

Frequently Asked Questions (SAA)

What is sex addiction? Is it a real thing?

Many of us questioned the addiction label and the disease model. Some clinicians prefer the term sexual compulsion. Yet, we have found the following fittingly describes our problem...

Why don't you publish the locations of your meetings?

Given the sensitive nature of sex addiction, anonymity is critical to our individual and collective safety. We use first names and do not share who we meet and what is said at our meetings with anyone...

Do I need to believe in God to join SAA?

No, many members are atheists or agnostics and others prefer the term Higher Power. Our fellowship is not associated with any religion or set of beliefs. However, SAA is a spiritual program...

What can I expect at an SAA meeting?

Meetings are run by members. We read literature helpful to our recovery and share openly about our progress and how we are applying the twelve steps in our lives...

What are the 12 Steps? Are you part of AA?

We are not affiliated with Alcoholics Anonymous, but we are grateful to AA for pioneering the 12-step model upon which Sex Addicts Anonymous is based.

What does it cost to attend an SAA meeting?

There are no dues and fees to attend SAA meetings. Donations are accepted at the end of our meetings to cover our modest expenses. However, donations are not accepted from newcomers at their first meeting.