Is S-Anon for You?

Hope and Help for Anyone Affected by Another Person's Sexual Behavior

S-ANON®
International
Family Groups

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Are you affected by someone's sexual behavior?

1. Have you felt hurt or embarrassed by someone's sexual conduct?
2. Have you secretly searched for clues about someone's sexual behavior?
3. Have you lied about or covered up another person's sexual conduct?
4. Have you had money problems because of someone's sexual behavior?
5. Have you felt betrayed or abandoned by someone you loved and trusted?
6. Are you afraid to upset the sexaholic for fear that he or she will leave you?
7. Have you tried to control somebody'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?
8. Have you used sex to try to keep peace in a relationship?
9. Have you tried to convince yourself that someone else's sexual thoughts and behavior shouldn't bother you?
10. Have you felt that sex plays an all-consuming role in your relationship?
11. Have you doubted your attractiveness, your emotions, and your sanity?
12. Have you felt responsible for the sexual behavior of another person?
13. Have you felt angry and/or stupid for not knowing about someone's sexual acting out behavior?
14. Have you engaged in uncomfortable, unwanted, or physically dangerous sexual behavior?
15. Have you ever thought about or attempted suicide because of someone's sexual behavior?
16. Has your preoccupation with someone's sexual thoughts and behavior affected your relationships with your children, your co-workers, and/or other friends or family members?
17. Have you neglected your physical and/or emotional health while in a relationship?
18. Have you helped someone get out of jail or other legal trouble, or feared legal action as a result of his or her sexual behavior?
19. Have you blamed other people, such as friends or sexual partners, society in general, his/her job, religion, or birth family for someone's sexual behavior?
20. Have you felt confused about what is true when talking with someone about his or her sexual thoughts or behavior?
21. Have you felt alone or too ashamed to ask for help?
22. Have you avoided painful emotions by using drugs, alcohol, or food or by being too busy?
23. Have you ever felt that someone was inapropriately attracted to you or your children?

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

S-Anon Is…

✔S-Anon is a fellowship of relatives and friends of sexaholics who share their experience, strength, and hope with each other so that they may solve their common problems. The term sexaholism covers a variety of behaviors that stem from powerlessness over lust. Like other addictions, sexaholism affects the whole family. We may suffer symptoms of shame, guilt, and fear. In S-Anon we find hope and help.

✔S-Anon uses the S-Anon Twelve Steps and Twelve Traditions, adapted from Alcoholics Anonymous, which are suggested for our recovery. Working the S-Anon program is not easy, but many of us have found serenity and even happiness far beyond what we could have imagined.

✔S-Anon members find relief and hope in sharing with others who understand. We learn how to make good choices for ourselves and discover we can live more serene and fulfilling lives whether or not the sexaholic chooses to seek recovery.

✔S-Anon is self-supporting through members' voluntary contributions.

✔S-Anon is an anonymous program. All members are asked to keep in confidence the people seen at a meeting as well as what is said.

✔In S-Anon we focus on ourselves and our own recovery.

S-Anon Is Not…

✘ S-Anon meetings are not counseling or therapy groups. We do not give advice.

✘ S-Anon does not discuss or endorse any specific religion. S-Anon is a spiritual program and follows principles that apply whether a person practices a religion or not.

✘ S-Anon meetings are not a place to complain, gossip, criticize, or stay stuck in our problems. S-Anon meetings help us by focusing on ourselves and on solutions.

Other Questions…

How will S-Anon help me?

When we hear how others have worked through difficult situations by using the S-Anon program, we find hope for our own situations. We break out of isolation and find we are not alone. The Program focuses on Honesty, Open-mindedness, and Willingness (HOW). These are essential to our recovery.

What can I expect at an S-Anon meeting?

S-Anon meetings follow a format that includes time for reading S-Anon Conference Approved Literature and time for sharing. An S-Anon member leads the meeting. Those who want to will have a chance to share. We share our own experience and others listen without interruptions or giving advice. You are free to just listen and share at a time when you are ready; there are no "musts."

What about teens affected by someone's sexual behavior?

S-Ateen, part of the S-Anon International Family Groups, is a fellowship of young people ages 12 - 19 whose lives have been affected by the sexaholism of a family member or friend. Contact the S-Anon World Service Office (WSO) for more information.

How can I get started in S-Anon?

Develop a support network within the fellowship by attending S-Anon meetings regularly, making and receiving telephone calls and/or emails, and reading the S-Anon literature. As soon as possible, we suggest getting a sponsor to help work through the Steps. Ask someone who has the recovery you want to be your sponsor. It takes courage to reach out, but most of us have found it to be well worth the risk.

How do I find an S-Anon meeting in my area?

Check the website for meeting locations and contact information. Or contact the WSO, and the staff will help you find S-Anon members and/or locate a meeting.

Will anyone say I've been at the meeting?

Anonymity is the key to feeling safe to share whatever we need to share. Anonymity means we do not tell anyone about the people we see at a meeting, or what is said in a meeting. In S-Anon meetings, it is customary to use first names only.

What if there are no S-Anon meetings in my area?

We encourage you to contact the WSO. The staff will help you connect with S-Anon members. Try to keep in touch with one or several S-Anon members by telephone, email, or postal mail. Many of us find it helpful to learn about the experiences of other S-Anon members by reading S-Anon Literature. International, regional, and other S-Anon gatherings are held in various locations throughout the year. These are good opportunities to meet other members in person and participate in face-to-face meetings. The suggestions above can help you to find support to begin your S-Anon recovery. Eventually, you might want to start an S-Anon meeting in your local area.

You Are Not Alone…

No matter what feelings you may have, other members of S-Anon have had them, too. The details of our situations may differ, but all of us have felt anxious, angry, obsessed, fearful, lonely, depressed, ashamed, confused, crazy, defeated, and/or hopeless. Some of us were emotionally numb. Without spiritual help, living with or having lived with a sexaholic is too much for most of us. Some of us first came to S-Anon to help the sexaholic and had to learn to accept help for ourselves. Reaching out for help took courage, and it was the beginning of our own recovery. We found that when we took positive action, help was there for us in S-Anon. We found love and support in sharing with and listening to other people who had similar experiences and feelings. In S-Anon we found more hope and gratitude than we ever thought possible.

S-ANON®
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