



## S-ANON RECOVERY WHEN THERE'S NO LOCAL GROUP

### WELCOME

Welcome to the S-Anon fellowship. We hope that you will find much help and friendship even if you do not currently have a local group to attend.

We come to S-Anon because someone's sexual behavior bothered us. We have found that although the details of our situations may differ, the problems we have experienced are often the same. We may have felt responsible for the sexaholic behavior. We may have thought we could have or should have done something to change the situation, only to be left with resentment, hurt, anger, fear, shame, and/or depression.

At first some of us may have resisted seeking help. *Why should I need help when the other person has the problem?* In S-Anon we learn that we can become spiritually and emotionally ill because of the effects on us of another person's sexaholism. In S-Anon we have found hope and support for ourselves by applying the principles of the Program, regardless of our various beliefs, and whether or not the sexaholic has found recovery.

Although it may take time and courage to reach out, we have found S-Anon members understand as few others can. When we were willing to go the necessary lengths for ourselves, we have found the promised gifts, including serenity and happiness.

Listed below are suggestions of tools that S-Anon members have used and found helpful, even when there was no local S-Anon meeting.

- Reading S-Anon Literature. The book, *S-Anon Twelve Steps*, explains each of the Twelve Steps of S-Anon and describes various S-Anon members' experiences in applying them. Other books include *Working the S-Anon Program*, a practical guide to tools of S-Anon recovery; and, *Reflections of Hope*, readings on the experience, strength, and hope of many recovering S-Anon members.
- Trying to attend at least one S-Anon meeting, even if it is some distance away. We can ask for phone numbers and emails from members whose sharing we have found helpful.
- Keeping in touch with S-Anon members willing to accept telephone calls, emails, or postal mail. We may get contact information of volunteers who are willing to serve in this way from the World Service Office (WSO).
- Attending telephone S-Anon groups available at various times on most days of the week. A telephone number and pin number brings us to the conference-call meeting. An S-Anon member who serves as a contact person can give more information.

- Participating in the online S-Anon groups. The online groups have a weekly format that keeps the meeting focused on sharing the experience, strength, and hope of working the S-Anon Program. There is a process to subscribe, and it may take a few days to be admitted to the group.
- Attending local and regional S-Anon conventions and marathon meetings. Some areas may hold periodic workshops or weekend gatherings. These are opportunities to meet other S-Anon members and gain new and helpful perspectives that can give our own recovery a boost.
- Attending S-Anon International Conventions. Conventions provide opportunities to hear a wide variety of experience, strength, and hope and to see the strength and unity of S-Anon as an International Fellowship. Every six months these three-day (Friday through Sunday) conventions, typically held in cooperation with Sexaholics Anonymous (SA), are held in various locations across the USA and Canada. S-Anon meetings at conventions are open only to those who have registered as S-Anon members. Newcomers come to conventions; some may be attending their very first S-Anon meeting. Special meetings for newcomers and one-on-one sessions with temporary sponsors are available to ask questions and discuss anything about S-Anon recovery.
- Starting a new S-Anon group. Order or download the pamphlet "Starting S-Anon Groups," and the S-Anon/S-Ateen Service Manual to explore starting a group in our area. S-Anon members who are serving in our area as Area Delegates or Regional Trustees may be able to support us and help us find other members in our area. (It has been said that it only takes two people and a little resentment to have an S-Anon meeting.)
- Asking an S-Anon member to guide us in working the Twelve Steps and using other recovery tools. It is helpful if this member is someone we can relate to and is living the principles of S-Anon. He or she can serve as a temporary or long-term sponsor. (For more information see the pamphlet "Sponsoring...and Being Sponsored in S-Anon")
- Using a notebook or journal for writing about our feelings and progress. Writing out our thoughts may be helpful to process our experiences. It may be a way to let go of obsessive thinking. The questions in the book, *S-Anon Twelve Steps*, may be helpful as a guide in writing about working the Twelve Steps. We may find it freeing to share our writing with another member or sponsor.

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- Receiving the *S-Anews*® and reading the experience, strength, and hope from other members. (Check publication status with the WSO.) Eventually we may like to write and share, from our own experience, how we are working the S-Anon Program.
- Being honest, open-minded, and willing to apply the principles of the S-Anon program. This is how (H.O.W.) it works. We are encouraged to apply the principles of the S-Anon Program in our own time and way. In addition to working the S-Anon program, it may be helpful to get support from outside resources, including other Twelve Step programs and personal counseling.
- Inviting our Higher Power, or the God of our understanding, to help us with all of these suggestions and our recovery.

More information about these suggestions may be found on the S-Anon Website or requested from the WSO. See contact information on our address signature, below.

We hope to meet you as we walk this path of recovery.

## THE TWELVE STEPS OF S-ANON

1. We admitted we were powerless over sexaholism – 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 Him*.
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 Him 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 Him*, praying only for knowledge of His 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 others and to practice these principles in all our affairs.

## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS:

1. We admitted we were powerless over alcohol - 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 Him*.
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 Him 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 Him*, praying only for knowledge of His 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 alcoholics, and to practice these principles in all our affairs.

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

## 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.



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