COVERING WOMEN'S NEEDS:
GETTING STARTED IN SA.

TABLE OF CONTENTS:

1. Am I a Sexaholic?

2. Find a Meeting

3. Get SA Literature

4. Get a Sponsor

5. Work the Steps/Be of Service



SA Sexual Sobriety:

"No form of sex with self or with persons other than the spouse...sexual sobriety also includes progressive victory over lust. " (SA 191-192)*

**In SA's sobriety definition, the term spouse refers to one's partner in a marriage between a man and a woman.*

Contact Us: *www.sa.org*

Phone: +1 615-370-6062
Toll-free (USA & Canada): +1 866-424-8777

Member's Share:

"SA is a place where I am accepted. After my husband insisted I tell the truth, I confessed to a seven-year affair...Years of therapy failed to help; however, in SA, I am continuing to grow. SA is a place where I am accepted and connect with people who know my pain, often seen in the nodding of heads as I share. Together, we are able to rise above the shame of our disease and look to the future with hope and health. SA has taught me to replace "taking" with "giving" which I do by regularly giving my time to serving SA women around the world. If I could describe SA in one word, that word would be 'hope.'"
(SA Is For Women Pamphlet: *www.sa.org/women)*

Supporting Women in SA Magazine:

(www.sa.org/women)
SCROLL TO BOTTOM OF PAGE FOR MAGAZINE



Visit our online packet for more information: *www.sa.org/women*

Copyright © 2026 by Sexaholics Anonymous. All rights reserved

www.sa.org/women

Women's Welcome Packet

"Welcome to SA, we are glad you are here."



Contact Us:
www.sa.org/women

1. AM I A SEXAHOLIC?

"Those of us who are recovering in Sexaholics Anonymous were driven here by many different forms of the same problem. (SA, pg.1)

Do you struggle with romantic or sexual thoughts and behavior?

Once you start acting out/lusting, can you stop? Does acting out escalate over time?

If you set a limit to your acting out, are you unable to keep to that limit?

If you identify, you may be suffering from a physical allergy to lust.

Do you constantly fantasize or think about acting out? Do you experience "increasing amounts of obsessive thinking…?" (SA 30)

Does your mind convince you that you can act out safely no matter how many times you have decided to quit?

If you identify, you may be suffering from a mental obsession.

When not acting out for a time, do you experience being "restless, irritable, and discontented?" (AA pg. xxviii)

If you identify with any of the questions above, "you may be suffering from an illness which only a spiritual experience will conquer." (AA 44)

You are not alone and there is great hope and freedom in SA.

Contact Us: www.sa.org
Phone: +1 615-370-6062
Toll-free (USA & Canada): +1 886-424-8777

2. FIND A MEETING

"We begin by meeting regularly with other members… Fellowship is that crucial to our recovery. We can't do it alone." (SA 63)

-FIND A MEETING IN YOUR AREA:
www.sa.org/meetings/

-WHAT MAKES AN SA MEETING? "Any two or more sexaholics gathered together for SA sobriety according to the SA sobriety definition may call themselves an SA group." Learn more at *www.sa.org/women*

-BOUNDARIES IN MEETINGS: Boundaries help us set healthy limitations on our interactions. Learn more at *www.sa.org/women*

-THE VITAL IMPORTANCE OF MIXED MEETINGS: *"…It has proven better for us to be together."* (SA 179) We find progressive recovery in attending mixed meetings. That is because in recovery, we rely on a Higher Power and learn how to relate to men *and* women in a healthy way. Learn more at *www.sa.org/women*

-THE ROLE OF WOMEN'S MEETINGS: Women's meetings can aid us in getting connected to women and in transitioning to mixed meetings. Learn more at *www.sa.org/women*

3. GET LITERATURE

" Use the literature of the program… we gain insights about ourselves and our recovery…"(SA 161)

Find these books at most face-to-face meetings or online at: *www.sa.org/women*

1.The Sexaholic Anonymous (White Book)
2.The Alcoholic Anonymous (Big Book)
3. Step Into Action
4. The Twelve Steps and Twelve Traditions

4. GET A SPONSOR/FIND WOMEN IN RECOVERY

"It was reaching out and taking direction that worked." (SA 163)

The primary purpose of a sponsor is to take us through the 12 Steps. The purpose of finding women in recovery is to have a network of those who have gone before us and who have experienced success in working this program. Read more at *www.sa.org/women*

5. WORK THE STEPS/BE OF SERVICE

"Going to meetings and working the Steps; that's how I did it. That's how I learned to let 'the grace of God enter to expel the obsession.'" (SA 158)

The Steps connect us to a Power that can restore us to sanity and allows us to connect with others by being of service. Read more at *www.sa.org/women*

