

## SCA Signs of Recovery

1. We connect with a Higher Power of our own understanding — and we each discover in our own way a faith that works.
2. We give ourselves a full measure of love and allow ourselves to feel the love of others.
3. We embrace all our feelings, including fear as well as joy.
4. We learn self-care instead of trying to use our compulsions to find excitement.
5. We gain clarity of thought as our sexual and romantic obsessions are lifted.
6. We lose our fear of socializing and friendships.
7. We prefer real connections over fantasies, asking for what we want and need, and listening to what others want and need.
8. We attract other healthy people with our relaxed outlook upon life, and we enjoy situations regardless of the potential for sex or romance.
9. We develop intimate relationships with people who accept us and care for us.
10. We learn to distinguish among sex, love and affection, and we integrate sex into our lives as a healthy element.
11. With our Higher Power as our Divine Matchmaker, we feel validated and complete whether or not we have a life partner.
12. We recover what we lost to sexual compulsion, not always in the same form, but beyond our wildest dreams.
13. We experience the bliss of service to our fellow sexual compulsives, to the people who are closest to us, and to the community at large.
14. We become happy, joyous and free.

NOTE: Consistent with the Fourth Tradition of SCA, the above *SCA Signs of Recovery* has been approved by the Los Angeles Intergroup of Sexual Compulsives Anonymous, for use as literature in our meetings.