

Some Suggestions for New SA Members without SA Groups

1. Go to meetings. The more the better. If no SA meetings are available, you should consider attending "open" AA meetings, Al-Anon, etc. Call your local AA number; directories are also available at AA meetings. The idea is to witness people who are powerless over something, recovering through the 12 Step program; also to see how meetings are conducted.

If in addition to your sexual compulsion, you also have a desire to stop drinking alcohol or think you might be a potential alcoholic, you can participate in open or closed AA meetings. Recovery will go faster if you can participate in meetings that adhere to the 12 Step program.

2. Consider starting your own SA meeting. All it takes is a desire to stop lusting and get sexually sober, another person who wants to recover, and the literature from SA. Write the Central Office below for literature and meeting guide.

3. Get phone numbers of other SA members you can call for immediate support, available from this office.

4. Buy the SA manual, Sexaholics Anonymous, the book Alcoholics Anonymous, and Twelve Steps and Twelve Traditions, the first from this office, and the other two from any AA meeting or AA central office in your city. As you read the AA literature, substitute your own sexual compulsion for references to alcohol. You'll be surprised how they're telling our story!

5. We suggest you do not discuss your SA affiliation with family or employers until you're sure you know where you're going in this matter and have some considerable sobriety under your belt. It might bounce back and hurt you and your family. We all have the desire to share our excitement about recovery with those closest to us, but it might injure them or yourself if done prematurely. If you stay sexually sober and begin working the recovery program, you'll begin to change for the better; that's the best immediate gift you can give spouse and family.

6. **This is an anonymous program.** We ask that you please keep the identity of anyone you meet or learn about in SA to yourself, just as you would wish others to keep your identity confidential.

Please note: According to Tradition 11, we can never identify our name or picture with SA or AA in the press, radio, films, or TV. The reasons for this are explained in Tradition 11 of Twelve steps and Twelve Traditions. Regardless of who you may be, we ask you to please, for the sake of the rest of us, refrain from identifying yourself in the media with SA. If in doubt, please contact the Central Office below first. Our current national policy is that we are not giving any interviews to the media, although we have many exceptional offers to do so.

7. Read the booklet "Living Sober," available at most AA meetings. Though written for alcoholics, you'll be pleasantly surprised how most suggestions also work for the sexaholic.

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