

WELCOME TO SCA

We acknowledge your courage in coming to this meeting. We are here especially for you as others have been here for us.

Sexual Compulsives Anonymous is a twelve-step fellowship inclusive of all sexual orientations, open to anyone with a desire to recover from sexual compulsion. We are not group therapy, but a spiritual program that provides a safe environment for working on problems of sexual addiction and sexual sobriety. Our program is one of suggestions – not of rules. Each member is invited to “take what you like and leave the rest.” This means that you are free to use any tools and suggestions from SCA that work best for you.

SCA is a spiritual program not affiliated with any religious organization. Reference is made in the steps and in meetings to God or a Higher Power. All individuals define this concept for themselves. Many people who speak of a Higher Power simply mean “some power greater than themselves.” For example, this power might be the collective experience of the fellowship or meetings. Those of us who came to the program with religious beliefs have found that the twelve steps do not interfere with those beliefs.

THE TWELVE STEPS

The Twelve Steps are the backbone of SCA. They outline a simple program of action that results in recovery from the agony of our sexual addiction. All other tools of recovery operate in support of “working the Steps.” A sponsor who is sexually sober and has experience working the Steps guides the newcomer through this program of change and growth.

The Steps begin with the admission that we have lost control of our sexual behaviors and the acknowledgment that we cannot stop our addictive behaviors without help from a power greater than ourselves (Step 1). We come to believe that a Higher Power can restore us to sanity, and make a decision to turn our will and our lives over to the care of God as we understand God (Steps 2 & 3).

We then embark on an effort to face and let go of the parts of ourselves that had been blocking us from God (as we understand God), from ourselves, and from other human beings. We examine the defects in our character that have caused pain to ourselves and others and ultimately drove us to act out with compulsive sex (Steps 4 & 5).

With the support of our sponsors and others recovering from sexual compulsion, we demonstrate our willingness to change by taking new, “sober” actions and by asking our Higher Power to remove the defects of character that continue to impede our growth (Steps 6 & 7).

We make a list of people our behaviors have harmed and then make amends and restitution wherever possible (Steps 8 & 9).

We continue to grow by examining our behavior, admitting our mistakes, making amends, and using prayer and meditation to receive guidance and courage from the God of our understanding (Steps 10 & 11). As a result, we undergo a profound transformation in our responses to the world, and find we have tapped a powerful resource that truly works for our good. We continue this process of spiritual awakening by helping newcomers to work the Steps and thereby achieve sexual sobriety (Step 12).

MEETINGS

Meetings are a safe place to express our feelings and listen to the experience of others. We keep meetings safe by practicing anonymity. We identify ourselves by first name only and we do not reveal outside the meetings those whom we've seen or what we've heard at meetings. Most meetings ask that we do not use graphic sexual language while sharing and that we do not reveal the names and locations of places where people frequently have compulsive sex.

Speaking at meetings, sometimes called "sharing," can be an opportunity for you to talk about what is going on in your life or about your compulsive behavior. You're not required to speak at any SCA meeting. Furthermore, you may pass if asked to participate in any reading aloud that may occur at a meeting. At some meetings "sharing" is timed. This means that a meeting member is appointed to let the person who is talking know when to begin to wrap up their comments. Meetings with a "qualification" or "long share" are ones where an individual leads off the sharing by relating the experiences which qualify him or her to be a member, along with the strength and hope gained in recovery.

The way meetings are conducted varies from meeting to meeting. However, each is led by an individual who explains the meeting format. A voluntary donation to offset expenses is usually asked for by a treasurer at a time for announcements. SCA literature is usually available from the meeting's literature person.

Many meetings also have a brief social break after announcements. Most of us have felt anxious or uncomfortable from time to time during these social breaks. We have found that in time these feelings pass. Isolation is a characteristic of our disease. We encourage you to introduce yourself to others at meetings if possible. You may also ask for and exchange phone numbers. After meetings people often get together for "fellowship," which gives members a chance to socialize over coffee or dinner in a safe environment.

SEXUAL RECOVERY PLAN

SCA does not provide individuals with a definition of sexual sobriety. Sobriety is generally understood as adherence to a sexual recovery plan which the individual member wrote for himself or herself. This plan is usually developed in consultation with another member of SCA, often one's sponsor. "Counting of days" and announcements of SCA anniversaries in meetings usually refers to the amount of time one has remained on a plan.

SPONSORS

Interim sponsors are SCA members who have experience in recovery in SCA and who are willing to work with you as a temporary sponsor. Sponsorship is two people with the same problem helping each other to work the program. Some meetings have interim sponsor coordinators who can help you to find a temporary sponsor. Another way of obtaining a sponsor is to personally ask a member of SCA to be your sponsor.

CONFERENCES AND RETREATS

Conferences are gatherings that often last for one or more days and may include meetings, workshops and social events. Some cities also hold retreats that focus on the 12 Steps. Announcements about conferences and retreats are made in meetings.

LITERATURE

The following literature, appropriate for the newcomer, is available at most meetings. These items are either free or can be purchased at cost.

A current meeting schedule. This is revised as needed. Please read the meeting list and note meetings that are designated as especially for beginners. Beginners, however, are welcome to attend any SCA meeting, since the only requirement for SCA membership is a desire to stop having compulsive sex. Q&A (Questions & Answers). This is a guide for newcomers to SCA.

The Four-Fold. This contains the SCA statement of purpose, a list of 14 characteristics which most of us seem to have in common, the 12 Suggested Steps and Traditions (adapted with permission from Alcoholics Anonymous, which is not affiliated with SCA), a list of tools for recovery, twenty questions about sexually compulsive behavior and a closing statement that may be used at meetings.

Sexual Compulsives Anonymous: A Program of Recovery. The “Little Blue Book,” our basic text, has a more detailed description of the program of SCA.

The Tool of Writing. We work on many of the Twelve Steps through writing and find that it provides a way to measure our progress. We use a journal to express our thoughts and feelings so that we can better understand ourselves, our values, and our motives. We frequently write out a gratitude list as a way to recognize all the good things that we have in our lives.

The SCanner. Our newsletter, though not official conference-approved literature, has information of interest to members of the Fellowship. You can order “The Best of the SCanner” in print. The online version of the SCanner is at <http://SCannerOnline.org>.

Additional literature may be available at meetings for purchase at cost. We also make use of AA’s, OA’s and other twelve step programs’ conference-approved literature, as well as other appropriate materials. Many of these may be purchased in the recovery sections of local bookstores or online.

All SCA members are invited to participate in SCA activities. We extend to you a warm welcome as you begin this new path.

Contact Information:

Meetings and Literature Information

SCA International Service Organization
P.O. Box 1585, Old Chelsea Station
New York, NY 10011

SCA Information Line
1-800-977-HEAL (U.S. & Canada)
+1-212-606-3778 (international)

Web address: <http://www.sca-recovery.org>

The following pages list some core elements of the SCA Program.

STATEMENT OF PURPOSE

SEXUAL COMPULSIVES ANONYMOUS is a fellowship of people 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.

TWENTY QUESTIONS

1. Do you frequently experience remorse, depression, or guilt about your sexual activity?
2. Do you feel your sexual drive and activity are getting out of control? Have you repeatedly tried to stop or reduce certain sexual behaviors but inevitably found that 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 on 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 online 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 increasingly resort to 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 sex partner after the encounter?
14. Do you have sex with people with whom you normally would not associate?
15. Do you frequent apps, websites, clubs, bars, adult bookstores, restrooms, parks, and other public places searching for sex 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, web-camming, apps, 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?

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.

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.

Abstention (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.

THE TWELVE STEPS OF SCA¹

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.

¹ The Twelve Steps and Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt does not mean that Alcoholics Anonymous is in any way affiliated with this program. AA is a program of recovery from alcoholism. The use of the Twelve Steps and Twelve Traditions in connection with other programs which are patterned after AA, but address other problems, does not imply otherwise.

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.

CLOSING STATEMENT

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.