

Step Twelve

**Having had a spiritual awakening as the result of these steps,
we tried to carry this message to other sex addicts
and to practice these principles in our lives.**

Summary

- For some of us, this awakening may be a sudden and dramatic gain in awareness.
- For others, it may be slow and gradual, and we may not even realize we've had one until we reflect upon the changes that have occurred.
- In Step Twelve we put our awakening into practice by serving others.
- With spiritual awareness comes the responsibility, the desire, and the need to help other suffering sex addicts, just as help was freely given to us.
- Our message is simple and profound: that recovery from sex addiction is possible through working the Twelve Steps of SAA, and that following this program results in a spiritual awakening.
- Each of us carries this message by means of the wisdom gained through working the program ourselves, rather than through ideas or theories borrowed from someone else's experience.
- We share what we know: how we got here, and how the SAA program has worked for us.
- And by sharing our recovery, we offer hope and show that there is a way out.
- One of the most direct and profound ways we can serve other members is by sponsoring them.
- There are many other ways to carry the message.
- Any service we do that helps bring our message to other sex addicts is in the spirit of Step Twelve.

Step Twelve Principles

- Service
- Consciousness
- Faith

Overall Principles

**1. Honesty 2. Open-mindedness 3. Surrender 4. Courage 5. Integrity 6. Willingness 7. Humility
8. Empathy 9. Restitution 10. Growth 11. Consciousness 12. Service**

- *As we progress through the program, establishing conscious contact with the God of our understanding, we become aware of these principles in us-like gifts that were always there, unopened until we were ready to receive them.*
- *Opening these gifts brings about our spiritual awakening.*
- *With the Twelfth Step we seek to consciously practice these principles in our lives, not only as ways to keep us sexually sober, although that will always remain important, but as lights to guide us in everything we do.*

Promises

- Working this program leads to a spiritual awakening.
- However we do service, we receive much more than we give.
- Our relationship to the God of our understanding becomes an essential part of our lives.
- When we carry the message directly to other sex addicts, we connect with them in a way that non-addicts cannot.
- We have a greater sense of belonging, intimacy, and true friendship.
- We choose to keep the company of people who respect us, care for us, and treat us well.
- We can live life on life's terms, without having to change or suppress our feelings.
- Our serenity and sobriety grow as we continue to live according to spiritual principals.
- We enjoy the gifts that come from being honest and living a life of integrity.
- We endeavor to live according to our true purpose, which is God's will for us.
- We ask for help when we need it, and we express our love and gratitude every day.
- We realize that everything we have been through helps us to be of service to others.
- We learn that the world is a much safer place than we had ever known before, because we are always in the care of a Loving God.

Principles-Work Cited

Step One

- Honesty- The principal behind this admission is honesty.
- Surrender- We surrender, raise the white flag, and accept that the battle is over.
- Humility- We honestly admit that we don't have all the answers and that we need help.
(Sex Addicts Anonymous, Pgs 22-25 Third Edition)

Step Two

- Open-mindedness- To work this step, we only need to be open-minded enough to try something new.
- Willingness- We need to be willing to set aside old ideas and prejudices, try new solutions to old problems, and listen to the spiritual ideas of others in the fellowship.
- Faith- We can build our spirituality on the faith that our Higher Power can relieve us of our addiction.
(Sex Addicts Anonymous, Pgs 25-28 Third Edition)

Step Three

- Surrender- To take the Third Step decision is to surrender.
- Faith- Having accepted both the reality of our disease and the possibility that a Higher Power can help us where our own efforts have failed, we make a leap of faith, turning to that Power for assistance.
- Willingness- Taking this step, we become willing to walk through all experiences and emotions, including painful and difficult ones.
(Sex Addicts Anonymous, Pgs 28-31 Third Edition)

Step Four

- Courage- The Fourth Step takes courage, because we are gradually giving up our old rationalizations, dishonesty, and self-pity, in order to discover the truth about who we are.
- Honesty- By looking honestly at our moral nature-the failings that kept us trapped in our addiction, as well as our virtues and aspirations-we start to move away from being self-centered to God-centered.
- Faith-As we work Step Four, we practice honesty, courage, and faith, keeping in mind that others have walked this path before us and have found their recovery strengthened through this work.
(Sex Addicts Anonymous, Pgs 31-37 Third Edition)

Step Five

- Integrity- Many of us feel a sense of wholeness and integrity for the very first time.
- Honesty- We have found that God will help us find the courage and honesty we need in order to work this step.
- Courage- We discover that the person hearing our Fifth Step will not reject us, but will often respect us for our honesty and courage, and love us all the more.
(Sex Addicts Anonymous, Pgs 37-39 Third Edition)

Step Six

- Willingness- By becoming ready to relinquish our defects, we show our willingness to do what it takes to stay abstinent.
- Courage- If we are fearful, we can gently and courageously allow ourselves to consider the possibility of surrendering our familiar defects, trusting that our Higher Power will not give us more than we can handle.
- Surrender- If we are fearful, we can gently and courageously allow ourselves to consider the possibility of surrendering our familiar defects, trusting that our Higher Power will not give us more than we can handle.
(Sex Addicts Anonymous, Pgs 40-43 Third Edition)

Principles-Work Cited

Step Seven

- Humility- *Humbly asked God to remove our shortcomings.*
- Surrender- Asking is a very powerful act-it expresses a deepening surrender on our part.
- Willingness-With the willingness to let go of resentment, fear, and the other defects that have isolated us from God and our fellows, we are spiritually prepared to consider repairing the harm we've done in the past.

(Sex Addicts Anonymous, Pgs 43-45 Third Edition)

Step Eight

- Empathy- Empathy with those we have harmed is a sign of our willingness to make amends.
- Honesty- At this point, we only need to be honest with ourselves about the harm we have done.
- Willingness- The amends process is broken into two steps for a reason, allowing us to take the time we need to become truly willing before moving forward.

(Sex Addicts Anonymous, Pgs 45-48 Third Edition)

Step Nine

- Restitution- In Step Nine we make our best effort to contact the people we have harmed, admit the wrongs we have done them, express our remorse, and offer some kind of reparation.
- Humility- An attitude of humility and sincere regret for the harms we have done will carry us far.
- Courage- We can rely on our Higher Power to be with us throughout this process and to grant us the courage we need to move forward.

(Sex Addicts Anonymous, Pgs 48-52 Third Edition)

Step Ten

- Growth- Practicing the Tenth Step helps us continue to grow in self-acceptance, self-awareness, and rigorous honesty.
- Honesty- Honest self-examination can take many forms.
- Restitution- When we recognize our error, we promptly admit it.

(Sex Addicts Anonymous, Pgs 52-55 Third Edition)

Step Eleven

- Consciousness-In Step Eleven we seek to improve this conscious contact, so that our spiritual connection will become not only the means by which we recover from our sex addiction, but our daily source of guidance and strength.
- Faith- This step works best when we have faith in the goodness of our Higher Power's will for us, even if we can't see the outcome yet.
- Surrender- We surrender our desire for particular results and ask only for knowledge of God's will for us and the power to carry that out.

(Sex Addicts Anonymous, Pgs 55-58 Third Edition)

Step Twelve

- Service- However we do service, we receive much more than we give.
- Consciousness-With the Twelfth Step we seek to consciously practice these principles in our lives, not only as ways to keep us sexually sober, although that will always remain important, but as lights to guide us in everything we do.
- Faith- As we grow spiritually, we find opportunities for service in virtually any situation.

(Sex Addicts Anonymous, Pgs 58-61 Third Edition)