



## **Sobriety Statement**

Our primary purpose is to abstain from sexually compulsive behavior, and help others to achieve sobriety. In line with this purpose, we feel that a brief statement regarding the meaning of sobriety is in order.

First, we define sobriety in terms of behavior rather than mental states. We do not focus all our efforts upon being sober from mental “lust”, but from compulsive sexual behavior. Just as A.A. focuses on the need to stop the behavior of drinking, and as O.A. focuses on stopping compulsive eating as the point of sobriety, so Castimonia focuses on compulsive sexual acting out. We do, however, strive for continued victory over mental lust as we work our recovery program. The lust of the mind may take years to drain away as one works the twelve steps of recovery; sobriety from the destructive and addictive behaviors, however, can begin today, and is the basic foundation upon which all subsequent personal growth depends. “Progress rather than perfection” is the atmosphere for growth that we seek to promote.

Secondly, sobriety will be different for each member of Castimonia, depending upon what behaviors are compulsive and lead to pitiful and incomprehensible demoralization. Some individuals can engage in sexual behaviors from which others find they must abstain; in Castimonia, we leave the choice up to the individual. However, the leaders of Castimonia recommend a base sobriety point of normal, non-compulsive, & non-addictive sexual behaviors, void of pornography, within the context of a committed relationship.

Finally, sobriety does not imply the complete elimination of sexuality from the addict’s life; rather, it lays the foundation for learning new approach to the intimate experience of sex and relationships which is non-compulsive and non-destructive. Such an approach is possible to all who earnestly desire it.