

# Welcome to the S-Anon Phone Meetings

## We're glad you're here

*"We couldn't have imagined when we first came to S-Anon that our lives would one day be filled with joy, serenity and peace, but that has been the experience of countless S-Anon members. Without hesitation we invite you to join us on our journey of recovery."*

When you call in to our phone meeting, you will have a safe place to listen to members share experience, strength and hope for recovery.

Each meeting has a leader. We read our format at every meeting. The format introduces the S-Anon program and introduces key aspects of the recovery process.

Each meeting usually includes a topic and some readings. After the readings, members share their thoughts about the topic. Newcomers are welcome to share or not share.

### **Six Meetings for Newcomers**

We suggest that you attend a least six meetings to see if S-Anon is for you. At the end of each of these meetings, there will be a newcomer guide who will stay on the line to answer any questions you may have. After your first meeting, you may ask for a temporary sponsor who can further assist you in recovery.

### **How will S-Anon help me?**

*"The only requirement for membership is that there be a problem of sexaholism in a relative or friend."*

The people you hear at meetings may not have the exact set of circumstances as your own, but you will probably be able to identify with many of their feelings. You will hear how they used the S-Anon program and its principles to solve problems similar to those you may now be facing.

Not all you hear at any particular meeting will pertain to you. That is why we say, *"Take what you like and leave the rest."*

### **Dos and Don'ts in S-Anon Meetings**

Each member is welcome to speak, without interruption, for three minutes.

We share our experience strength and hope.

We exchange phone numbers and call each other for support.

We do not give our full names.

We do not give advice.

We do not speak about the sexaholic (qualifier), but instead focus on our thoughts and feelings.

We share our problems with our sponsor and share our solutions at our meetings.

### **The books we use for our meetings are available on the sanon.org website:**

*S-Anon Twelve Steps* (Blue Book), *Working the S-Anon Program* 2nd Edition (Green book), *Reflections of Hope* (a daily reader)

### **What/Who is a Sponsor?**

Your sponsor will guide you through the 12 Steps of Recovery and will provide suggestions for you, based on her/his own experience, strength and hope. Personal details about your situation that may not be appropriate for meetings can be discussed with your sponsor.

## **To Find a Sponsor:**

Listen at meetings and when you think you'd like to connect with someone on a more personal level, ask for that person's number during our phone number exchange time (offered at the end of every phone meeting). Ask if she/he is available to sponsor you.

Contact the World Service Office (WSO) to see if they have a list of available Long Distance Sponsors.

Join a phone meeting and request the contact list. Most contact lists indicate who is available to sponsor.

## **What is anonymity?**

It is very important to all S-Anon members to respect each other's anonymity. Anonymity is the key to feeling safe to share whatever we need to share. We should not discuss who we see/hear at meetings, or what is said there, even with our partners. In S-Anon we use first names and last initials only, unless it is *our* choice to tell someone our full name. We should never reveal the identity of another S-Anon or SA member without that person's consent.

## **Is this some kind of religious program?**

S-Anon is spiritual, not religious. It is spiritual in the sense that we come to depend upon a Power greater than ourselves—a Power that we are free to define as we wish to help us to solve our problems and achieve peace of mind. The Twelve Steps contain principles that are universal and applicable to everyone, so it is not necessary to practice any religion at all in order to put them into practice.

## **How much does this cost?**

S-Anon is free. There are **no dues or fees** to be a member of S-Anon. We send in donations to the WSO on behalf of the meeting we attend. People voluntarily contribute what they can afford. The money is used to support the WSO. We do not solicit or accept outside contributions.

## **S-Anon Contact Information:**

To locate meetings, please visit the S-Anon website at [www.sanon.org](http://www.sanon.org)

For telephone meeting information contact the World Service Office at 800-210-8141 or 615-833-3152 or email [sanon@sanon.org](mailto:sanon@sanon.org)

## The S-Anon Checklist:

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

Have you felt hurt or embarrassed by someone's sexual conduct?

Have you secretly searched for clues about someone's sexual behavior?

Have you lied about or covered up another person's sexual conduct?

Have you had money problems because of someone's sexual behavior?

Have you felt betrayed or abandoned by someone you loved and trusted?

Are you afraid to upset the sexaholic for fear that he/she will leave you?

Have you tried to control somebody's sexual thoughts or behavior by doing things like throwing away pornography, dressing suggestively, or being sexual with him/her in order to keep him/her from being sexual with others?

Have you used sex to try to keep peace in a relationship?

Have you tried to convince yourself that someone else's sexual thoughts and behavior shouldn't bother you?

Have you felt that sex plays an all-consuming role in your relationship?

Have you doubted your attractiveness, your emotions and your sanity?

Have you felt responsible for the sexual behavior of another person?

Have you felt angry and/or stupid for not knowing about someone's sexual acting out behavior?

Have you engaged in uncomfortable, unwanted or physically dangerous sexual behavior?

Have you ever thought about or attempted suicide because of someone's sexual behavior?

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?

Have you neglected your physical and/or emotional health while in a relationship?

Have you helped someone get out of jail or other legal trouble, or feared legal action as a result of his/her sexual behavior?

Have you blamed other people, such as friends or sexual partners, society in general, job, religion or birth family for someone's sexual behavior?

Have you felt confused about what is true when talking with someone about his/her sexual thoughts or behavior?

Have you avoided painful emotions by using drugs, alcohol or food or by being too busy?

Have you ever felt that someone was inappropriately attracted to you or your children?

Have you felt alone or too ashamed to ask for help?