

This Mini Foundation is designed for the newcomer either to SAA or to our approach. We hope this will help you discern if what we have to offer might be right for you. But first - If you're new to us, You may be saying to yourself wait a minute I was looking for an SAA Meeting but you guys are talking about studying the AA big book. Don't worry – you are in the right place, this is an SAA Meeting. We have chosen to study the AA big book.

There is a section of the big book which may help you. In the book Alcoholics Anonymous we read in chapter 4 - "We Agnostics" on page 44 , "We hope we have made clear the distinction between the alcoholic and the non-alcoholic. If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer."

We can apply this to our problem. So we read, We hope we have made clear the distinction between the sex addict and the non sex addict. If when you honestly want to you find you cannot quit certain sexual behaviors, or if when you are acting out you have little control over the amount you use, or the time or money you spend, you are probably a sex addict.

The book explains that the alcoholic is sick in both his body and his mind. For the true sex addict, we found it is the same for us. The disease of the body manifests as a craving. The non sex addict can take it or leave it alone. For us, however, once we start with certain sexual behaviors, we have no idea of how far we will go. We may say we will only watch pornography for 15 minutes, only to find that hours have gone by and we are still using.

The other part of that sentence is also important: "If when you honestly want to quit acting out you find you cannot" refers to the disease of the Mind. Although we may have sworn off countless times, after a few days, perhaps on the same day or perhaps Weeks Later we tell ourselves that it won't be so bad this time or fool ourselves with other ideas we tell ourselves. Thus, even though we swore we would stop, our Sick Minds tell us that it's okay to resume and sooner or later we will do so. We believe this is insanity, the definition of doing the same injurious behaviors and expecting a different result.

Just like the alcoholic who once started To drink could not stop, and once stopped could not stay stopped, we found the same situation with certain sexual behaviors. Just as they practiced the 12 Steps with a sponsor who knew the Big Book of AA and recovered from a seemingly hopeless state of mind and body, many of us who had tried other means found the same promised spiritual awakening that our counterparts in AA did. That is why we use the approach put forward by Alcoholics Anonymous. As they discovered that they were sick in their body and their mind so too do we realize the same thing. And this is the first step in our program.