



**Newark, New Jersey  
January 11-13, 2008**

# **Recovery Notes**

A Recovery Note is a short written statement, for the benefit of fellow sufferers, of how a person's life has been positively changed through the SA or S-Anon programs. These notes were created and typed-up by the people who attended the Newark International Convention in January 2008. We hope that they will help in your recovery.



## My Recovery Note



2007 was a turning point in my life. Having clandestinely acted within my disease for decades, my deadly isolation caught up with me when my wife announced she was leaving our marriage.

Attending my first SA meeting in July, I shared about my true self with another human being for the first time in my life. I have learned what life has in store for me---a joyous freedom I have never known.

Life is hard work, and working the steps is difficult as well. It's supposed to be that way. I am honestly looking at myself for the first time.

Although lasting sobriety is a struggle at times, my Higher Power is constantly revealing more to me, so the quality of my sobriety improves along with my spiritual progress---one day at a time.

*Marshall A.  
San Juan Capistrano, CA*





## My Recovery Note



The sadness and loneliness after retirement moved me quickly from an addiction to work to my other addiction which had surfaced only occasionally during my career. For the past 12 years ,through deception and dishonesty, I kept the secret of a dual life.

A year ago I admitted before other men that I had an addiction and entered a 12-step SA program and soon got a sponsor. Disclosure to my wife a month later put my addiction completely in the light . Our agreement was that I would disclose any future slips within 24 hours. I had slips and they brought such shame(I was in the program. Why should I be slipping?) that my fear pushed me to continue my pattern of deception. My sponsor and I both knew that I had to come clean with my wife a second time. This honesty created a separation which continues after 5 months.

Consistent meetings, morning meditation including SA literature, my sponsor, one particular trusted servant, friends, and especially my Higher Power have challenged and encouraged me to stay sober as I walk through pain, loneliness and sadness. For the first time in my life I am learning to take care of myself.

*Franklin H.  
Asheville, NC*





## My Recovery Note



I came into the program 8 months ago, after being part of another S-group for over 2 years. When I hit my bottom (in the Fall of 2004), I was extremely depressed and felt a load of self-hatred and hopelessness. I knew then that I must be an addict and that I had to get help. While I started my recovery with 4 months of sobriety, after one relapse in June of '05, I continued to relapse again and again. After 2 years of slipping, I was feeling pretty desperate and believed that something had to change or I was going to give up altogether. So I decided to check out SA (one guy in my first S-group also attended some SA meetings). I'd love to say that once I came into SA, I miraculously gave up lust and the addiction entirely, but that's not what happened. For me, Step 3 – being willing to turn over my will and my life to the care of God - has been the biggest obstacle to my recovery. It didn't matter if I was in SA or in any other group. As long as I'm not willing to surrender myself completely to God, I won't have any lasting recovery (or any joy or serenity). I wanted to - and sometimes I still want to - hold onto my lust. Still, I knew if I went "back out there" my life would become a complete mess. So, like they say in the literature, I kept coming to meetings. I knew I had to keep coming to meetings and commit to the fellowship, or I would never get better.

After five months of slipping in SA, I currently have 2 ½ months of sobriety. There has been no magical turning-point or change in my recovery, or at least no special moment that I'm aware of. However, I think I'm learning slowly how to turn over my lust and my will to the care of God. Am I willing to surrender my will to God? A lot of times I'm not. But I think I'm more willing than I was a few months ago. Praying at the very beginning of a lust thought or temptation is critical for me. I've been doing that more these days, although it does NOT come easy. I don't want to do it a lot of times. I'm so used to taking in a little bit of lust before deciding if I'm going to "keep" lusting or not. But since I'm a sexaholic, once I start lusting, it's a very short time before I think about acting out and then I'm in trouble. But I'm praying for the willingness, and I'm working on taking the *actions* of recovery (the actions of a healthy person) even if the feelings aren't there. That's been the difference, or at least one of the differences for me in the last couple months. I'm beginning to make choices based on what's right, rather than on what I feel. So many times I don't feel like making a phone call, but I make the call anyway. I don't feel like praying for the objects of my lust, but I pray for them anyway. Making decisions on how I feel has turned my life into misery and destruction, so I can't do that anymore. Not if I want to get recovered and get healthy. I'm not saying I'm consistent in doing this all the time. I still act on my feelings pretty regularly (even if I don't act on lust, I'll act on my anger, fears or self-pity), but I'm taking more positive actions based on what's good for me and less negative actions based on my selfish thinking and attitudes. And I'm becoming more grateful every day for this fellowship, for the people I can call when I'm struggling with temptation or with stress or anger, etc. And it's becoming clearer to me that God really loves me and He shows me a great deal of that love through this fellowship. God wants me to have a life worth living, a life of recovery and gratitude, and I can have it if I'll just ask Him each day for the serenity and courage I need to stay sober. *Dale Y*





## My Recovery Note



I was blessed to have the obsession to drink lifted from me by God on August 1, 1974. I had a wonderful sponsor who took me through the steps. From the 4th and 5th steps, I realized I had some issues about my sexual behavior but did nothing about it. In 1985, I was again blessed with a second sponsor and redid my 4th and 5th steps. Based on my sharing, he recommended strongly that, because of my LUST issues, I attend SA. I went to 6 meetings and I decided, on my own, that I was not as bad as the rest of the group. Well, in 2004 I hit a brick wall around my lust and nearly lost everything so dear to me ... my God, my wife, my children, my grandchildren, my sponsees, my home, and the respect of my church and my community. Again I was blessed by somebody's suggesting to my wife that I go away for treatment for my lust addiction. After 6 weeks there, I came in to SA as a brand new member of recovery on Step 0. I put aside my pride of having over 30 years in recovery in AA, joined a home group, got a great sponsor who took me through the SA steps, attended approximately 5 meetings per week, went to 5 International Conventions, made daily phone calls to other addicts, do 1 hour each morning of meditation with my wife, who is an active member of S-Anon. Patti had a softening of the heart through her own recovery work and forgave me for my betrayal. We have just completed three of the best years of our marriage (no more secrets). We are full-time RVers now and attend recovery meetings nearly every day no matter where we are. God and my sponsor have given me the courage to make amends to all of my family members and my ex-sponsees. For the first time in my life, I am a free man - free from my addictions. Happy, joyous, and free!

*Sean D.*





## My Recovery Note



I started attending SA Meetings in December of 2005, at the "request" of my fiancée'. After two meetings, she broke up with me, and I was lost. I really didn't know what was going to happen in my life. All of my future plans were intertwined with and revolved around her, and our life together. You surrounded me, and invited me out to the diner for a slice of pie. You welcomed me, and guided me through one of the loneliest moments of my life.

When later on I began acting out again, and could not see what I was going to do with my life, you were there to tell me to "keep coming back," and to tell me the things that you did that helped you to live in sobriety.

In sobriety, I've learned to listen to the experience of those who went before me, and to do the things that they do that help them to live in this world without acting out and with a sense of peace. If I do these things, you tell me, I will get that result.

Because of your love, and the 12 steps of Sexaholics Anonymous, I have not found it necessary to act out since June 27, 2006. My life has changed in ways I would not have expected.

I cook, my apartment is clean, my job is stable, and the bills are being paid, and I'm being shown how to plan for the future, not fantasize about it. None of these things I ever did on my own. It is your guidance, and support that has allowed this.

Thank you.

*Chris M.*





## My Recovery Note



Five years ago, no matter what, it was always somebody else who could fix me, or somebody else's fault. I was forever thinking that I would get a different result from the same old reckless, self-obsessed and dangerous behaviors. To admit that I might be wrong was a territory that I could not visit.

SA has changed all that. It's been painful and slow – and I still feel like a little boy in recovery. But approaching my 58th birthday, I am for the first time in a marriage of 32 years happy and shaking off the shackles of emotional dependency and I have the gift of three young granddaughters in my life. I am truly grateful to the fellowship and the new relationship it has helped me form with a Higher Power of my understanding."

*Mark S.*





## My Recovery Note



**My life has been transformed as a result of sex addiction recovery by working the program of SA. I see life through a different lens and in present time. Gone are the messages of fear, unworthiness, shame, and the distorted thoughts that no one would love me if they knew who I was/am. I can now walk with my head up looking the world square in the eye as a peer. I can hear what you say without the old tapes filtering your words, and if I am not clear I can now ask you for clarification so that I can better process and be present for you. Life is now a moment to moment journey and to the degree that I can be present without preconceived notions it continually surprises and delights me.**

**When I hit the streets after treatment I went to 7-9 meetings a week in 4 different fellowships as I am in recovery for other addictions too. Any length, right? During this time I was looking for a sponsor that was multi addicted as I was. It took a few months but patience paid off. I leaned on him often while working the steps and trying to integrate them into my daily life. In the mean time I got active in service work chairing meetings and keeping the door open and chaired that particular meeting for about 2.5 years. We reestablished our intergroup and I am active in that area of service along with sponsoring others and answering the local helpline. Giving freely of what I have been given so freely in SA has allowed me to become someone that I want to be like, a friend to myself and as a result to others. I cannot give away what I do not have.**

**Life is amazing today, our marriage is great, family relationships have a closeness they have never had. I can connect with my co-workers and they with me, for the first time in my life I worship with others in a Christ focused community based on the 12 steps at a local church. The work in SA has allowed me to be present for those afflicted with SA issues in a church based community and spread the good news of recovery from this addiction there.**

**In order to keep my recovery going I must do the above on a daily basis. I go to 3 meetings a week, read recovery based material, pray asking for the knowledge of His Will for me and the power to carry it out, stay connected with people in the fellowship by phone and face to face, stay present, talk or go to meetings with my sponsor, do step work with sponsees and pick up the phone when those pesky lust based drive by thoughts start appearing. To sum all this up I try to LIVE the program in all my affairs.**

*Chip I., Richmond, VA*





## My Recovery Note



I was ready to kill myself because life couldn't get any better. Then I found SA. Now I have 17 years of sobriety, therefore some recovery. It only happened one day at a time. Going to meetings, having a sponsor to bounce ideas off, working the steps, doing service and going to fellowship as well as retreats and conferences insured success.

What is it like now? I have integrity. That almost says it all. I have traveled to at least 25 countries in recovery, some two and three times. I am serving my Higher Power in unique ways that only a person reaping the 12 promises could do. I can never be sufficiently grateful for the gift I have been given.

*Dave T., Lawton, OK*





## My Recovery Note



It has been 4.5 years since I started in SA and also that much time that I have been sober. My life is different in so many ways...My priorities have changed...I have a job that I found while in recovery...It pays much less than the one that I had lost while in my addiction...Over the past two years, I have been offered opportunities to make a lot more money than I do now but choose to stay here because of how unusual the job is in terms of spiritual enrichment.

My daughter, who is now 18, says she understands my choice, even though it puts our family (with three in college) in a financial bind. She said she sees how I have changed for the better because of my new-found priorities and my new passion for all things spiritual...I am grateful to God that she sees that...She and I get along SO well now ...For so long before I found SA she and my sons (who are now 20 and 17) were estranged from me but now it's so different because through SA I found a true relationship with God that translates into love for my husband and for them....Thank you God !!

*Bernadette K.*





## My Recovery Note



Sharing my 4th step with my sponsor was the beginning of my accepting my part of my spiritual disease and truly feeling God's presence holding me in forgiveness for what I had done to myself and others. (I was on a nine month program to be completely healed and graduated from sexaholics anonymous, this was the ninth month). I felt a warmth and peace coming over me as I shared this step and didn't realize we spent over seven hours together.

The next day I was in a church service with my wife. The pastor 's sermon was "Repairing Relationships, The Real Road To Recovery". By the time he had completed his sermon I knew and truly felt God's arms around me telling He had forgiven me for all the harm I had done to myself, my wife, and others. When we sang the closing song, "I Will Stand With You" we will fight the fight, I will stand with you through the dark-est night. I will----stand with you as God gives us might, Hand in hand, hand in hand, we will----stand, I was sobbing like a baby. I knew that day, God truly had forgiven me. Having my wife stand by me and witness and feel this transformation was truly the best graduation present I could have ever hoped for.

Oh yes, 9 months has turned into almost nine years of the wonderful spiritual program sexaholics is and I am grateful for knowing I am a sexaholic and feel the solution working.

*Mike S*  
*San Diego*





# My Recovery Note



My life has been changed in a positive way since attending SA for just under 2 years.

## What My Life Was Like Before SA:

I wasn't aware of how isolated I had become in my daily thoughts and life in general prior to coming into SA. On the outside I looked like a normal husband father and employee. Inside me I had ongoing thoughts of resentment, fear and of being different and "less than" others.

My career was marked with frequent job changes, severe under earning and a lack of support from others. Because of my isolating obsession with myself, my career, my disappointments I rarely shared what I was really thinking on the inside. Due to my withdrawn way of relating to others I frequently came up with plans on how to "fix" my career that I simply carried out without showing them to others for their input as to their feasibility or timing.

More than once they ended up in further career setbacks, learning even less and more frustration for being so far behind my peers.

My obsessive use of pornography helped ease my pain temporarily but also strengthened my desire to live in fantasy rather than reality. Rather than take actions to improve my career in reality, I opted to fantasize about a dream career that included wealth, prestige and contentment.

## What Happened When I Came Into SA:

At my very first meeting an SA member encouraged me to "jump into the program with both feet" so I did. I bought the White Book and read it cover to cover. I identified with the progression of addiction and the way it started small and grew in my life. I attended 3 meetings a week and listened to the other members as they shared. Inwardly I was able to identify with their experiences. Over time I became willing to share my sexual experiences and then it progressed to my sharing my feelings about myself and my life. I have had 3 sponsors and making phone calls to them and other SA members has given me an outlet for my emotions that I did not have before joining the fellowship. I have written out my 1st Step Inventory, and my 4th Step Inventory. Seeing my "issues" in black and white and then saying them out loud to another human being has helped relieve the isolation and self-centered obsession with myself.

## What My Life is Like Now

Now I am much better at talking about what is going on inside of me with my wife. She knows I'm in recovery and has encouraged me to continue to "come out of my shell" about myself. I now know that "sex is indeed optional" and that has taken the pressure off her to "ease my anxiety" when I get stressed. We have begun to have more intimate conversations and I am becoming increasingly willing to give her non-sexual touching without feeling that it must always lead to sexual touching. I am talking to others about my personal life and willing to take advice and direction. A big change has been my willingness to wait for issues to work themselves out rather than felling that "enough is enough" and ending my position and looking for a promotion or new job. I have become more grateful and patient as my recovery continues. I have also begun attending 12-step recovery meetings for help with my under earning and co-dependency.

*Bob M.*





## My Recovery Note



I lead a different life today because of SA. How has my life changed? Well, first of all I am sober! That is a miracle, as had I spent over thirty-two years acting out. My acting out was putting me at risk of losing my professional license and of facing serious legal consequences. It seemed like ending my life was my only option. Last year I picked up my fourteen year coin which I carry around in my pocket to remind me that there is a solution for any problems I may face today.

Before I started the program, my anger was out of control. I was emotionally, verbally, and physically abusive to members of my family. That no longer happens. My daughter said in a table blessing early on in my recovery, "Thank you God for helping Daddy with anger!" Recently, my teenage son joined our program. He is learning to use the tools of the program and he is staying sober! What a miracle! Before SA, I used to regret the past and want to shut the door on it. Now my past has become a source of acceptance and love for others who, like me, are suffering from the pain of growing up. My past serves as a real connection with people who feel they are utterly alone in their disease. It motivates me to reach out to people who are bound by the shame of their acting out behaviors or who are facing legal consequences for our disease. Meetings, fellowship, the literature, working the steps, having a sponsor, working with sponsees, service work, and going to conferences are integral parts of my life today. Without them, I will return to my selfish, self-centered ways. With them, I can experience the joy of living!

***William R., Bellevue, WA***





## My Recovery Note



Life before program was about managing crisis after crisis with tenacity, fortitude, and perseverance was a very resilient victim! Since program, working the steps has been like wearing a bullet-proof vest. Life comes at me, and -- WHAM! I take a shot. I feel the impact. And then I realize that I'm not actually mortally wounded. For example, a family member flung an insult my way in front of others, and I was momentarily stunned. Then, I remembered how difficult personal relationships are for her, and said a silent prayer instead of crying on the spot.

Similarly, if the SA in my life appears to be maneuvering around an issue, I may ask a question about it now rather than shrink away in fear and pain. It's not that I don't feel affronts to my person anymore, I just that I don't "bleed" so profusely, feeling desperate and hopelessly lost in a sea of confusion and turmoil. So there's less wailing in self-righteous indignation and pain, and less rushing to seek immediate relief from someone or something else since coming to SAnon. Instead, I ask my HP for guidance and healing from the effects of sexaholism in my life. I go to meetings, and stay connected to others in the program. Today, I'm grateful for the serenity in my life that comes when I work this program of recovery.

*Jodi C.*





## My Recovery Note



The most amazing thing recovery has done for me is my relationship with my wife. In hearing the experience of other members and studying the SA material I have been given a new way to live. I'm learning to look at myself as the problem and taking the actions and letting the feelings follow.

All of my life it was my wife and others that seemed to be the problem, and I spent countless hours trying to manage them so they would learn how to keep me satisfied. They just couldn't stay in character and always ruined the script I had laid out for them.

Now my satisfaction comes more from surrender to my Higher Power and doing the next right thing. Serenity is a bigger part of my life, and its nice that I can quit fighting everything and everybody and just rest in the knowledge that My Higher Power is always there. I now see my wife as a person, wonderful, and a joy to be around. The difference mainly due to the changes in my attitude, learned from the program of recovery.

***Marc B., Pensacola, Fl***





## My Recovery Note



I spent my first ten months in the program working my own program. Once I fell flat on my face, my sponsor asked if I was ready to do it his way - surrender. Ten months ago, I did surrender to him, to God, and to the program, and my life has not been same since that day. Recently, I was encouraged to slowly read through the Promises and contemplate each before going to the next. I did and it brought tears to my eyes. The realization that the Promises were beginning to be fulfilled in my life was overwhelming. Although still separated from my wife, there is hope. She sees in me a significant core change, and I now have the desire to serve her and our children above myself. I interact with people differently, and have discovered compassion for others where it never existed in me before. I am free from the bondage of my addictive and compulsive behavior, and am beginning to find joy in God's grace. The miracle of this program is becoming a reality.

For me, I focus on making my relationship with God right by being a part of the fellowship and working the steps. My daily renewal is invaluable. I read and journal each night, try to read and work a step every other night and share it with my renewal partner, and I attend at least 3 meetings a week. When I can't make a meeting, I do a phone meeting with at least one other program member. I don't always get 3 a week, but those weeks are the exception. I surrender all my lust, resentment, anger, fear, pride in prayer as soon as I have it - if I fail to surrender it, I surrender that failure in prayer as well. If I continue to struggle with something, I pick up the phone and call a program member. This is working for me – I should say, God is doing for me what I have never been able to do for myself.

*John G., Washington, DC*





## My Recovery Note



The theme of a *chorus* does indeed strike a note with me. Whenever I'm asked to lead the closing prayer at a meeting I specify that we use the "us and we" version of the Serenity Prayer because recovery is a team sport...or something that we do *together*.

I came to SA on July 30, 2000 because of the sobriety definition and have been sexually sober ever since because of the fellowship's commitment to no sex outside of marriage. I had spent the previous seventeen years trying to clean up my act in Sexual Compulsives Anonymous. A fellowship founded by gay friends who based recovery on the concept of members figuring out for themselves what kind of sex life they wanted. I had some brief periods of being in monogamous gay relationships, even briefer periods of complete abstinence, and long periods of dating sex. None of these modes worked for me because underneath all the rationalizations I knew that gay sex was wrong anyway you got it.

Knowing that gay sex is wrong had been confirmed by my Catholic faith which I returned to in 1999, but there was little support for living chastely. This I did get from the fellowship of Sexaholic Anonymous. Not everyone stays sexually sober, but - - with only one exception -- everyone I know in SA accepts that any sex outside of marriage is wrong for them. With everyone committed to singing the same song I'm able to *feel* the support that I need. As a same sex attracted man I've never experienced any form of homophobia. A few good jokes, but never any disdain. I stay sexually sober by going to the same meeting faithfully, reading the literature, praying frequently, avoiding triggers, making phone calls, giving service, and making the steps an important part of my life. A crucial aspect of all these activities is knowing that we are all doing these things together, as a chorus if you like. And that we do indeed recovery only with the support of our fellow Sexaholics.

**Bob M.**





## My Recovery Note



I entered into recovery a little over four years ago on the heels of an arrest and public exposure of my acting out behavior. The legal issues were resolved, eventually. In the meantime and since then, I recovered living a real, connected life in recovery, as opposed to an unreal and disconnected life in lust. First I surrendered shame. I am a clergyman, and in lust I nearly lost everything. I felt myself among the worst. Once I was in recovery and began to listen to others and to myself I began to feel hope and happiness in a way I hadn't felt possible - perhaps ever, certainly not for a long time. Shame is not of God. In same sex lust I was so in denial and deeply fearful and ashamed blaming many for my problems.

In recovery I no longer felt I had to be lonely. I could make a choice to make a real connection when faced with a lust temptation. In recovery I no longer loved my resentments as much. They were my internal companions which gave me false comfort and were self destructive. I admitted I am an angry person and began to talk about it and to surrender my long smoldering resentments. In recovery I learned that the defenses against pain that I had built up since childhood had to be rebuilt. I re-encountered God. Prayer has returned with feeling and meaning. Once lost, lonely and afraid – as it seemed to me without relief - I began to feel gratitude, even for my disease. Less fearful, I became more accessible to people. I am more of a help today than a hindrance. The grace of recovery has helped me see the sacred writings and traditions of my religious preference with a different perspective. I am making progress. I have not achieved perfection. I am content with life today, and I trust all will be well tomorrow. Difficulties and challenges will come. Pain is still a reality in life. I feel angry from time to time and I detect old and new resentments. I am not cured of lust. Yet I live in more hope and happiness and I am learning more and more each day about surrender, love, and faith within our happy fellowship.

*Ed M.*





## My Recovery Note



I was at the part in step four where I was praying for those on my resentment list. One person in particular, I was having an extra hard time praying for, yet I continued to pray. It just so happened that her and I ended up spending an entire four days together during a weekend training seminar (it was not usual for her to be there most of that time).

I was having such a hard time that two days into the training, I was planning on skipping as much as half a day (after all, I could do important things like going to an SA meeting and SA fellowship). Instead, a friend, who is dying of cancer and could not handle sitting very long, asked me to attend for her and report back to her what took place---so I continued attending (I obviously needed an very important reason to stay). That was a God thing, for I continued to pray for the person on my resentment list whether or not I thought it was doing any good.

On the third day, I noticed a change in myself. Instead of being resentful towards her, I shockingly found myself grateful that she was a part of my life. On day four, I was able to speak my gratefulness to her. Technically speaking, if it were not for her, I would have never have found SA. Actions first, feelings and change later--that really does work--imagine that.

*Kathy R., Albany, OR*





## My Recovery Note



After completing my 4th step inventories, I discovered a myriad of defects which are the core issues of my addiction. (What a surprise, eh?) I truly saw how these character flaws were running and ruining my life. Being possessed of a scientifically-driven and problem-solving mind, after completing my 7th step I wrote a detailed prayer which listed all those defects and asked my Higher Power to remove them and to help me replace them with their opposites (which I also listed). This prayer was written on both sides of a 3x5 card which I laminated and kept in my wallet so whenever I prayed I could use it. I felt this was a very proactive and practical tool and I used it for a few weeks. To my surprise, I found myself struggling more instead of less!

I realized that I was telling my Higher Power what I needed to recover and using him as a tool to fix myself, and it certainly wasn't working. I guess I have some control issues as well! I then simplified my prayers, now I put Him in charge of my recovery and not me, a deeper level of surrender. I pray for God to lead me today, to bring to me what is most important for me to learn, and for his power and protection. Then I pray for other people to have what I want for myself, and for God's guidance as to how to help them if I can.

I am now at a level of peace and serenity which I have never had! The more I put my Higher Power in charge, the more I let go, the freer I feel! What a wonderful gift! I still have my index card, but I only use it as a reminder of what defects I need to look out for, not as a list of instructions for my Higher Power.

*Larry A., Dover, NJ*





## My Recovery Note



About 6 months after I entered the SA program, I was putting my son to bed one night. He was 5 at the time. He asked me “Daddy, what do you do at those meetings you go to?” Being 5 years old, I wasn’t about to explain to him about sexaholism. Instead I answered “Daddy goes to those meetings to become a better daddy.” My son was quiet for a minute, and then he said: “So that’s why you aren’t yelling so much anymore.”

For me that was an incredible “aha” moment. Going to meetings, working the steps, and talking about what was on my mind was giving me an outlet to avoid the anger that I suffer from. The anger had hurt my relationship with my son, and my son was giving me a clear message that working the program really is making me a better daddy.

*Elliot T.*

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The most important part of my recovery in a new freedom and independence and relationship with God that I thought I would never have. I never thought that I would have a job I could do for two years and enjoy. I never thought I could live on my own. This program works, if I really work it. I thank God that He has given me the willingness to work it.

*Benjamin R. – Bryn Athyn, PA*





## My Recovery Note



I have learned more about myself and my relationship with God in less than two years in the program than I have in the 53 years prior. What a gift SA has been to me. God tapped me on the shoulder 22 months ago and finally told me that I was a sexaholic. What a relief! I thought I was gay because I acted out with men. I was arrested for exhibitionism so I thought I was an exhibitionist and a criminal. I was institutionalized for a month in a psych ward so I thought I was insane. I learned that although I am all those things, I am also very sick. I learned that I could recover if I wanted to work this program of recovery. It is time now for healing and moving forward. Though my lust will tell me otherwise, I now know that I can stay sober if I go to meetings, call my sponsor and follow his advise, work with sponsees and do other service and keep building my relationship with my Higher Power.

I hated my life as Dr. Jekyll and Mr. Hyde. I don't want that pain again. I have made many mistakes but, so far, it has been working and I am still sober. Most of the people from my old life are not in my life much now. Who could blame them? I know that nothing is more important to me than my sobriety. Without that I can't expect anything else good to come my way. Maybe some of the old people will join in my new life. God has given me more serenity than I ever thought I could have. My life will keep getting better each day if I let God keep me sober. I just need to get out of the way and remember that He will if I ask Him.

*Rich D.*





## My Recovery Note



**My relationship with my spouse continues to grow in our ability to love one another by working at building each other up rather than putting down. I feel so blessed at what the SA fellowship has brought me, especially when I remember how we were when I started. The trust was gone, she wanted to end our marriage in divorce and keep our kids far away from me. We're not perfect and never will be. Sometimes I see her mistrust of me bubbling up in her. In those moments, my addict mind wants me to rush in and defend, assert that I'm "right" and she's wrong, but in SA I've learned to surrender that and simply say "I care about my family. The best thing I can do for us all is to stay sober, and that's what I'm working on every day." It's just simple practical stuff but it seems to heal that moment of distrust and remind us both that we (the family) are so important. The distrustful moments are becoming less frequent. Another thing is that I lied so much in the past, telling her the truth about my whereabouts when she asks is refreshing.**

***Stephen P, New Jersey***

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**My wife-my best friend, lover, critic, and coach has been a steadfast member of my recovery team. She has insisted on honesty from me and in turn she has become more often honest about her needs and feelings. We are closer and more intimate now than at any time in our 57 years of marriage. I thank God for this wonderful woman every day.**

***Paul P. Concord, MA***





## My Recovery Note



**“Thy will, not my will be done,” Today! This is the gift of this convention. To love and serve the person, event or challenge in front of me right here and right now. Thank You.**

***Rich D., Akron, OH***

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**I’ve learned that for many, recovery is measured by ones sobriety date. We lose focus on the spiritual growth, the small painful lessons learned that pave the road to true progressive victory over lust.**

**I’ve learned that when one focuses on one day at a time, sometimes one hour at a time achieving sobriety and personal growth..., then true progressive victory “and” long term sobriety is not a hope, but a reality.**

***Randy C., Gaithersburg, MD, USA***

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**Perhaps the greatest Christmas gift ever was given to me this year. The obsession to lust has been removed from me and I am beyond grateful.**

**Through working the steps and now with others, I have the beginnings of a new life. Thanks be to God.**

***Mike M. Toronto, ON, Canada***





## My Recovery Note



Spent 35 years lost in the pain and shame of lusting, acting-out and being unfaithful to my wife. The dishonesty was killing me but I didn't know what to do. Finally, I was honest with my wife and she helped me find SA.

SA a sponsor, the fellowship, literature and working the steps saved my life.

*Roger S., Bronx, NY*

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Thanks to recovery, I have a beautiful relationship with my 14- year old son and 12-year old daughter. They love to spend time with me and they confide in me in ways they would not have if I were absent in my addiction.

Thank You God For Sobriety.

*Tarja E. Norman, OK*

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I can do this with your help. I am powerless to stop without you.

Thank You.

*Chris B., Herndon, VA, USA*





## My Recovery Note



**God can do for me what I can't. I think I am all knowing and chief problem solver. God is!! So I must remember to hand over to my HP my life and will.**

***Len R. Philadelphia, PA, USA***

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**Stuck in a very difficult job for 7 years. I thought there was no way out. Since joining SA I have learned how to be at peace wherever I am.**

**Selfishness, low self-esteem, shyness, and isolation. Using and working the tools of the 12 steps to become the whole.**

***John M., Clifton, NJ, USA***

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**And now, God has given me a new job, a dream job. I absolutely look forward to going to work everyday.**

**I give all thanks to God.**

***Greg I., Metuchen, NJ***

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**My core problems, selfishness, low self-esteem, shyness, isolation.**

**Using & invoking the tests of the 12 steps, to become whole.**

***John M., Clifton, NJ***





## My Recovery Note



After my wife said she would leave me because she didn't want to live with me as a person who was living his full bloom disease, I thought I'd better go back to SA. I got out my White Book and began to read. When I got to page 80, I read that God didn't want me to just surrender my lust, He wanted me to surrender *me*. The ideas that I was the problem and that surrender was the skeleton was so unique to me that I was startled enough to say "OK God, you win." I felt all the negativity in me leave and I have been sexually sober since that night in April 1999.

*Jim M., Daytona Beach, FL*

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My full commitment to recovery started on the night my wife came in direct contact with the object of my infidelity. The devastation & awareness to the exposure was like "shock therapy." The shocking "true" awareness of what I had done & the hurt, sorrow & tragedy of this "hurting" of my loved one made me feel so ashamed & resentful of myself that I knew I needed to seek more involvement in SA & committed to the program of recovery. I have been making 6 meetings/week and am grateful for my recovery process day by day; and day by day it gets easier. Submission is so much easier than the white knuckling method. I now follow the philosophy of, it works if you work it & meeting makers make it. I am grateful for the blessing of God to have my wife in my life; some how I hope she can find a way to have faith & trust in me again & lets me back into her life. I owe her my all & will demonstrate that if given the opportunity – I love you, honey.

*Phil C. Cranford, NJ, USA*





## My Recovery Note



**For me the greatest gifts of recovery have been:**

- 1) Freedom to not act out.**
- 2) Clarity about my defects of character and the chance to correct them.**
- 3) No longer living a double life.**

**This means that I can now learn to love, make friends, and become an integrated, whole human being.**

***Edward S., Cranford, NJ, USA***

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**You people of SA are the answer to my prayers. For years I kept acting out with pornography and I had no hope of stopping. I felt trapped as if I were confined to prison. Then a therapist I went to see about my problem. He told me to go to a meeting. I did and met men who were 2 and 3 years sober – amazing!**

**The answer to my struggle with lust was to treat the real problem – isolation. God has given me the gift of sobriety and recovery through staying connected with you good people. Thank you.**

***Stuart S., Yardley, PA***

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**Surrender to lust and trust and faith in my higher power. One day at a time I pray for the willingness to take the action and work the steps of the program.**

***Tom W., Watchung, NJ***





## My Recovery Note



SA has been a miracle in my life. 28 years of looking for help and happiness. I was always interested in God but it was all in my head, now I have a real relationship with my higher power (God within me). My hope is SA will start mushrooming more and more. Right now I am concerned because so many people come in and don't stay??!! I love the Big Book, especially pg 85.

I have the 2 symptoms of a lustaholic:

- 1) The subtle form of insanity that precedes the first drink of lust.
- 2) The phenomenon of craving.

Only a spiritual experience has protected me from the 2 symptoms. God can do what ever is needed in my life I just need to trust, clean house, and help others.

God would provide a solution to all our problems. Self reliance -> God reliance -> my name is Glenn, a recovered lust/sexaholic.

*Glenn, Vancouver, B.C.*

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To my spouse and those I love:  
All I have to give you  
is the rest of my life.

*Tim W., Seaford, NY*





## My Recovery Note



More than any damaging aspect of my selfishness was how I blamed my wife for my own shortcomings. Coming into the program, I came to see that I was the one who needed fixing, not her. This was the most positive change in my life since my wife has responded with openness and love in return. What magic. What a surprise.

*Sam S., New York, NY*

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I have learned about unselfishness.  
I have seen marriages that were dead and now there's harmony.  
I have experienced much love and validation.  
I know I am not alone.  
I want what others have; (I'm not there yet.)  
I would rather be here than anywhere in the world.  
And I thank everyone, first G-d then all those who are helping others get a life back!

*Warren, Brooklyn, NY*

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**GOD BLESS!**

*Brent S., Lexington, KY*





## My Recovery Note



**My life before SA was a life of lust, itchy meaninglessness. I was divorced and my ex-wife passed away, my children were against me and desirous of my inherited money. I became more self-centered and unhappy. I confessed my life to a brother friend and he introduced me to a guy in SA. I could rationalize powerlessness and insanity. I was in for 2 years. Insanity grew worse. In SA I couldn't run. 30 days of dry time. On a trip to Baltimore to see my son in a triathlon, little sleep, a lot of driving, hotel sex, and no sleep. I was lost, in the highways of Maryland. It was then that I pleaded with God and put my life in his hands. He found me, or I found Him, and He directed me "home." As of May 14, 1993 my life grew better and better. I turned it over and over to him, I made friends in SA. Life was rough but I moved each year to a higher plain.**

**Service was a key with a life full of functions, coffee man, leader, treasurer, literature, greeter, secretary. I started a tape ministry with over 1700 cassettes, carried two suitcases to S-Meetings. Then my life turned into a joyous life in Ridge Oak senior citizen housing. Then a woman came into my life and married. We have absorbed life with sharing, and close relationship. She is a close companion and works on SA mailings.**

**I continue in Intergroup, and conference committee, and forwarded thank you notes to over 150 conference volunteers. I love life and am willing to turn even more over.**

**Love,**

***Leon M., Cranford, NJ***





## My Recovery Note



Thanks! My story begins and ends with gratitude. When I volunteered to share, I was asked to "Write a short statement of how your life has been changed in a positive way through working the program recovery. Describe simply how you worked the program and how life is now. Include what you must do to keep your recovery going."

When I wandered into my first 12 step meeting, I knew I was in the right place. Just as I knew I was addicted to lust the first time I masturbated, I instinctively knew recover was the best part of a lifelong search for love and meaning in my life. I have few horror stories to share with you. I was a quiet lust drunk who occasionally intrigued with women, sipped on pornography regularly, and watched my life slip slide away. I had no idea what I feel and lived life dutifully serving in the church and community. I just initiated something wasn't quite right.

God apparently decided to give me a wake up call my allowing my wife to call me on my intriguing other women by suggesting that I get some help. I was stunned. Having years of therapy under my belt had not helped me faced my confusing and bewildering obsession with pornography. I realized at my first meeting that I was not alone. I identified with the other folks in that room. At last I'd found freedom to share what was on my mind at first and then progressively as I worked the steps, what I was feeling.

Coming to meetings became a good habit. SA helped me take responsibility for my life and recovery. I also sought help in AI-Anon which helped me understand the family dynamics which facilitated my lust addiction. My rage-aholic father and controlling mother were people I eventually came to forgive, love and appreciate. Therapy became a useful tool when I became mired in the past.

Through years of working these past programs with the help of two sponsors, I came to appropriate the gift of the Steps and Traditions and sponsor folks myself. God must have a great sense of humor and has provided me with exactly the sponsees that I need to help me address my blind spots and remain sober and serene.

The promises of the program came true through the years as my son became interested with his sexual compulsivity and joined our fellowship. My wife works both AI-Anon and SAnon and has been my faithful companion and encourager of 35 years. There is much joy in being part of a family committed to recovery as a way of life.

My life seems to have followed the progression of the spiritual life that was shared by a wise friend. First I must learn rigorous honesty. Practiced honesty brings integrity. Integrity practiced brings the ability to take responsibility. Practicing responsibility empowers me to seek and build community. Within this community of support, my social security, and sexual needs are fulfilled. Therefore my life becomes simpler than it has ever been. I am now free to both love and serve others. What appears simple is not easy however. I tell my sponsees to strike the word "easy" from their lexicons. As sex addicts we have already tried all the easy stuff. Now it's time to grow up and do the hard work gently. Thanks for listening.

*Dave Mc - Jacksonville, FL "Recovery as a way of life"*





## My Recovery Note



The S-Anon has been valuable to me in so many ways. I been in the program almost six years now and I am so grateful for the changes it has brought me personally, in my marriage, with family, and friends and colleagues. Over the years, I have worked the program by attending meeting, getting a sponsor, and working the step. I sponsor other women and find that this is not only rewarding, but so helpful to my own program. My recovery has helped me to look at my past and see how my own life experiences have led me to react in sometimes unhealthy ways to a variety of issues. It has helped me find my characters defects and given me the tools to learn how to change. I am a much calmer and more confident person than I was years ago. I find it easier to deal with life's challenges by using the tools of the program and reaching out to the support systems that I have built.

Being in Recovery with my husband has been a gift that I cannot fully describe. It has brought our relationship to a level that I would have never imagined existed. Together we support each other's program, and use each other as co-sponsors. We work hard to deal with all the issues openly and honestly and to avoid old cycles that kept us stuck and hurt both of us. The program has taught me to rely on my higher power in all aspects of my life. Knowing that I cannot change things and that I am powerless over outcomes has been freeing to me. I continue to work on turning my will over to my higher power and trusting that things will work out as they should.

The SA program of recovery has helped change my life in so many ways. First, the program has helped me to experience progressive victory over lust. Along with Sobriety, I have found greater freedom from guilt and shame, and in its place, greater honesty and integrity. Having a sponsor and working has been crucial to my recovery, and doing so has helped me to become aware of characters defects that have kept me from creating the life and love I really want. Every day brings another opportunity to work on honesty, humility, surrender and gratitude. The program has helped me to turn from isolation and unreality to true connection, and intimacy. I now have many good friends in the programs, who share the personal issues of their life with me, and to whom I can turn whenever I need to talk and get support. My phone rings often with people I care about who want to talk and that means a lot to me. And when I don't like the way I'm feeling inside, instead of turning to my addiction, I can turn to my program and to the help and support of my fellows. Just talking things through really helps to keep me safe.

Finally, the program is helping to heal my marriage. My wife and I use the tools of this program every day to create a shared program of recovery. We are rebuilding trust and creating a safe and meaningful marriage. We try to talk about our feelings instead of acting them out on each other, and we keep learning how to do it better. We both have blind spots that come up from time to time, and we help one another to see them. We turn to each other, instead of away from each other, and have faith in our partnership as a source of healing and strength.

*Alan Z.*





## My Recovery Note



The 12<sup>th</sup> tradition reminds me that when I place principles before personalities I keep my voice and I listen to others.

*Jeanette O., Seattle, WA*

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This program of recovery has given me a balance of insight and action. I can see and understand my self and do what needs to be done to live the life God has intended for me. Knowing that you are reading this note is keeping me sober right now. Thank you!

*Adam T., Sudbury, ON, Canada*

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I am a sexaholic. For years I was plagued by guilt and low self worth. Decades. Honesty was impossible. I would act out to dull the pain, and feel worse afterward. My wife would ask what was wrong and I would/could not tell the truth. The cycle was unstoppable. Seven years of SA and slowly I could tell more. Little by little my story came out and my sobriety took hold. Today I am honest and tell all to my sponsor, wife, and group. The monkey is not off my back, but it is lighter.

*Murray B., Norwood, MA*





## My Recovery Note



I learned about the steps from AA. I had great confidence in their program of recovery but I didn't think my fellow SA's had a clue about the steps. I worked with an AA sponsor but I wasn't staying sexually sober. Then someone told me "When I got a sponsor and did what he said, even when he was wrong, I got better." I did that. And I thought he was often wrong, especially regarding the steps. But his directions have led me into sobriety and real recovery from lust like I've never had before. I don't trust God or him, but I take the actions and I grow anyway. 3 months and counting.

*Anders W., Boston, MA*

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Then: completely obsessed I was.

Today: I enjoy the freedom of sobriety. I enjoy life. I'm not seeking the pleasure. I'm seeking God's will.

*Mike J., Providence, RI*

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When I came into the fellowship, I was desperate enough to do what I was told. I attended meetings, got a sponsor, and worked the steps. I continue to work at recovery on a daily basis. The result has been sobriety and recovery. I have learned what a real relationship is, both with my higher power and other people. I finally feel like a member of the human race.

*Chip B., Akron, OH*





## My Recovery Note



I appreciated the S-Anon speaker at the Saturday luncheon talk, passing along the idea of “God as we did not understand him.” That spoke to me. I have no understanding of God nor do I need to. He need not be mentally grasped before walking through the door of acceptance.

*Todd F., Gaithersburg, MD*

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I was getting dressed this morning, and my wife said “You don’t look like a sex addict.” I said what does a sex addict look like?” Neither of us had an answer, but I got my answer from my H.P. while I was driving to the convention this morning. A sex addict looks like how I looked 3 years ago, when my acting out caused me to be physically sick, tired, and barely able to get out of bed. And it caused me to be incapable of any healthy, intimate relationships with any other people, including my wife. I looked like hell, because my life was hell. I am so grateful that I don’t have to live that way, or look that way, today.

*Mark T., Cranford, NJ*





## My Recovery Note



Recovery has brought peace, joy, and the relief of not being responsible for the world turning. I have changed from a judgmental, angry, blaming, deeply sad person, to a relaxed, more accepting person who can open up her eyes and see the beauty in each day – whether it's the giggles and hugs of my 5-year old, a loving and considerate gesture from my husband in recovery, or the understanding and loving ear lent over the phone by a recovering friend. I have come so far that I can even be deeply grateful to be here – despite a monster head cold! It works in “All of our affairs...”

*Lisa H., Forked River, NJ*

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Television and the internet used to be my best friends. Now I have dozens of men I can call and spend time with. Better friends that I've ever had, because I don't have to impress them. They know the real me. A crazy, broken sexaholic.

*Erik A., NJ/PA*

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SA has truly helped me to be aware of myself and what is really going on inside of me. Among other things, it has revealed my feelings of self pity and entitlement. In addiction, I have discovered how to relate to the God of my own understanding, seeking his aid in surrendering not only lust but my character defects as well.

*Bruce B., Manitowoc, WI*





## My Recovery Note



**God's grace comes to me through the fellowship of SA. The principles, the steps, the meetings, the phone calls, and the friendships, all carry God's message. To gain and maintain sobriety and recovery, I need to live these messages every day of my life. If I turn to God, I will!**

***Dennis C., Red Bank, NJ***

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**I am so thankful for SA, for without the fellowship phone calls, meetings, and the 12 steps & traditions, I would be in jail, committed to an institution, or be dead. My family would be gone (20 people +) and in great pain and forever in sorrow.**

***Bruce P., Toronto, Ontario, Canada***

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**I can weigh things, have compassion, energy, and deal with difficult personal situations well, and be able to love my sweetheart fully.**

***Ken S., New York, NY***





## My Recovery Note



I am amazed before I am half way through. I am learning how to turn to and rely on something outside myself – something other than my thoughts, instincts, and impulses. I am learning how to follow instructions. I am trusting others (you guys) and know you are God’s “messengers” of the truth.

It works – the steps, sponsorship, the telephone, meetings. Through them, I am beginning to have faith in myself – and even some fun. I have freedom from fear, loneliness, depression, “terminal uniqueness,” and the compulsion to use sex and men to escape my pain. This too (the pain) shall pass (and it is!)

*Julie K., Baltimore, MD*

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Since I’ve joined the program, I’ve been given all the tools and support to rebuild my life one day at a time. I’m able to look myself in the mirror and like what I see. In order to keep this great feeling, I attend as many meetings as possible, use the phone often, take on service positions, and use my sponsor and surrender my will over to God of my understanding.

One small thing I changed – instead of reading the newspaper at work, I now read an industry trade publication that actually helps me specifically with my job.

*Dan K., Lincroft, NJ*





## My Recovery Note



As I risked coming out of my bondage, 20 years ago, a sponsor told me “Work this program and you’ll never believe how good it is gonna get.” Through God’s grace and the principles of this program, that promise has come true. In our area today, we often say “Stick around for the miracles.” Stay with us on this road to happy destiny.

*Karen K., Akron, OH*

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Before recovery (SA) I was trapped in the “prison house of self.” I had no idea of who or where I was, or where I was going. I strove for self-sufficiency so I would not need anyone else. The disease of sexaholism relentlessly progressed.

Thanks to SA, I have learned that self-sufficiency only led to further insanity – “lost inside myself.” The Chorus of Recovery today is harmonious, not in discord. It is the “Balcony People”, singing to cheer me on, not the “Basement People,” screaming to tear me down.

*Rob K., N. Canton, OH*





## My Recovery Note



Knowing that I am not alone, that I am more than my sex addiction, and having a relationship with God and myself, are all ways that I am working the SA program. This is a process, so I'm sure I'll always have struggles. I've had all of the promises come true, including living my wildest dreams. Gratitude, praying, becoming "right-sized" at meetings, staying connected to women and helping them, are what I must do to keep my recovery going.

*Jennie B., Baltimore, MD*

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My recovery has been slow but I am making progress. Although I didn't hear or understand everything, I have heard words such as "boundaries" and "self care" that I have applied to my recovery. I keep coming back. I am grateful to be here and a member of S-Anon

*Mary R., Long Island, NY*

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I am sexaholic. For years I was plagued by guilt and low self-worth. Decades. Honesty was impossible. I would act out to dull the pain and feel worse afterward. My wife would ask what was wrong and I would/could not tell the truth. The cycle was unstoppable. Seven years of SA and slowly I could tell more. Little by little my story came out and my sobriety took hold. Today I am honest and tell all to my sponsor, wife and group. The monkey is not off my back, but it is lighter.

*Murray B., Norwood, MA*





## My Recovery Note



I have found a community that accepts me. It is a safe place where I can speak honestly about myself. I am surprised that I can now look into the eyes of the others – really for the first time in my memory. Everything in the program has been a gift. Its effects ripple into all the troubled corners of my life. For all of this I am deeply grateful. Thank you dear God. Thank you SA family.

*Dave C., White Plains, NY*

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I'm going to talk about the problem for a moment. If honesty, openness and willingness are the H.O.W. of recovery, then Hiding (isolating myself and seeking to be alone for self indulgence and self gratification), Objectification (of others or of things I want to feel me) and Whining (self-pity, complaining and engaging in negative thoughts and discussions) are the H.O.W. of my sickness.

How does the H.O.W. of my addiction relate to recovery? Without the gifts of recovery, I never would've had the courage, motivation or support to examine myself long enough to realize I did these things. I am truly blessed to have this fellowship in my life.

Thanks SA!

*Chris C., Saratoga Springs, NY*





## My Recovery Note



The program saved my life – straight and simple. It has taught me how to be honest to myself, my higher power, and to all the people in my life. The program has given me the courage to repair the broken relationships in my life with my children and siblings.

I have been able to connect with my higher power in a way my traditional religious practice never enabled me. I have learned to believe and trust in God. The promises have begun to be fulfilled in my life. I am so grateful for the program.

*Ted B., Metuchen, NJ*

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Turn off the T.V.

Work your program every day.

List gratitudes daily.

*Jim M., Little Falls, NJ*

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Let the deep secrets

Listen to the silent

Try not to criticize today

Do your best and let God do the rest

*André G., Montréal, Canada*





## My Recovery Note



I am a father of four children. Nice boys, age of 10, 9, 5, and 4.

I am in this program over two years. I changed my life completely. I am divorced, but I have my connection with God and my children love me. Thanks for SA.

*Shiya K., Brooklyn, NY*

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Before SA, I had no relationships. I lived in a fantasy world and ignored my loved ones. Through working this program, I am present in my relations with others, I am happy and I am free. Keep coming back.  
Sober since July 31, 2006

*Latasha B., Boston, MA*

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I know I'm very, very sick / very low bottoms, very embarrassing & I need help - only through my Higher Power can I have that help – my note is singing gratitude – using my mouth to the tune of asking for help from my Higher Power – begging Him for my sponsor that I will listen to his note of experience, strength and hope knowing I'm powerless & I have a loving Higher Power is my recovery

*T.B.*

*In the State of Mind*

*In the City of Hope*

*In the Country of Serenity*





## My Recovery Note



Years of secrecy and a “double life” led to a crash, which led to SA, which has led to progressive honesty and integrity. Now I have a life centered more and more on healing and recovery. Thank God!

**Paul D., Yarmouth, ME**

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With the help of God, the program, fellowship & my sponsor, I have hope for freedom & a new life.

***Patrick M., Asheville, NC***

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At this point, the most important tool that I have is the telephone. Any time that I start letting lust in, or taking visual drinks, afterwards I realize that I had been disconnected. It's extremely consistent. Being connected with other program members keeps me going!

***Meir F., Brooklyn, NY***

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Before recovery, my wife would say, “I never know what you're thinking.” Since recovery, my wife says, “I'm glad you told me.”

***John H., Beachwood, NJ***





## My Recovery Note



Nine and a half years ago I had all ten toes over the edge of a building, livid at myself for not having the “strength” to jump off. This happened two nights in a row ... Today my wife and I have a relationship which serves as an example for others to strive for ... and we have three very happy children growing up in a happy (BUSY!) home ... My five-year-old’s teacher said he is a the “Bright star of the class.” My four-year-old’s teacher says he is “wonderful.” And their two-year-old sister is following in their footsteps.

Need I say more about this wonderful program!?!

G-D Bless,

*Josh K., Brooklyn, NY*

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After four years of this program, I have finally started to work it in a way that allows me to close my mouth and open my ears and soul. When I recently disclosed to my sponsor, how I am fearful of changing who I am, he responded, “You’re not changing who you are, you are becoming who God intended you to be.”

*Brett C., Suffern, NY*

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Through this conference experience, I now believe that P.V. over lust is attainable – I’m seeing others doing it!

*Brian C., Cranford, NJ*





## My Recovery Note



The conference has raised my spirits and reinforced my sobriety. I hope to see you all in Ohio.

*Enid R., Rockland County, NY*

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I've been struggling, clinging to my lust in SA for ten years. I am not defeated. I will not give up.

Amen

*Phil N., PA*

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Lust is a spiritual version of masturbation. Masturbation is a physical version of lust.

*Dave*

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Dear God, I thank you, with gratitude for recovery, this new life and for your amazing gifts. Lately, I am struggling with surrender (as I'm sure you know) and am disturbed, by painful insights. Please be there for me. Help me to feel your presence and to take each next right step toward the light.

*Eric S., San Francisco*





## My Recovery Note



**Before S-Anon, I had difficulty giving myself the right to be. Through S-Anon, I've given myself the right to be, the right to be human with human wants and needs, and finally, I'm in the process of giving myself the right to live well.**

***Gladys P., White Plains, NY***

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**Fear often masks my character defects. Being in charge of the world challenges my sense of adequacy and worthiness. When I let go, Let God and join the human race, I shed fear of imperfection and open up to others.**

***John M., Silver Spring, MD***

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**There is a bridge I used to drive over, and as I did so, I would think about how easy it would be to turn the steering wheel just a little and go over, thus ending my life and my pain.**

**Through the gifts of the S-Anon program, the bridge is now just a bridge with a lovely view of a river. Thank you for saving my life S-Anon!!**

***Susan H., Falls Church, VA***





## My Recovery Note



I am four months in the program, sober for four days.

And engaging and solving problems and difficulties of my own life brings ME to the real world and recovery.

Thanks for reading!

*Akiva G., Monsey, NY*

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I was nervous about going to my first SA/S-Anon Convention. I was fairly new in the S-Anon program – disclosure had happened six months ago and my first meeting had been five months ago. But by the end of the weekend, I was so glad that I went. The past half year had been filled with confusion in my own thinking. Hearing experiences and advice from those further into the program helped to clear my head and help me to gain a better understanding of the disease. I left being determined and encouraged to keep going, now having a much stronger foundation on which to build on my steps in this recovery process.

*Joy M., Washington, DC*





## My Recovery Note



The rooms being a safe haven to face myself, I was able to look into my past & see that Shaul is responsible for his actions. My addiction started at a very young age, but it was my choice.

The program has now given me the tools to make new choices, not to act out one day at a time, and to surrender my right to act out.

*Shaul F., Lakewood, NJ*

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Thank you to the men and women of SA and S-Anon. You gave me the great gift of hope. Thank you to the Conference Committee and all the Volunteers for providing a safe, open, free place to share, grow and come closer to my Higher Power. Thank you to my fellow members who share their truth in the meeting rooms.

Thank you to my Higher Power for loving me! God Bless

*Fritz J., Morris Plains, NJ*

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When I came into SA I was working as a dishwasher. That was 1992. I had my job and my addiction. I was about to be fired from my job, and to be fired as a dishwasher was a terrible thought. The job had no status so where can you go from there? Now I work for a major department store selling shoes. I have found that if I am spiritually fit I can do anything God wants me to do.

Glenn J., St Louis, MO





## My Recovery Note



God, I am so thankful that you love me so much to lead me to the SA fellowship on January 7<sup>th</sup> and then to this convention.

*Doug G., Teaneck, NJ, Newcomer*

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After doing my first step and reading my answers to the questions in the S-Anon blue book, I was shocked. I realized then what I hated the most. Writing out my secret thoughts was so much of an eye opener. Today my realization that I am powerless is helping me from going insane in my recovery.

Being of service and, most importantly, picking up the phone to connect, are my hardest issues to deal with now. I know I need to.

Nisi B., Monsey, NY

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I was so grateful to attend the “Why the Sobriety Definition Works” sessions and be reassured that there are others who understand that I need the sobriety definition as written and clarified to maintain my sobriety. I am grateful for the old timers who keep showing up to show me the way to more peace, joy and serenity.

Will K., Cleveland, OH





## My Recovery Note



I sat at the closing meeting with a man who took me to my first meeting 16 years ago. I was 16 months sober when I got secondary depression and relapsed. I got medical help with antidepressants. I have kept going back to SA over the years. In 2006 I got a sponsor half my age and he took me through the steps. I am grateful to him for doing that. He started a meeting in the East End of London, England, and we were both at the 2007 Maryland Conference. I came here by myself and hope to get to these conventions, God willing. I thank all the persons in making these events possible. God bless you all.

Bill T, London, England

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I now see the mirrors in y life. Once, I could not sit through a TV show if one of the characters was hiding part of who they were. So great was my unease that I had to leave the room. Now I know that my discomfort was in seeing a reflection of me hiding my acting out. The fact that the secret always comes out in the end probably magnified my need to run away.

Today, if I feel unease, I look around. Perhaps there is a person or event that is reflecting a part of me on which I need to work the steps.

Davis C., Mannassas, VA





## My Recovery Note



Recovery has truly made a profound impact on my life. Teaching me to always think and ask what is motivating me at any particular moment.

I am amazed how I am shifting from being a judgmental person into non-judgmental – accepting, not criticizing individuals. It is definitely a slow process. However, it is also definitely the direction I want to be headed.

Life is like a guitar. The trials and tribulations are the strings being pulled in all directions – resulting in a beautiful melody.

Joseph, Lincroft, NJ

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The SA Program has given me an opportunity to have compassion for my own humanity. Before SA, I had a very poor self image. Through the program I've been able to forgive myself, get closer to God, and through service been able to be comfortable with my own humanity.

Michael W., Philadelphia, PA

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Higher functioning at work, i.e., more productive, more meaningful relationships, sober 11 months, more inner peace, less shame and guilt, not as rigid, less fearful, more assertive, , better self-presentation, more self respect!

Andrew N., Westmont, NJ





## My Recovery Note



Prior to fully applying the first three steps in my life, I could not get or stay sober despite higher education in counseling, a career as a professional addictions counselor, and a deeply meaningful spiritual life including theological studies.

Despite the loss of my marriage and family life and major financial problems, I am finally confident of my ability to stay sober and recover.

Tom F., Westmont, NJ

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How have I used SA to strengthen my recovery? The SA meetings and personal contacts helped me to admit that I am a powerless sexaholic, and then helped me to start taking positive recovery actions based on that admission - actions such as getting an SA sponsor and using all the tools, especially the 12 Steps and 12 traditions. I can still use a lot of work on the traditions. My life has definitely been changed positively by SA. I am more honest, willing, open minded now than before. My life is more manageable and I am much more sane and peaceful due to the surrender process that is stressed so highly in the White Book and in the literature. I work the program by focusing on all of the steps as situations arise throughout each day. I go to any lengths to stay connected to my higher power, and disconnected from my stinking thinking. To keep my recovery going, I make it my goal, as often as possible, to work my way up to steps 10, 11 and 12 – the growth steps.

Pat N, Fredericksburg, VA

