

THESE ARE THE CHARACTERISTICS MOST OF US SEEM TO HAVE IN COMMON

1. As adolescents, we used fantasy and compulsive masturbation to avoid feelings, and continued this tendency into our adult lives with compulsive sex.
2. Compulsive sex became a drug, which we used to escape from feelings such as anxiety, loneliness, anger and self-hatred, as well as joy.
3. We tended to become immobilized by romantic obsessions. We became addicted to the search for sex and love; as a result, we neglected our lives.
4. We sought oblivion in fantasy and masturbation, and lost ourselves in compulsive sex. Sex became a reward, punishment, distraction and time-killer.
5. Because of our low self-esteem, we used sex to feel validated and complete.
6. We tried to bring intensity and excitement into our lives through sex, but felt ourselves growing steadily emptier.
7. Sex was compartmentalized instead of integrated into our lives as a healthy element.
8. We became addicted to people, and were unable to distinguish among sex, love and affection.
9. We searched for some "magical" quality in others to make us feel complete. Other people were idealized and endowed with a powerful symbolism, which often disappeared after we had sex with them.
10. We were drawn to people who were not available to us, or who would reject or abuse us.
11. We feared relationships, but continually searched for them. In a relationship, we feared abandonment and rejection, but out of one, we felt empty and incomplete.
12. While constantly seeking intimacy with another person, we found that the desperate quality of our need made true intimacy with anyone impossible, and we often developed unhealthy dependency relationships that eventually became unbearable.
13. Even when we got the love of another person, it never seemed enough, and we were unable to stop lusting after others.
14. Trying to conceal our dependency demands, we grew more isolated from ourselves, from God and from the very people we longed to be close to.

CLOSING STATEMENT (to be read at each meeting)

The opinions expressed here today are strictly those of the individuals who gave them. The things you have heard here are given and spoken in confidence and should be treated as confidential. If you try to absorb what you have heard, you are bound to gain a better understanding of the way to handle your problems.

In the spirit of recovery from sexual compulsion, we suggest that sex between members not be treated lightly. Sex between people new to the fellowship and other members is discouraged. Talk to each other, reason things out with someone else, let there be no gossip or criticism of one another, but only love, understanding and companionship.

SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Meetings and Literature Information

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SCA
SEXUAL
COMPULSIVES
ANONYMOUS

STATEMENT OF PURPOSE

SEXUAL COMPULSIVES ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from sexual compulsion. The only requirement for membership is a desire to stop having compulsive sex. There are no dues or fees for SCA membership; we are self-supporting through our own contributions. SCA is not allied with any sect, denomination, politics, organization, 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 to help others to achieve sexual sobriety. Members are encouraged to develop their own sexual recovery plan, and to define sexual sobriety for themselves. We are not here to repress our God-given sexuality, but to learn how to express it in ways that will not make unreasonable demands on our time and energy, place us in legal jeopardy, or endanger our mental, physical or spiritual health.

THE TWELVE SUGGESTED STEPS OF SCA

1. We admitted we were powerless over sexual compulsion — 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 God*.
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 God 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 God*, praying only for knowledge of God's 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 sexually compulsive people and to practice these principles in all our affairs.

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THE TWELVE TRADITIONS OF SCA

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

THE TOOLS THAT HELP US GET BETTER

Meetings are where we share our experience, strength and hope with each other to better understand our common problem and work together towards the solution.

The Telephone is our meeting between meetings. By making contact with others, we begin to break out of the isolation that is so strongly a part of the disease.

Sponsorship is two people with the same problem helping each other to work the program. It can provide a framework for a sexual recovery plan and for doing the Twelve Steps, and can bring emotional support at difficult times.

Literature is our portable program. We also make use of A.A.'s and O.A.'s and other Twelve Step programs' conference approved literature, as well as other appropriate materials.

The Twelve Steps are a suggested program of recovery, based on the Twelve Steps of A.A.

Prayer and Meditation are means of establishing conscious contact with a Power greater than ourselves.

A Sexual Recovery Plan is a predetermined way of expressing our sexuality consistent with our values, so that even when confused, we will have a written guideline to help us.

Abstinence (partial or total). We get support in SCA by abstaining from people, places or things that we consider harmful.

Socializing is a way of breaking down our isolation and getting to know other people in a non-sexual context: at fellowship after meetings; in supportive organizations and groups; and in the community at large.

Dating is a way of changing the instant gratification habit and getting to know more about ourselves and another person, before committing ourselves to any sexual decisions.

The Slogans are simple statements that can be used in crisis situations, so that we have some basic guidelines.

Service is a way of helping ourselves by helping others.

Writing provides a way to become honest with ourselves and our Higher Power. By writing in journals, gratitude lists, letters and e-mails we can measure our progress, values, motives and 12 Step work.

TWENTY QUESTIONS

1. Do you frequently experience remorse, depression, or guilt about your sexual activity?
2. Do you feel your sexual drive and activity is getting out of control? Have you repeatedly tried to stop or reduce certain sexual behaviors, but inevitably you could not?
3. Are you unable to resist sexual advances, or turn down sexual propositions when offered?
4. Do you use sex to escape from uncomfortable feelings such as anxiety, fear, anger, resentment, guilt, etc. which seem to disappear when the sexual obsession starts?
5. Do you spend excessive time obsessing about sex or engaged in sexual activity?
6. Have you neglected your family, friends, spouse or relationship because of the time you spend in sexual activity?
7. Do your sexual pursuits interfere with your work or professional development?
8. Is your sexual life secretive, a source of shame, and not in keeping with your values? Do you lie to others to cover up your sexual activity?
9. Are you afraid of sex? Do you avoid romantic and sexual relationships with others and restrict your sexual activity to fantasy, masturbation, and solitary or anonymous activity?
10. Are you increasingly unable to perform sexually without other stimuli such as pornography, videos, "poppers", drugs/alcohol, "toys", etc.?
11. Do you have to resort to increasingly abusive, humiliating, or painful sexual fantasies or behaviors to get sexually aroused?
12. Has your sexual activity prevented you from developing a close, loving relationship with a partner? Or, have you developed a pattern of intense romantic or sexual relationships that never seem to last once the excitement wears off?
13. Do you only have anonymous sex or one-night stands? Do you usually want to get away from your sexual partner after the encounter?
14. Do you have sex with people with whom you normally would not associate?
15. Do you frequent clubs, bars, adult book stores, rest rooms, parks and other public places in search of sexual partners?
16. Have you ever been arrested or placed yourself in legal jeopardy for your sexual activity?
17. Have you ever risked your physical health with exposure to sexually transmitted diseases by engaging in "unsafe" sexual activity?
18. Has the money you spent on pornography, videos, phone sex, or hustlers/prostitutes strained your financial resources?
19. Have people you trust expressed concern about your sexual activity?
20. Does life seem meaningless and hopeless without a romantic or sexual relationship?