



## INFORMATION FOR PROFESSIONALS

S-Anon is a Twelve-Step program of recovery that can be a source of hope and help for those affected by the sexual behavior of another person. Every member determines for him/herself whether or not he/she belongs in S-Anon; no referral is needed.

Many helping professionals encourage clients who have been affected by someone's compulsive sexual behavior to attend S-Anon meetings for understanding and support. Many S-Anon members have found S-Anon meetings and working the Twelve Steps of S-Anon to be helpful complements to professional treatment.

### **S-ANON IS:**

- S-Anon is a fellowship of the relatives and friends of sexaholics (persons addicted to sexual behaviors) who share their experience, strength, and hope in order to solve their common problems.
- S-Anon is a program of recovery adapted from Alcoholics Anonymous and based on the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of Service.
- S-Anon is a fellowship requiring no dues or fees for membership. S-Anon is self-supporting through member contributions.
- The only requirement for membership is that a person is affected by the sexual behavior of another person.
- S-Anon's primary purpose is to help families and friends of sexaholics.
- S-Anon is an anonymous program. All members are asked to respect each other's anonymity, that is, to keep in confidence what is said and who is seen at an S-Anon meeting.

### **S-ATEEN IS:**

- S-Ateen is a Twelve Step program for teenagers who have been affected by the sexual behavior of a relative or friend.
- S-Ateen groups follow S-Anon's Twelve Steps and Twelve Traditions and principles.
- S-Ateen groups are conducted separately from S-Anon groups, and are guided by adult S-Anon sponsors.

### **S-ANON AND S-ATEEN GROUPS ARE NOT:**

- S-Anon and S-Ateen groups are not counseling or therapy groups. We do not give advice; we share with the group as a whole, rather than addressing comments or questions to individual members.
- S-Anon and S-Ateen groups do not recommend, discuss, or mention names of therapists, treatment centers, or other professionals during a meeting.

- S-Anon and S-Ateen groups do not discuss or endorse any specific religious point of view. S-Anon and S-Ateen are spiritual programs, but the principles are useful to all, regardless of faith or creed.
- S-Anon and S-Ateen groups are not focused on gossiping, criticizing, or staying stuck in the problem. We are here to help ourselves and other group members by focusing on solutions to our problems, not the sexaholics' problems.

### **WHO WOULD BENEFIT FROM S-ANON?**

S-Anon is for any adult (spouse, parent, adult child, brother, sister, friend, co-worker, or other) who has been affected by another person's sexual behavior. Whether or not the sexaholic seeks help for him/herself, those troubled by the sexual behavior of another person can benefit from S-Anon.

### **WHAT CAN MY CLIENT GAIN FROM S-ANON?**

He or she will find support and friendship from others who understand.

### **WHAT CAN BE EXPECTED AT S-ANON MEETINGS?**

S-Anon meetings follow a suggested format with readings and time for sharing. Your client is free to just listen and would not be expected to share until he/she feels comfortable doing so. It is customary in most meetings to use first names only. Only S-Anon Conference Approved Literature will be read and a topic introduced. Generally, experienced S-Anon members take turns leading the meetings. The leader calls on those who indicate they want to share. Members share their own experiences, without interruptions and without giving or receiving advice. Members listen and try to gain insights into common problems and possible solutions. We leave our other identities outside the discussion, other Twelve Step issues, philosophies, religions, therapies, and occupations. At the close of the meeting a reminder about anonymity is read.

### **WHAT ABOUT TEENS AFFECTED BY THE SEXUAL BEHAVIOR OF ANOTHER PERSON?**

S-Ateen, part of S-Anon Family Groups, is a fellowship of young people whose lives have been affected by the sexual behavior and attitudes of a family member or friend.

### **HOW DO I REFER A CLIENT TO S-ANON OR S-ATEEN?**

You and your client are encouraged to contact the S-Anon World Service Office (WSO) by phone, mail, or e-mail at the address on this pamphlet. The WSO will help your client connect with an S-Anon member and locate a meeting. Some areas have local information phone numbers,

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which are listed on S-Anon's website. As a professional, you may also want to order some S-Anon literature to have on hand.

## WHAT IF THERE ARE NO S-ANON GROUPS IN YOUR AREA?

Encourage your client to contact the WSO to connect him/her with a member of S-Anon. Additionally the S-Anon pamphlet, "S-Anon Recovery When There's No Local Group," offers some suggestions.

## HOW CAN I HELP MY CLIENT GET STARTED IN S-ANON?

- Ask your client to attend six or more meetings before deciding whether S-Anon is for him or her. Meetings vary with different topics and leaders.
- Suggest your client get a sponsor as soon as possible and choose a sponsor who has the recovery your client wants and who speaks of practical experience using the Twelve Steps and Twelve Traditions.
- Encourage your client to develop a support network within the S-Anon fellowship by attending meetings regularly as well as calling/emailing and getting to know more than one person.
- S-Anon has developed twenty-three questions that may help indicate if someone has been affected by the sexual behavior of another person. Please visit [www.sanon.org](http://www.sanon.org) for a downloadable version of this checklist. The questions are also printed in the pamphlet "Is S-Anon for You?"

## 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 whenever 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 Twelve 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.)

## SUGGESTED S-ANON PAMPHLETS AND BOOKS:

*Is S-Anon for You?*  
*Newcomers Booklet*  
*S-Anon: The Problem, Keys to Recovery, Gifts*  
*S-Anon Twelve Steps*  
*Working the S-Anon Program*  
*Reflections of Hope*



© S-Anon International  
Family Groups, Inc. 2013  
World Service Office (WSO)  
P.O. Box 17294  
Nashville, TN 37217  
615-833-3152 or 800-210-8141  
email: [sanon@sanon.org](mailto:sanon@sanon.org)  
Website: [www.sanon.org](http://www.sanon.org)

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