



S-ANON RECOVERY WHEN THERE'S NO LOCAL GROUP

WELCOME

Welcome to the S-Anon fellowship. We hope that here you will find much help and friendship from people who have been in a situation similar to yours, even if you do not currently have a local group to attend.

We came to S-Anon because we felt uncomfortable about the sexual behavior of someone close to us. We have found that although the details of our situations may differ, the feelings and 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, thinking, "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. We have also 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 admitted a problem or 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 to the necessary lengths to help ourselves, we found the promised gifts, including serenity and happiness.

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

- Read S-Anon Literature. The booklet *We're Glad You're Here...Helpful Information for the Newcomer* introduces the basic principles of the S-Anon program. 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*, daily readings of recovering S-Anon members' experience, strength, and hope. These publications and additional resources are available at www.sanon.org.
- Try to attend at least one S-Anon in-person meeting, even if it is some distance away. There is a list of in-person meetings on the S-Anon website. We can ask for phone numbers and e-mails from members whose sharing we have found helpful.
- Attend telephone or virtual S-Anon groups available at various times on most days of the week. An S-Anon

member who serves as a group contact person can provide more information about how to access each meeting. At these meetings, we can also ask for phone numbers and e-mails from members whose sharing we have found helpful.

- Choose a group that you are comfortable with as your "home group" and attend that meeting as regularly as possible. Many of us supplement our "home group" meetings with additional meetings as needed. However, getting to know one group of S-Anon members more intimately through regular meetings with them can provide us with a greater sense of fellowship and belonging, which can greatly enhance our recovery.
- Keep in regular contact with S-Anon members willing to accept telephone calls, e-mails, postal mail, or text messages. Use the contact information you receive from members at meetings, and/or request contact information of volunteers who are willing to serve in this way from the World Service Office (WSO).
- Attend local and regional S-Anon recovery events. 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. A schedule of many of these events is available at www.sanon.org.
- Attend S-Anon International Conventions. These events provide opportunities to hear a wide variety of experience, strength, and hope and to see the unity of S-Anon as an international fellowship. These three-day (Friday through Sunday) conventions, generally convened semi-annually and often in cooperation with Sexaholics Anonymous (SA), are held in various locations across the United States and Canada. Areas outside the United States and Canada may hold their own international events. S-Anon and S-Ateen meetings at conventions are open only to those who have registered as S-Anon or S-Ateen members. Special meetings for newcomers are offered, and one-on-one sessions with temporary sponsors are available for members to ask questions and discuss anything about S-Anon recovery.
- Start a new S-Anon group. Order or download the pamphlet *Starting S-Anon Groups* and download or review the online *S-Anon/S-Ateen Service Manual* to explore starting a group in the area. S-Anon members who serve a specific area as Area Delegates or Regional Trustees may be able to offer support and help find other members in the area. It can be said that it only takes two people to have an S-Anon meeting.

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- Ask an S-Anon member to guide you in working the S-Anon Twelve Steps and using other recovery tools. It is helpful if this member is someone we can relate to and who is living the principles of S-Anon. A list of long-distance sponsors may be obtained from the S-Anon World Service Office. For more information, see the pamphlet *Sponsoring...and Being Sponsored in S-Anon*.

- Use a notebook or journal for writing about our feelings and progress. Writing down our thoughts may help us process our experiences. It may be a way to let go of obsessive thinking. Writing our responses to the questions at the end of each chapter in the book *S-Anon Twelve Steps* may be a helpful way to work the Twelve Steps. We may find it freeing to share our writing with another member or sponsor.

- Practice honesty, open-mindedness, and willingness to apply the principles of the S-Anon program. This is how the program of recovery works for us. 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, we may find it helpful to get support from outside resources to resolve personal issues that may surface.

- Invite your Higher Power, or the God of your understanding, to help you with all these suggestions and our recovery.

More information can be found on the S-Anon Website. We hope to meet you as we walk this path of recovery together.

S-ANON TWELVE STEPS

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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