

Who We Are

We are sex addicts. Our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous. In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength, and hope gives us the choice to live a new life.

Our addictive sexual behavior was causing pain - to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises and many attempts to stop, yet we repeatedly failed to do so. For each of us, there came a moment of crisis. When we finally reached out for help, we found recovery through the program of SAA.

We have found through long and painful experience, that we are unable to achieve recovery from sexual addiction through our own efforts. Our program is based on the belief, confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone. By surrendering our addiction to a Higher Power, we receive the gift of recovery, one day at a time.

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making our recovery possible.

Our primary purpose is to stop our addictive sexual behavior and to help others recover from sexual addiction. We find a new way of living through the SAA program, and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement. Our fellowship is open to women and men, regardless of age, race, religion ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual, or transgender.

In our groups, there is a collective wisdom that has grown and been handed down over the years. We learn many new solutions to old problems. Central to these are the Twelve Steps, a spiritual program of recovery. Following these steps leads to freedom from addictive sexual behaviors and to the healing of our minds, bodies, spirits, relationships, and sexuality.

Desperation brought us together. We found in each other what we could find nowhere else, people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped.