

## **Our Goal in Sex Addicts Anonymous**

Sex addiction is a disease affecting the mind, body and spirit. It is progressive. Our behavior has consequences that usually become more severe over time.

We experience our addiction as a compulsion, an urge that is stronger than our will to resist. We also experience it as an obsession, a mental preoccupation with sexual behavior and fantasies.

In SAA, we call our addictive sexual behavior '*acting out.*'

Our goal is abstinence from one or more specific sexual behaviors.

It is not sex in and of itself that causes us problems but the addiction to certain sexual behaviors. In SAA we have the opportunity to better determine individually which behavior is addictive and which is healthy.

Since different addicts suffer from different behaviors and our sexuality is experienced in many different ways, we find it useful for each SAA member to determine for themselves, with the help of their sponsor or others in recovery, which behaviors they consider to be '*acting out.*'