

Women's Tuesday (8pm uk time)

Readings

FELLOWSHIP

SAA is a fellowship of adults who share our experience strength and hope with each other so that we may stop our addictive sexual behaviour and help others to recover from sexual addiction.

The only requirement for membership is a desire to stop addictive sexual behaviour.

SAA is self-supporting; is not allied to any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sexually sober and help other sex addicts to achieve sexual sobriety.

Our programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA however we are Grateful to AA for this gift.

Anonymity is a core tradition on which the programme depends.

Let us make this a Safe Meeting to bring the message of Strength Hope and Recovery, focused on the 12 steps and 12 traditions.

The Problem

Many of us find that our histories have several characteristics in common.

Early on, as children and adolescents, we had come to feel disconnected - from siblings and peers, from parents and from ourselves. We felt inadequate, unworthy, alone, and afraid.

Our insides never matched what we saw on the outsides of others. We lost the ability to trust in others to fulfil our needs for nurturing and security. To compensate for our loss, we started to develop a reliance upon sexual experience as a way of escaping the pain and the emptiness of our lives. Some of us feared being sexual at all - we weren't able to see that our sexuality was healthy and God-given.

Looking for love in all the wrong places, we became true addicts: promiscuity, dependent relationships, abusive relationships, pornography, compulsive masturbation, anonymous sexual encounters, and much more besides. We got it through the eyes. We bought it, we sold it, we traded it, we gave it away. Addicted to the tease, to the forbidden, to the 'high', we abused others and we abused ourselves.

In a vicious downward spiral of despair, we acted out to try to take away our pain, but this only increased our self-hatred which, sooner or later, we would try to ease again by acting out. The more we did it the more difficult it was for us to stop.

We risked our relationships, our jobs, our health, our freedom, even our lives. We felt guilty, ashamed and in pain, and we were driven ever inwards, away from reality, away from love, lost inside ourselves.

Our addiction made true intimacy impossible. Lust killed love. We took from others to fill up what was lacking in ourselves, and, in desperate search of the Big Fix, we turned other human beings into objects of our gratification.

We could never know true intimacy with another because we were addicted to the unreal, the chemistry, the intoxication and the intensity of the pursuit. We looked for the instant hit, the danger, the connection that had the magic, because it bypassed intimacy and true union with another, which we feared more than death. Conning ourselves time and again that the next one would save us, we were really losing our lives.