

The Twelve Steps of Sexaholics Anonymous

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 Traditions of Sexaholics Anonymous

1. Our common welfare should come first; personal recovery depends on SA 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 Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. SA, 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 SA 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

SA

Central Illinois

Contact info:

answers@solutionsandanswers.com
www.solutionsandanswers.com

Peoria Meetings - North
Thursday 7:00 PM
Saturday 7:00 AM
Sunday 7:00 PM

Peoria Meetings - Central
Tuesday 7:00 PM
Wednesday 12:00 PM
Thursday 12:00 PM
Friday 12:00 PM

Morton Meetings
Monday 6:00 AM
Friday 6:00 AM

Bloomington Meetings
Monday 6:00 PM
Tuesday 7:30 PM
Saturday 8:30 AM

Champaign-Urbana Meetings
Thursday 6:30 PM

Welcome to SA!

If you identify with us and think you may share our problem, we would like to share our solution with you.

Newcomers often have a lot of questions about our program. This pamphlet will attempt to answer some of them.

What is SA?

We are a fellowship of men and women who share our experience, strength and hope with each other that we may solve our common problem of sexual addiction and help others to recover. Our primary purpose is to stay sexually sober and help other sexaholics to achieve sexual sobriety. (Adapted with permission from the AA Grapevine, Inc.)

What is Sexual Sobriety?

In defining sobriety, we do not speak for those outside of Sexaholics Anonymous. Sexual sobriety for sexaholics of our type means no sex with ourselves and no sex with any partner 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. Sexual sobriety also means progressive freedom from the many forms of sexual thinking and stimulation and lust that enter our lives. This freedom is found by remaining sober and by using the Twelve Steps and Twelve Traditions in our daily lives.

How Can I Stay Healthy Without Some Kind of Sexual Outlet?

Our collective experience is that sexual sobriety will free us from a compulsive need to be sexual. We seek to restore the instinct for sexual intimacy to its proper place for reproduction and maintaining healthy ties with a spouse. When we stopped entertaining lust and sexual stimulation, the need to be obsessively sexual left us.

How Can I Become A Member?

All who believe they may have a problem with lust are welcome to attend SA closed meetings and may consider themselves members if they say they have a desire to stop lusting and become sexually sober.

Test Yourself

Have you thought of getting help for your sexual thinking or behavior, or have others suggested that you do so?

Have you tried to control or decrease sexual thoughts or behaviors and failed to do so?

Do your sexual thoughts or behaviors interfere with your relations with your spouse or your responsibilities to others?

Despite negative consequences of your sexual behaviors -- humiliations, diseases, lies, jobs lost, arrests, divorces, or immoral acts -- have you continued those behaviors?

Answering yes to any or all of these questions may mean that you could be a sexaholic.

Is It Actually Possible To Stop?

Yes, it is possible. There are sober members of SA all over the world, both single and married. Together we can get sober and stay sober in SA, as we work the program one day at a time.

How Do I Get Sober?

While there are no absolutes in the SA program, we can share with you what we know about getting sober. We go to meetings; we work the Steps; we use the literature (both SA and AA); we have sponsors to whom we talk on a regular basis. Many of us have come to trust in a Higher Power who keeps us sober.

What Do I Do Next?

- Email SA: answers@solutionsandanswers.com
- Go to SA meetings, meetings and more meetings.
- Talk to sober sexaholics and ask them how they got sober.
- Get a sponsor. This is someone whose sobriety is attractive to you. Call your sponsor on a regular basis -- every day if possible. Ask for suggestions.

How Much Does It Cost?

SA meetings are free. There are no dues or fees for membership. We pass a basket at meetings for donations to pay for rent, literature, coffee, etc. In the spirit of our Seventh Tradition, we are self-supporting through our own contributions.