

Sexaholics

Anonymous

SA

Check

Meetings

How They Work

Sexaholics Anonymous 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 (SA 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 (SA 191-192).

*Passed by the General Delegate Assembly
February 2010*

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 on July 2016.*

Those of us who have been around SA for some time are familiar with a special type of meeting known as the “Check Meeting.” A check meeting is a small gathering of sober SA members around a member who is experiencing difficulty in the Program. It is an opportunity for the struggling member to listen, reflect, and hopefully to get back on track with the Program. Many of us have profited from being the focus of check meetings that were called to help us, and we have also profited from being part of check meetings that were focused on helping another member.

Need

A sponsee could have a problem that does not readily yield to the sponsor’s efforts or that is outside the sponsor’s knowledge or recovery experience or ability to deal with it. In such cases, there can be great wisdom and breakthrough by bringing the issue to a small, select group of trusted members, together, under a Higher Power of our understanding.

Examples

A member who is a minister has been sexually involved with members of his congregation and calls a check meeting for guidance on how to make amends to these persons, because such amends might injure others. The man’s sponsor suggests a check meeting.

A sponsor can be blind to a problem. “I was sponsoring a close personal friend. He was having an affair with a person out of state to whom he frequently sent money. He had promised to stop seeing her and sending her money. He told me of a serious problem she was having and her need for some money.

He had promised not to send her money and to stop contacting her. He suggested that I send her the money instead. Without consulting my sponsor, I agreed. At the suggestion of another of my sponsees, I shared this decision with my wife. She looked at me and said are you crazy? I realized she was right. I took this to a check meeting to help resolve the issue.”

A member can't get or remain sober or is a habitual slipper. A member discovers he's over his head in debt and doesn't know what to do. Another member doesn't know how to cope with his wife's response to his decision to go into sexual abstinence. His sponsor is single and has never had to face that problem. Other members seek help with tough problems such as fear, nocturnal emissions, or dating.

How it Works: *suggested format*

The sponsor and/or the sponsee asks four to six SA members with good sobriety to attend.

The meeting lasts from 30 minutes to an hour.

An SA member who is not the sponsor chairs the meeting.

It usually takes place after a regular meeting.

1. Begin with a prayer for guidance.
2. Let the person know we love and care. That is why we are there.
3. The sponsor presents the issue.
4. The sponsee adds his or her comments.
5. We ask questions and listen to the person's answers.

Suggested questions:

- Do you want sobriety and recovery?
 - Why did you come to SA?
 - Detail your SA Program, such as: daily Step work, number of meetings you attend per week.
 - How often do you meet with your sponsor?
 - How are you working the Steps?
 - What solutions have you tried?
 - What do you think is going to happen to change your situation?
6. Members share their experience if appropriate.
7. What we do not do:
- We do not criticize or pass judgment. We simply play back what we hear, what comes through between the lines.
 - We do not give advice, only suggestions. We listen to the person, speak from our own experience of sobriety and recovery in the Program, and challenge the person to identify from their own experience what brought them here and what they hope to change.
 - We do not take responsibility for the other person's life or decisions. We are simply a sounding board.
 - We do not carry the person. We carry the Program to the person.
 - We speak as we would like to be spoken to.
8. The sponsor gives any final comments.
9. The sponsee gives any final comments.
10. We end with a prayer.
11. The sponsor and sponsee meet.

The Twelve Steps of Sexaholics Anonymous

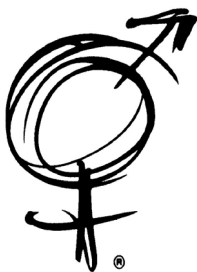
1. We admitted that we were powerless over lust—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral 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.

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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.

*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 directory, call SA International Central Office toll free (in the USA) at 866-424-8777, or visit our web site. Online meetings and remote contacts are also available.

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

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