

Who We Are

“SAA is a fellowship of men and women who are committed to a program of spiritual recovery from a life that involved compulsive, uncontrollable, and harmful sexual practices.

SAA is not aligned with any religion, sect, or denomination. It is not affiliated with any organization, and neither accepts nor receives financial support aside from the voluntary contributions of its members. Membership is open to all who share a desire to stop compulsive sexual behavior; there is no other requirement.

Although our personal stories differ, we have embraced a program of recovery that has these aspects in common:

- Whether our behavior was acted out alone or in relationships, we found ourselves powerless over our sexual addiction despite repeated attempts to change or control our behavior.
- When we came to believe that a power greater than ourselves could and would restore us to sanity, we have stepped out of the problem and become aware of the solution. Without needing to completely understand our Higher Power, we can accept and use this Power in order to find freedom from addiction.
- 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 program of spiritual 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.”