

The Proposed SAA Promises (Puget Sound Promises)

"We would like to thank the SAA Puget Sound group for creating the Proposed SAA Promises which are adapted from the [Sex Addicts Anonymous "Green Book."](#)

By cultivating our sexual sobriety and spiritual connection we will discover healthier experiences of sexuality. Our serenity will grow as we continue to live according to spiritual principles. The miracle of recovery from sex addiction will become a reality we experience every day. Working the Twelve Steps brings us many gifts:

1. We will find freedom from our addictive sexual behavior.
2. We will live in the present and enjoy our lives.
3. We will learn to be emotionally present during sexual experiences, and use our sexuality to express our love, appreciation, and faith.
4. We will grow in humility and will be able to admit when we are wrong.
5. We will deepen our compassion and become more forgiving of others and ourselves.
6. We will keep the company of people who love and respect us.
7. We will start to see life in terms of growth, change, and transformation.
8. We will have a greater sense of belonging, emotional intimacy and true friendship with others and ourselves.
9. We will learn to express our affection, rather than seek power and control.
10. We will ask for and receive help when we need it.
11. We will experience profound healing from shame as we learn to let go and cultivate vulnerability.
12. We will see that the world is a much safer place than we had ever known before, because we are always in the care of a loving Higher Power."

Source: Puget Sound SAA Intergroup: <https://pugetsoundsaa.org>