Working the

S - A N O N

Program

SECOND EDITION
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INTRODUCTION

S-Anon Preamble to the Twelve Steps

S-Anon is a fellowship of people who share their experience, strength, and hope with each other so that they may solve their common problems and help others to recover. The only requirement for membership is that there be a problem of sexaholism in a relative or friend. There are no dues or fees for S-Anon membership; we are self supporting through our own contributions. S-Anon 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 recover from the effects upon us of another person's sexaholism and to help families and friends of sexaholics.

S-Anon is a program of recovery from the effects of sexaholism, based on the Twelve Steps and the Twelve Traditions of S-Anon, for the families and friends of sexaholics. The Steps and Traditions are based upon the Twelve Steps and Traditions of Alcoholics Anonymous, the original Twelve-Step Program. The "primary purpose" of S-Anon, found in our Fifth Tradition, is to help families and friends of sexaholics. We do this by "practicing the Twelve Steps of S-Anon, by encouraging and understanding our sexaholic relatives, and by welcoming and giving comfort to the families of sexaholics."

We have found that there is little likelihood of recovery in our relationships with others, nor were we able to help anyone including ourselves, until we first examined some of our own attitudes
and past actions in the light of the Twelve Steps of S-Anon. We found that there was no "quick fix" or easy way out. We often use the term "working" the program to signify our acceptance of this reality. We did, however, find a measure of relief as soon as we shared our burden with other S-Anon members who understood our pain. We found that we were better able to help ourselves and others, when we committed ourselves to the principles that lead to spiritual and emotional growth we heard described in S-Anon meetings and in S-Anon Conference Approved Literature. We couldn’t have imagined when we first came to S-Anon that our lives would one day be filled with joy, serenity, and peace, but that has been the experience of countless S-Anon members. Without hesitation, we invite you to join us on our journey of recovery.

This book combines new material with a significant amount of information and sharing previously published in S-Anon pamphlets. We hope that it will be helpful to have all this material compiled in a single publication, Working the S-Anon Program.

This book is organized into four parts, each of which is related to an important area of our recovery. The first three parts contain brief explanatory material, followed by sharing contributed by S-Anon members on each topic. To promote clarity, member sharing in each section is indented. The fourth part provides material used in S-Anon meetings.

- **Part 1** describes the tools we use (actions we take, principles we integrate into our lives, and attitudes we develop) to begin and enhance our personal recovery.
- **Part 2** contains sharing from S-Anon members on their experiences of healing and recovery in their relationships with the sexaholics in their lives and with others.
- **Part 3** focuses on ways we can carry the S-Anon message of recovery to those who still suffer from the effects of sexaholism.
- **Part 4** contains the suggested S-Anon meeting format, complete with suggested readings.
Introduction

We acknowledge here with humility and gratitude our debt of thanks to those who have preceded us in recovery in other Twelve Step programs. We occasionally quote from Alcoholics Anonymous and Al-Anon literature in an attempt to tap into the rich heritage of recovery described therein. Most of us find that AA and Al-Anon literature can offer hope and insight as we work the S-Anon program.