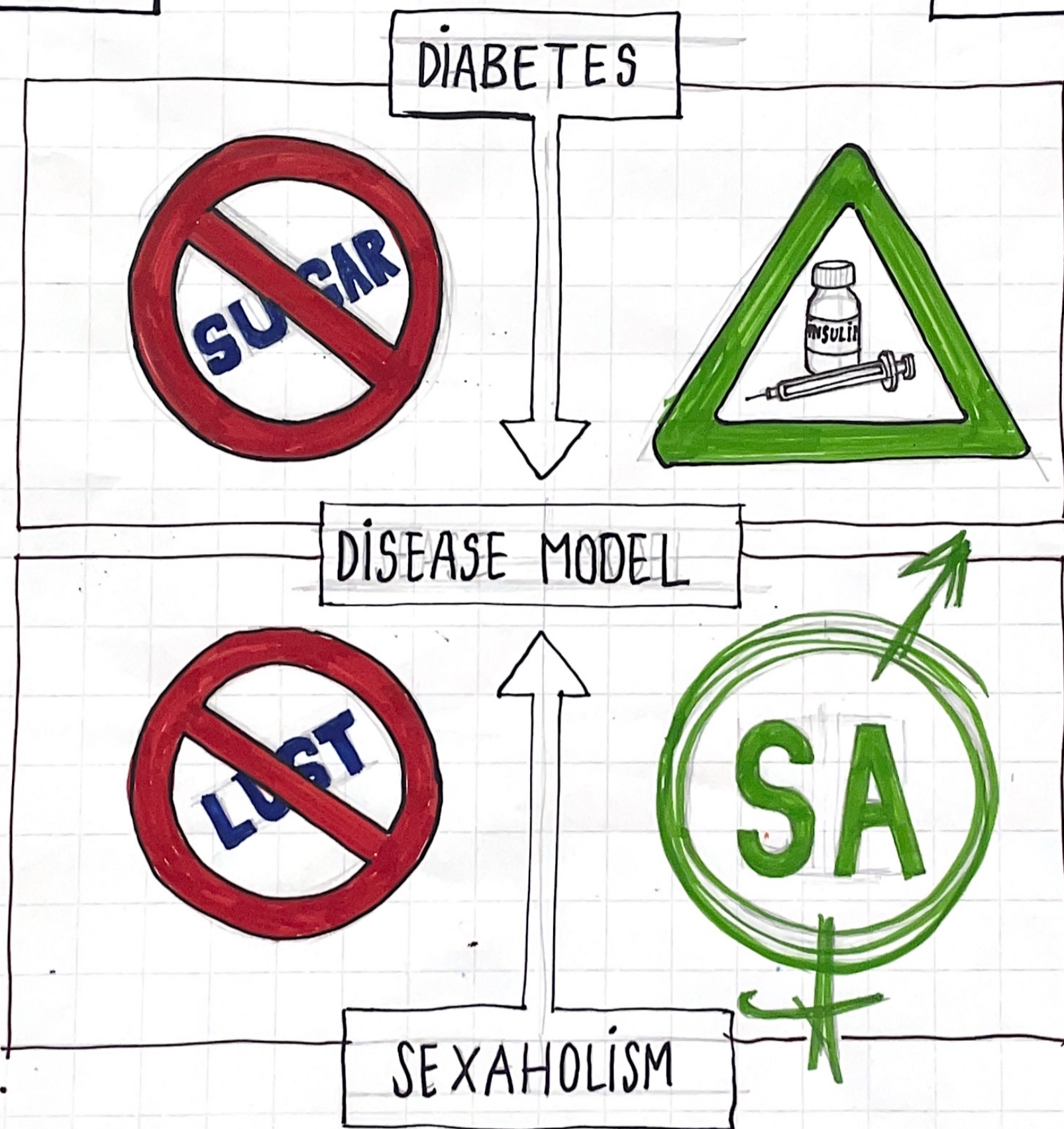


# THE SA-LIFE RAFT



- STEPS 1-3: "SURRENDER STEPS"
- STEPS 4-9: "CLEANING HOUSE STEPS"
- STEPS 10-12: "MAINTENANCE / GROWTH STEPS"

STEP 0: WE PARTICIPATED IN THE FELLOWSHIP OF SA



→ WHAT IS LUST? ←

a. WHAT CAN I DO TO TAKE LUST OUT OF MY LIFE?

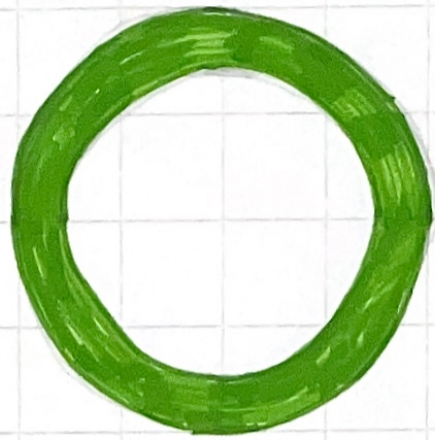
b. HOW CAN I PARTICIPATE IN THE FELLOWSHIP?

TO JOIN THE FELLOWSHIP OF SA,  
WE NEED TO USE THE TOOLS

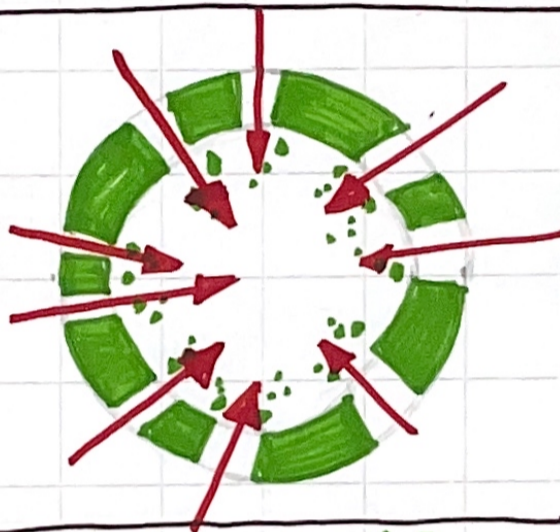


**STEP 1:** WE ADMITTED WE WERE POWERLESS OVER **LUST** -  
THAT OUR LIVES HAD BECOME UNMANAGEABLE

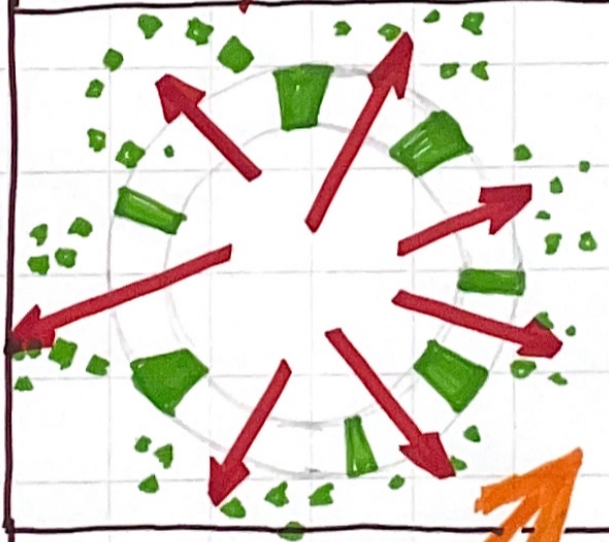
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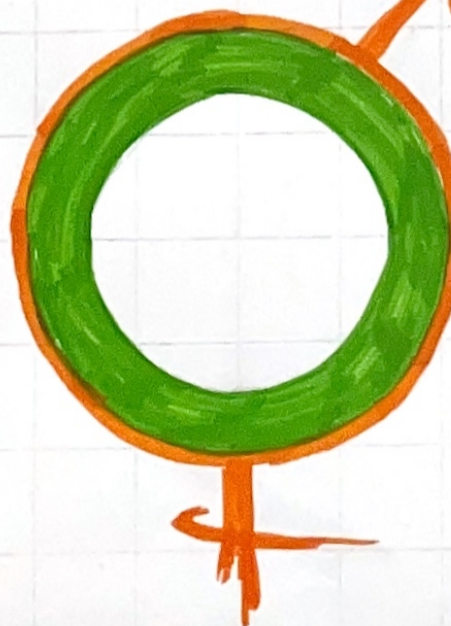
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3



4



"I am not a bad person getting good, but a sick person getting well."

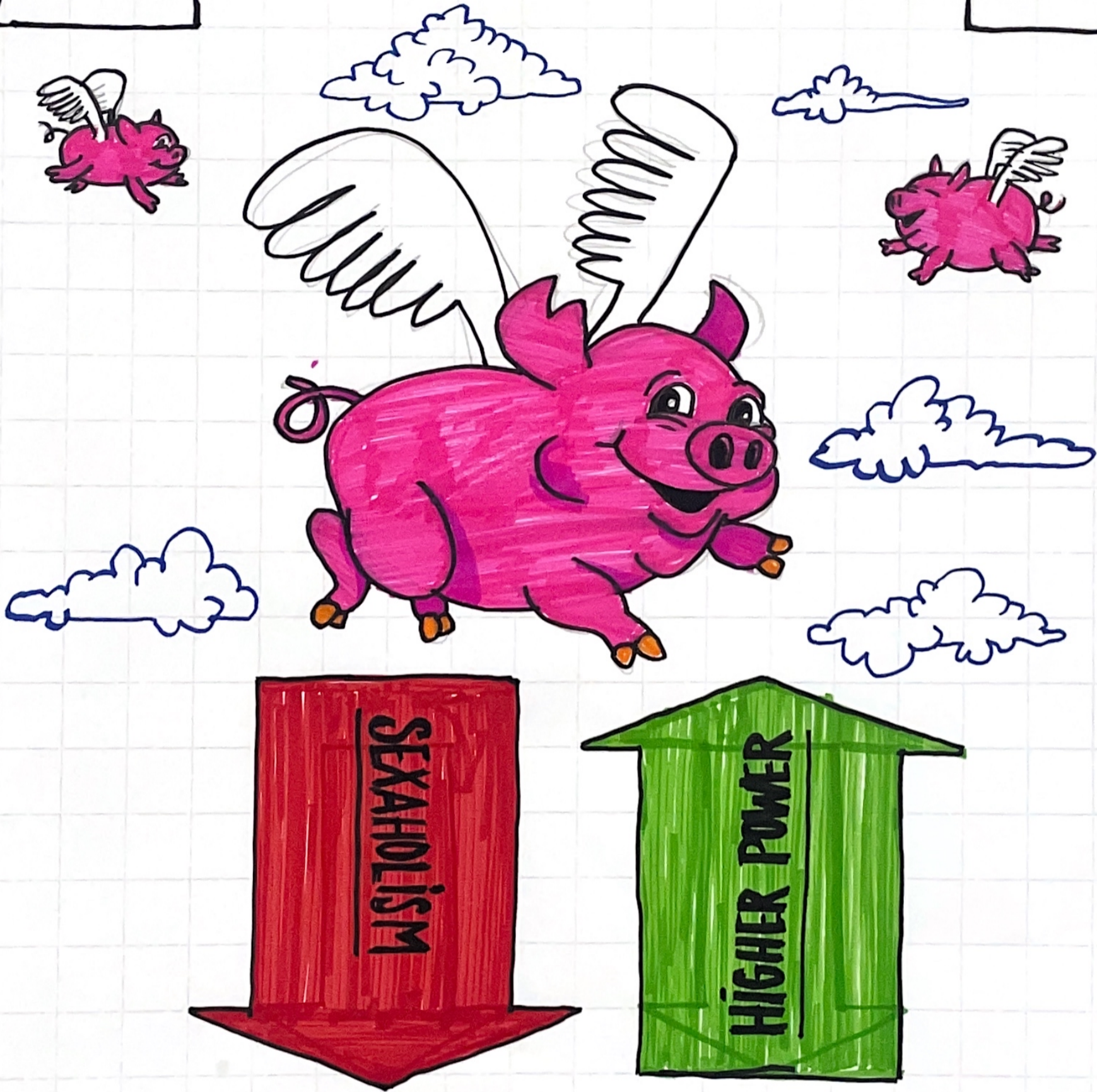


- NO SEX WITH SELF
- NO SEX OUTSIDE THE MARRIAGE BETWEEN A MAN AND A WOMAN
- PROGRESSIVE VICTORY OVER LUST

**A. POWERLESSNESS**

**B. UNMANAGEABILITY**

STEP 2: WE CAME TO BELIEVE THAT A **POWER**  
GREATER THAN MYSELF COULD RESTORE ME TO  
SANITY



STEP 3: WE MADE A DECISION TO TURN OUR  
WILL AND OUR LIVES OVER TO THE CARE OF GOD  
AS WE UNDERSTOOD HIM

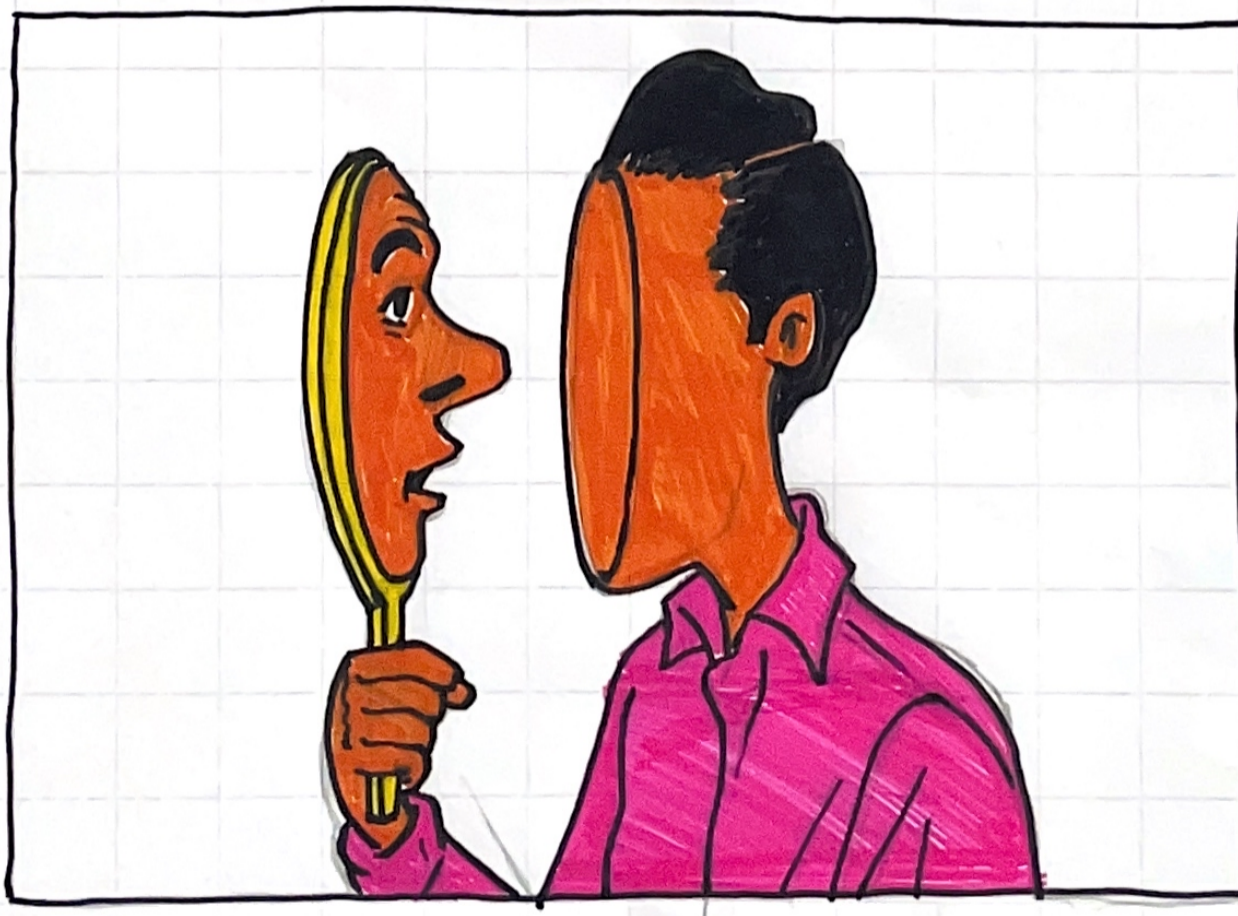
## STEP 4: WE MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Some history:

- Akron, New York, Cleveland (Ohio)
- Clarence S., one of the 100 original AA-members
- "Fixing Rummies"

### SOME HELPFUL SLOGANS:

- ✓ We are as sick as our secrets.
- ✓ Nothing changes if nothing changes.
- ✓ Keep it simple ... stupid!



• depressiveness • rebellion • denial • impulsivity • submission • defiance •

• nagging •

STEP 5: WE ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS

forgetfulness

• disobedience • disloyalty • disrespect •

• oversensitivity •

• enabling •

• stealing •

• violence •

"SELFISHNESS, SELF-CENTEREDNESS, THAT, WE THINK, IS THE ROOT CAUSE OF OUR DISEASE"

lying •

idolatry •

• apathy •

• masturbation •

• porn • incest •

adultery •

promiscuity •

flatterism •

• prostitution • exhibitionism •

voyeurism •

prostitution •

rape •

• bestiality • lust •

child molestation •

flirting •

• emotional affairs •

fetishism •

sadomasochism •

• scatology •

• gambling •

• alcoholism •

• movie addiction •

ME!



ME, ME!

debt •

undervaluing mortality •

drug addiction •

gaming addiction •

nicotine addiction •

codependency •

• disrespect of parents •

melancholy •

self-pity •

• vanity • arrogance •

argumentativeness •

• avoiding conflicts •

beauty addiction •

• blaming • laziness •

closed-mindedness •

cruelty •

• cold-heartedness • lack of compassion •

controlling others •

covardice •

• dishonesty • envy •

fear •

greed •

disorder •

gluttony •

fanaticism •

shame •

• hatred • impatience •

immodesty •

irresponsibility •

indecisiveness •

• insecurity • exaggeration •

frustration •

toxic guilt •

self-hatred •

intolerance •

• manipulation • negativity •

neglect •

perfectionism •

pessimism •

• judging • worrying •

procrastination •

recklessness •

rage •

revenge •

• resentment • sarcasm •

secrecy •

paranoia •

distrust •

unreliability •

• jealousy • possessiveness •

low self-esteem •

lack of self-care •

cynicism •

STEP 7 : WE HUMBLY ASKED HIM TO REMOVE  
OUR SHORTCOMINGS

MY CREATOR, I AM NOW WILLING THAT YOU SHOULD  
HAVE ALL OF ME, GOOD AND BAD. I PRAY THAT YOU  
NOW REMOVE FROM ME EVERY SINGLE DEFECT OF CHARACTER  
WHICH STANDS IN THE <sup>WAY</sup> OF MY USEFULNESS TO YOU AND MY FELLOWS.  
GRANT ME STRENGTH AS I GO OUT FROM HERE TO DO YOUR  
BIDDING. AMEN.

Remember,  
loving God,  
highest

we pray to a  
the God of our  
dreams !!





## THE MAINTENANCE / GROWTH STEPS

10

STEP 10: WE CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG, PROMPTLY ADMITTED IT

HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO SEXAHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS

11

STEP 11: WE SOUGHT TROUGH 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

### SURVEY OF OLDTIMERS:

- All were still doing service
- All had still sponsors & were still sponsoring
- All had worked all 12 steps
- All were going to an average of 5 meetings / week