

***(YOUR LOCAL HOTLINE TELEPHONE #
OR CONTACT INFORMATION HERE)***

Recorded message with meeting locations &
Meeting directory faxed or mailed upon request

Dear Friends:

As a member of a helping profession, you may come into contact with those who have been adversely affected by the sexual behavior of a family member or friend. S-Anon International Family Groups is a fellowship of the relatives and friends of sexually addicted people who share their experience, strength and hope in order to solve their common problems. Our program of recovery is adapted from Alcoholics Anonymous and is based on the Twelve Steps and the Twelve Traditions.

Our program offers help and hope to families, friends and co-workers of sexaholics in crisis, who will find a supportive environment in S-Anon's 12 Step meetings. We would like to make you aware of our program of recovery as one of the tools available in helping family members and friends of sexaholics to rebuild their lives.

We recommend that you encourage your clients to contact us before attending any of our meetings. This gives them a person they can ask questions of, and it helps them to feel less isolated with their problems. It can also help to lessen their fear about the group, and offer them hope. It may also give them a contact at their first meeting, which helps them feel welcomed into the group.

If you feel a client would benefit from our program, and would like a personal contact for them at their first meeting, please call our hotline and we will help arrange it.

Thank you for your interest in our program, and for allowing us to work together with you to offer help and healing for the effects of sexual addiction in our community. Please let us know if we can be of further service to you.

Sincerely,

(YOUR INTERGROUP OR LOCAL MEETING HERE)

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The S-Anon Checklist Questions

1. Have you often felt hurt, ashamed or embarrassed because of someone else's sexual conduct?
2. Are you afraid to upset the sexaholic for fear that he or she will leave you?
3. Have you sometimes found yourself searching for clues about someone else's sexual behavior?
4. Have you ever fantasized, obsessed or worried about someone else's sexual problems?
5. Have you ever made threats to others or promises to yourself ("If this happens again, I'll leave.") that you did not carry out?
6. Have you ever tried to control somebody else's sexual thoughts or behavior by doing things like throwing away pornography, dressing suggestively, or being sexual with them in order to keep them from being sexual with others?
7. Has your involvement with another person or their sexual behavior ever affected your relationship with your children, your co-workers or other friends or family members?
8. Have you often lied to others or made excuses to yourself about another person's sexual conduct?
9. Have you had money problems because of someone else's sexual behavior?
10. Have you engaged in sexual behavior that makes you feel uncomfortable or ashamed, or is physically dangerous, fearing that if you don't the sexaholic will leave you?
11. Have you ever felt confused and unable to separate what is true from what is not true when talking with the sexaholic?
12. Have you ever thought about or attempted suicide because of someone else's sexual behavior?
13. Have you often used sex to keep peace in the family or smooth over problems?
14. Does sex (for example, thinking about it, doing it, talking about it, worrying about it) play an all-consuming role in the relationship?
15. Have you ever felt abandoned emotionally because of your partner's use of pornography or masturbation?
16. Have you ever helped someone get out of jail or other legal trouble as a result of his or her sexual behavior, or feared that this kind of thing could happen?
17. Have you often thought that the sexaholic's behavior was caused by other people, such as friends or sexual partners? by society in general? by his/her job, religion, or birth family?
18. Have you ever suspected that anyone was inappropriately sexually interested in any of your children?
19. Do you feel alone in your problem?

If you can answer "yes" to even some of these questions, you may find help in S-Anon.