



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 all 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. We experienced obsession, which is mental preoccupation with sexual behavior or fantasies. We experienced compulsion, which is an urge that is stronger than our will to resist. Both were destructive, because they led us to addictive sexual behavior. We refer to these behaviors as acting out.

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.

No matter how sincerely we desired to stop our preoccupation with sex and our destructive sexual behavior, we found that we were powerless to change. Others may have engaged in the same behaviors without ill effect, but we could not. Our will power repeatedly failed. We could not stop acting out sexually, even when we faced negative or disastrous consequences. We came to realize that we were powerless to change on our own.

Thus, many of us 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 God, 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.

For some of us, we believed we had not reached the point of addiction and only struggled with "minor" lustful thoughts and actions. We felt that we could control this lust and it would not become an addiction. However, from the experience of those before us, this is how the addiction began, and those that were able to confront this problem early on spared themselves the pain and suffering brought about by the addiction. Remember, the Enemy will lie to us, telling us we won't become addicted! However, there is help for all of us in this spiritual program of recovery.

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

*Adapted from Sex Addicts Anonymous