

Self Test

- ___ 1 Have you ever thought you needed help for your sexual thinking or behavior?
- ___ 2 That you'd be better off if you didn't keep "giving in"?
- ___ 3 Do you lose time from work for it?
- ___ 4 Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?
- ___ 5 Do you resort to sex to escape, relieve anxiety, or because you can't cope?
- ___ 6 Do you feel guilt, remorse or depression afterward?
- ___ 7 Has your pursuit of sex become more compulsive?
- ___ 8 Does it interfere with relations with your spouse?
- ___ 9 Do you resort to images or memories during sex?
- ___ 10 Does an irresistible impulse arise when the other party makes the overtures or sex is offered?
- ___ 11 Do you keep going from one "relationship" or lover to another?
- ___ 12 Do you feel the "right relationship" would help you stop lusting, masturbating, or being so promiscuous?

"We found in each other what we could find nowhere else: people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped."

Sex Addicts Anonymous



You can be confident that your anonymity will be respected.

Some of this information within this brochure was adapted from SA Literature

Capitol Hill Sexual Recovery

A Support Group
in the Tradition of
Sexaholics Anonymous

Please join us for our weekly one hour meeting on
Monday evening at 6:30PM
at St. Barnabas Church
at 1280 Vine Street
Denver, CO 80206

Enter through the garden terrace door on Vine St. and take the stairs immediately on the right, go upstairs, turn right and it is the last door on the right.

For more information please call:
720-837-1736

A program of recovery for those who want to stop their sexually self-destructive behavior.

Welcome

We are a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover.

We welcome people in *opposite sex* and *same sex* committed relationships or those not in a relationship with a common purpose to stay sexually sober.

The Problem

Our members have come to our fellowship because they felt inadequate, unworthy, alone, and afraid. Our insides never matched what we saw on the outsides of others.

We began to realize that our behaviors are increasingly compulsive and destructive as a result of:

- Use of pornography (including internet)
- Spousal infidelity
- Compulsive masturbation
- Sexualization of others
- Exhibitionism
- Anonymous sex
- Prostitution

The SA Program of Recovery The Twelve Steps

- 1 We admitted that we were powerless over lust—that our lives had become unmanageable.
- 2 Came to believe that a Power greater than ourselves could restore us to sanity.
- 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4 Made a searching and fearless moral inventory of ourselves.
- 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6 Were entirely ready to have God remove all these defects of character.
- 7 Humbly asked Him to remove our shortcomings.
- 8 Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10 Continued to take personal inventory and when we were wrong promptly admitted it.
- 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as the result of these Steps, we tried to carry this message to sexaholics, and to practice these principles in all our affairs.

The Solution

We saw that our problem was three-fold:

Physical ■ Emotional ■ Spiritual

Healing had to come about in all three.

The crucial change in attitude began when we admitted we were powerless. We came to meetings and withdrew from our habit. For some, this meant no sex with themselves or others, including not getting into relationships. For others it meant not having sex with the spouse for a time to recover from lust.

We discovered that we could stop, that not feeding the hunger didn't kill us, that sex was indeed optional! There was hope for freedom, and we began to feel alive. Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others.

We began practicing a positive sobriety, taking the actions of love to improve our relations with others. We were learning how to give; and the measure we gave was the measure we got back. We were finding what none of the substitutes had ever supplied. We were making the real Connection. We were home.