

January, 1997

**A**fter counselling and therapy for compulsive sexual self-destructive thinking and behaviour, what next? Where does one turn for relapse prevention and how does one sustain recovery? How does one find peer assistance to stop "acting out"?

**S**exaholics Anonymous is a 12 step, self-directed program of recovery for men and women who want to stop their sexually self-destructive thinking and behaviour. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this.

**F**ounded upon the principles of Alcoholics Anonymous, Sexaholics Anonymous currently offers three closed (mixed) meetings per week. Peer support is offered through both a sponsorship and fellowship program. Sexaholics are encouraged to "work" the 12 step program by attending step study group meetings. Our program is spiritually (but not religiously) based, and works from a specific sobriety definition.

**W**hat is a sexaholic? We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the *sexaholic*. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

**S**-Anon Family Group is allied with, but not associated with, Sexaholics Anonymous. S-Anon is a fellowship of spouses, relatives, and friends of sexaholics who share their experience, strength, and hope with each other that they may solve their common problem of coping with a sexaholic.

**H**elp for the sufferer or the co-dependent is simply a call away. Confidentiality and anonymity are guaranteed, always. Please take a moment to read the enclosed brochure. Inquiries can be directed to our "Hotline" number at 229-0304 for either Sexaholics Anonymous or S-Anon Family Groups.

If we can help, please call.

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