

## Welcome...

...to **Sexaholics Anonymous!** If your sexual thinking and behaviour are causing you problems and you want to stop, we offer hope. Those of us who are sober from this addiction offer you help and encouragement.

SA is a fellowship of men and women who share their experience, strength and hope with each other that they may recover from sexual addiction and help others to do the same. SA is not a group or sex therapy organisation and offers no treatment of any kind. SA has no affiliations to any other organisations. It is neither a social club nor a place to pick up sex partners nor for learning how to control and enjoy lust.

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

Some people find that it is worth attending several meetings to see if they identify and want what we have.

SA is a 12-step programme based on the principles of Alcoholics Anonymous. Our own experience tells us that, as sexaholics, any form of sex with one's self or partners other than a spouse is progressively addictive and destructive. This is how we define sobriety.

## Stay sober one day at a time

Most sexaholics find the idea of years of sexual sobriety difficult to comprehend, but anyone can stay sober just for one day, today.

## Read the literature

Read these books, which explain SA's 12-step programme of recovery:

*Sexaholics Anonymous*  
(also called the "White Book")

*Member Stories - 1989*

*Recovery Continues*

SA Central Office also publishes *Essay*, a quarterly newsletter. *Essay* shares stories of members and groups from around the world, and gives details of conventions and other SA events. A one year subscription is £9 (airmail) or £7.50 (surface) via the UK Literature Officer (see PO Box on back).

Members are also urged to read *Alcoholics Anonymous* (the AA "Big Book") and "Twelve Steps and Twelve Traditions". These two books are generally available from your Literature Officer or at any AA meeting or service office.

## Go to meetings

Attend as many meetings as you can. They are listed in the "Where to Find". Listen and learn. Share your own story. Members welcome newcomers. You're not alone if you use the tools SA has to offer. Participate when possible and pick one or two meetings you can join regularly - have a "home" group. Focus on the solution to your problem.

SA meetings are for sexaholics only. Family members and friends can contact S-Anon, listed on the back of this leaflet.

## Tips on staying sober

Avoid situations leading to "acting out" (masturbation, sex outside marriage, etc.). These include people, places or things, "triggers", such as: all forms of pornography, cruising, prostitutes, even so-called "relationships" based solely on sex. As new AA's avoid pubs, so do SA's avoid porno shops and massage parlours like the plague.

Recite the Serenity Prayer:

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Call another SA member every day. Attend meetings. Read a piece of literature every day. Work the Steps with your sponsor. Take the actions of recovery. Get involved with service work. Don't think too much - our best thinking got us where we are today.

## Get a sponsor

Seek out an SA member with more sobriety to be a guide. Women are encouraged to choose other women and men to choose men. Ask for a sponsor to come forward at a meeting. A good sponsor will be actively working the steps and will be available to answer questions and assist you in recovery by listening to you and sharing his/her experience, strength and hope.

New members are encouraged to get a temporary sponsor for the first ninety days.

