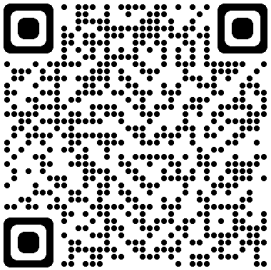


# Sex and Porn Addicts Anonymous

SPAA defines sobriety as: No sex with one's self (masturbation), no sex outside of a committed relationship, and no viewing of pornography.

In-person and international Zoom meetings held daily. Details about our meetings, including times and locations, are available on our website:

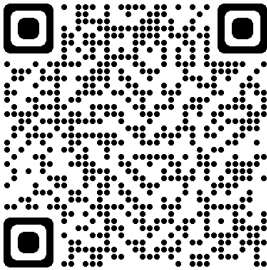
[spaa-recovery.org](http://spaa-recovery.org)



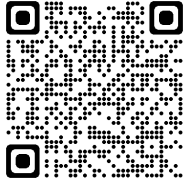
**Sex and Porn Addicts  
Anonymous**

**424-209-7739**

**[spaa-recovery.org](http://spaa-recovery.org)**



For additional literature:



## **Am I a Sex and Porn Addict?**

Have you found yourself preoccupied with sexual thoughts? Have you spent too much time online for sexual purposes? Hidden some of your sexual behaviors from others? Attempted to stop sexual activities, such as viewing pornography, and failed? Hurt or neglected yourself or others because of your sexual behavior? Have you ever felt bad about your sexual behavior? If you responded yes to any of these questions, you may be a sex and porn addict.

## **Our Problem**

Our problem behaviors include edging<sup>1</sup>, viewing pornography, masturbation, serial affairs, and sexual encounters outside of a committed relationship. We see that these behaviors hurt us and others, and that our obsession with sex and porn underlies these behaviors.

## **The Solution**

SPAA offers a practical solution to our compulsive sexual behavior: the 12 Steps and 12 Traditions of Alcoholics

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<sup>1</sup> To learn more about edging, please see our document *What is Edging?* on our website: <http://spaa-recovery.org/literature/>

Anonymous. In other words, our program adopts many of the same methods that have helped millions of alcoholics find sobriety.

SPAA's Twelve Steps are a group of principles that are spiritual in their nature. If practiced as a way of life, they can expel the obsession to edge and to act out sexually. This enables the addict to live happily and usefully whole. (Adapted from pg. 15 of AA's *Twelve Steps and Twelve Traditions*.)

## **Who We Are**

Sex and Porn Addicts Anonymous is an international, inclusive fellowship of men and women who share their experience, strength, and hope with each other that they may recover from sex and porn addiction.

Our primary purpose is to stay sober and help others to achieve sexual sobriety.

## **What Happens at Our Meetings?**

We sex and porn addicts share our stories—speaking honestly about our struggles with addiction and the steps we have taken to find recovery. These stories are reports of actions that worked for us, rather than rules not to be broken. We find that our meetings are a reservoir of

collective wisdom, based on decades of personal experience. Together, we stand on each other's shoulders to achieve victory over sex and porn addiction.

## **Who Can Attend SPAA Meetings?**

Anyone who says they are a sex and porn addict can attend meetings. The only requirement for membership is a desire to stop acting out sexually and stop viewing pornography.

## **How Can SPAA Help Me With My Problem?**

We guide you through the recovery process with the entire fellowship watching your back. We have regularly scheduled in-person meetings in various locations and conduct international Zoom meetings seven days a week. From sharing our individual stories, we see that we all suffer from the same problem in our own ways. We understand your problem. Here, we receive the benefits of experience and the tools of recovery from fellow members of the program, and we pass along that knowledge and our own experience to newcomers. Thus, we offer the hope of recovery and the strength that comes from knowing we are not alone. You are not alone.