

SAA of New York City



———— Meeting Handouts ————

Garment District
Tuesday, 7:30 am

OUR ADDICTION

“Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behavior. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviors that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behavior and its consequences usually becoming more severe over time. We experience it as a compulsion, which is an urge that is stronger than our will to resist, and as an obsession, which is a mental pre-occupation with sexual behavior and fantasies. In SAA, we have come to call our addictive sexual behavior *acting out*.”

THE TWELVE TRADITIONS OF SAA

1. Our common welfare should come first; personal recovery depends upon SAA unity.
2. For our group purpose there is but one ultimate authority — a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
5. Each group has but one primary purpose — to carry its message to the sex addict who still suffers.
6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SAA group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Sex Addicts Anonymous has no opinion on outside issues; hence the SAA 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, TV, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.