

WHY WORKING THE STEPS IS IMPORTANT



“I go to meetings...how come I’m not happier?”

Ever feel like this? If we share this thought with sober members, sometimes the response will be, “What Step are you working on?” This can be very frustrating, especially if we’ve worked on some of them.

Many sexaholics are highly visual, so this brochure is an attempt to provide a visual explanation of the importance and benefit of actually working the 12 steps of Sexaholics Anonymous.

Along with that, it’s purpose is to help demystify the 12 Steps, and make them more understandable.



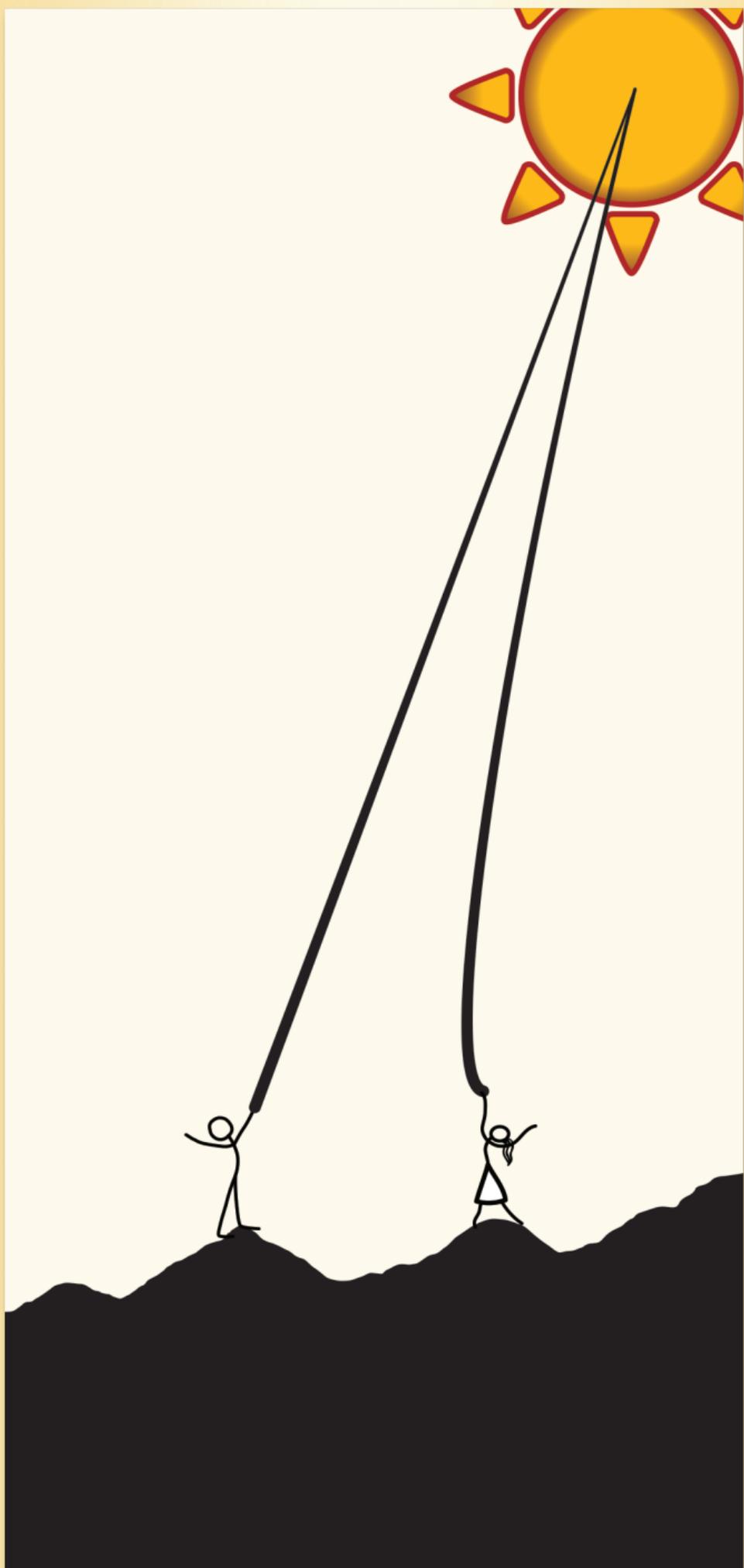
“But there is one who has
all power. That one is God.
May you find him now.”
(AA 59)



This first image indicates the ideal relationship between us and our Higher Power: a crystal clear, “fiber optic” line of communication. When we need God’s power, wouldn’t it be wonderful if we simply called upon Him and He answered? The result is that we’d be much more useful to Him and others and be able to say...

“We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed”. (AA 25)





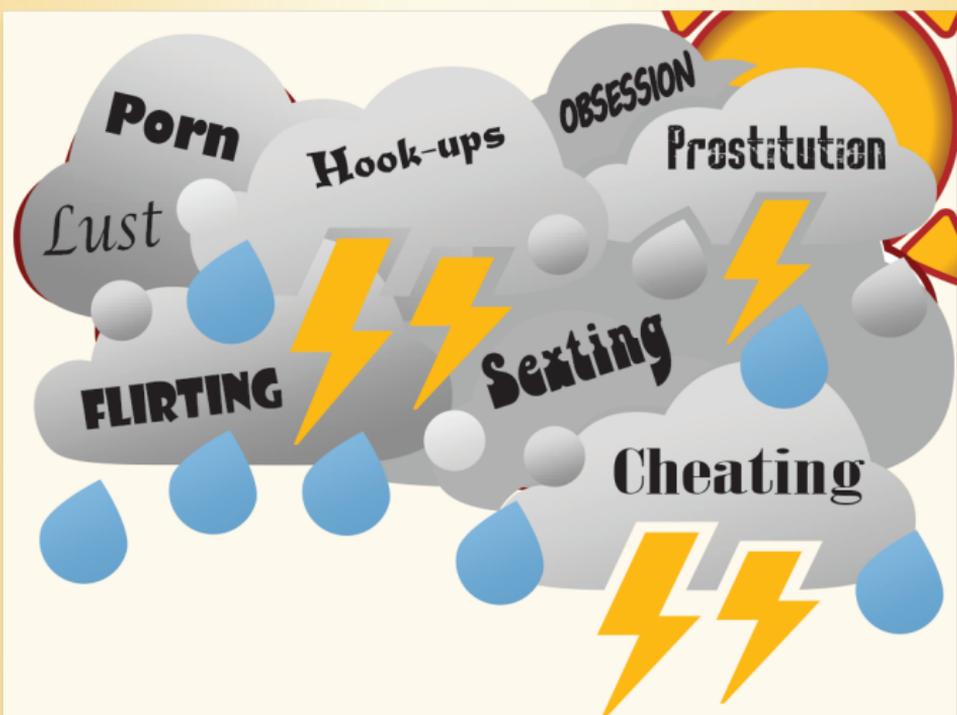
But, that's not how we're wired, is it? Many things stand in the way of our feeling our Higher Power's presence, making us less useful to others. These are our defects of character: Resentments, Need for Approval, Judging, Impatience, Intolerance, etc. People's lists are different, but the cost to our relationship with the "one who has all power" (AA 59) is the same: we miss out on peace, joy and serenity.





Although a relationship with that Power is the solution, we don't usually work on that relationship, do we? We discover that pornography, affairs, flirting, and obsessive relationships with other people help us feel happier... temporarily. When the temporary false joy wears off, we again reach for these distractions to give us that "good" feeling we want so desperately. We sense God's presence either not at all or very little. We find that our futile attempts to break through the clouds of our character defects actually darken them into storm clouds. The clouds that separate us from Him are thick, gloomy and opaque, and we stay at this stage – with things getting worse and worse – until we hit our "bottom".

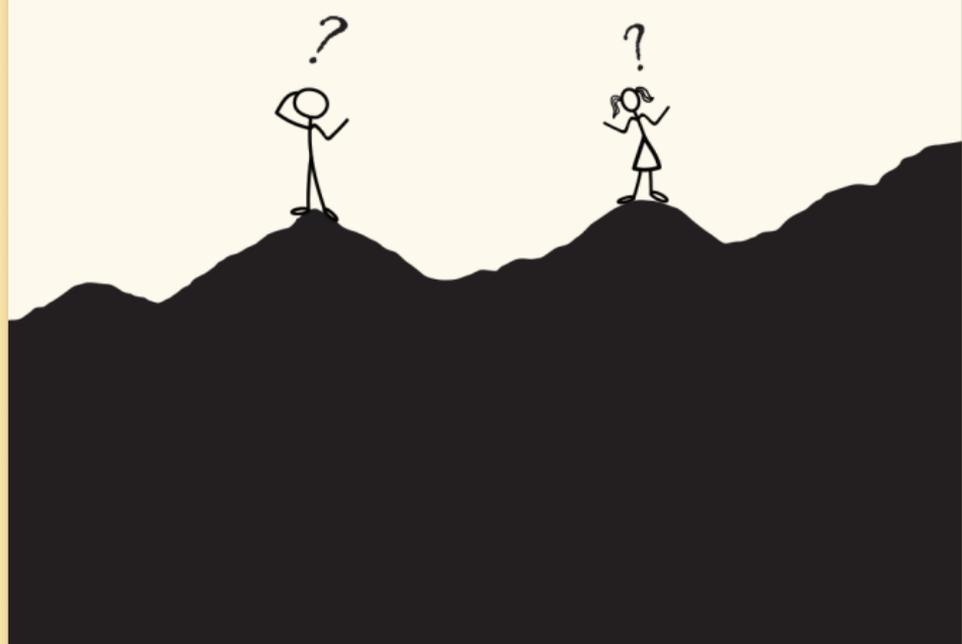




When we come into Sexaholics Anonymous, we stop our acting out. Our heads begin to clear. We sense that we're on the right track. If we stop our forward motion, telling ourselves that this is all we need to do, we backslide. Frequently, a sober member shares that they feel they are doing something wrong because they aren't happier. They may not be doing anything wrong at all. They are now simply experiencing their defects of character *without* lust to cover them up.

“This may be the time many of us start thinking seriously about what the program is all about.” (SA 72)





However, instead of pursuing The Solution (our relationship with God), some people think that the answer lies in therapy, exercise, eating healthier, other people, reading, finding a hobby, etc. That's not what SA's 12 Step spiritual program of recovery is about. These avenues can help a person feel better, they can even give us a more well-rounded sense of ourselves, but they are not The Solution.

“At times we experienced...
doubt, uncertainty,
depression, and fear.”
(SA 78)





Therapy
Reading Books
Other People
Hobbies
Working Out

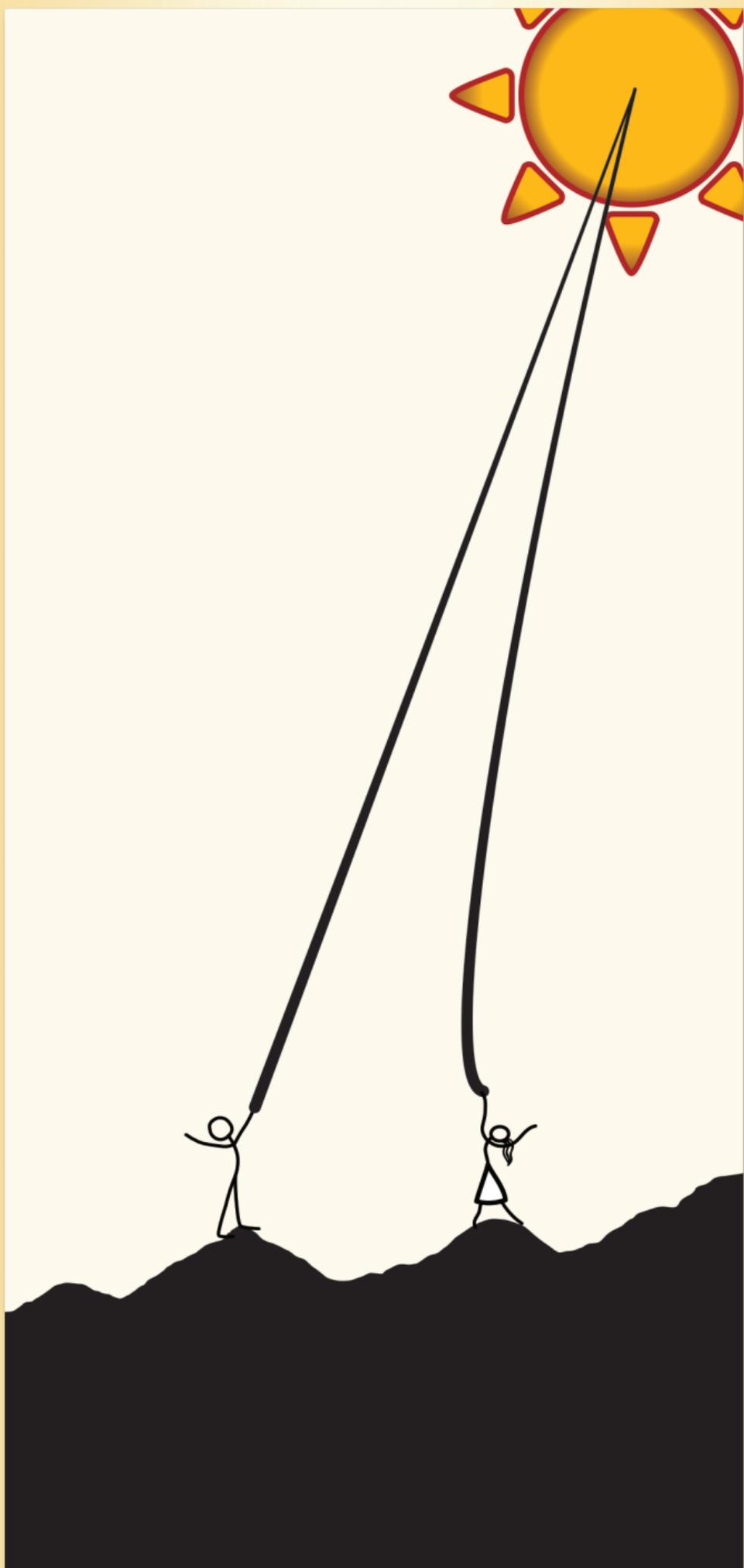
Our SA program is so simple that many people miss it!

“We will suddenly realize that God is doing for us what we could not do for ourselves.” (AA 83)

While working the Steps, we seek to develop and nurture a relationship with the One who has all power (as we understand Him). At first, this relationship may be weak, but with more Step work, it continues to grow and strengthen. When we need His help, God is there for us—anytime, anywhere. We remove the things that block us from the sunlight of the Spirit and become...

“Happy, Joyous and Free”
(AA 133)





“See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.”

(AA 164)



The Twelve Steps of Sexaholics Anonymous

1. We admitted 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 us to place principles before personalities.

The Twelve Steps and Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. (“AAWS”).

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SA Statement of Principle

We have a solution. We don't claim it's for everybody, but for us, it works. If you identify with us and think you may share our problem, we'd like to share our solution with you (*Sexaholics Anonymous*, 2).

In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. Thus, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons 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. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us, single and married alike, sexual sobriety also includes progressive victory over lust (*Sexaholics Anonymous*, 191-192).

The only requirement for SA membership is a desire to stop lusting and become sexually sober according to the SA sobriety definition.

Any two or more sexaholics gathered together for SA sobriety according to the SA sobriety definition may call themselves an SA group.

Meetings that do not adhere to and follow Sexaholics Anonymous' sobriety statement as set forth in the foregoing Statement of Principle adopted by the General Delegate Assembly in 2010 are not SA meetings and shall not call themselves SA meetings.

Addendum to the Statement of Principle passed by the General Delegate Assembly in July 2016.



I am responsible. When anyone, anywhere reaches out for help, I want the hand of SA always to be there. And for that: I am responsible.

If you think you may have problems with sex or lust addiction, we invite you to join us at an SA meeting. Look for Sexaholics Anonymous in your local phone directory, call SA International Central Office toll free (in the USA) at 866-424-8777, or visit our web site at sa.org. Online meetings and remote contacts are also available.

Additional copies of this pamphlet and a literature list can be ordered from:

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