

# Our Problem

Many of us found that we were powerless and unable to control our behaviors. Our sexual activities had taken over as the dominant part of our lives. These compulsive activities were damaging our business, family and other intimate relationships and above all, our spirituality. The only emotions we could feel were shame, despondency, anger, rage and the exhilarating high that engulfed us as we engaged in our sexual activities. For many reasons, we had reached a point of no return in our lives.

As children, many of us had learned to withdraw from the chaos and craziness around us, to trust no one but ourselves and to play great games of fantasy wherein we felt loved, needed and important. As we became older, these innocent fantasies of childhood turned into compulsive sexual activities and we found we were powerless to stop our insane behaviors. Our partners, whether known or anonymous, became objects. The only difference among us was the scope of our acting-out and how fast it progressed.

Thus, we became sex addicts. We were unable to live in reality. We could not engage in healthy intimate relationships. Our time was occupied with the worship of our pursuits. We were spiritually dead. Many of us were in danger of losing our jobs, our families, our freedoms or even our lives. Through the often-painful intervention of a Higher Power, we have been brought to this point of our journey. We now know that we do have serious problems. We are proving our courage just by being in this room. We are determined to do anything it takes to recover from our problem.

From those who have gone before us, we have learned what has to be done to overcome our illness. We must attend and support SAA meetings, share with and listen to others, continue to work the 12 Steps of SAA, gratefully serve the fellowship and reach out to the addict who still suffers. Then, each of us will know freedom and we will find ourselves truly alive in the serenity and joy of a spiritual recovery.

*(Sunday men's Recovery Group Nov., 1999)*