

Sex Anonymous

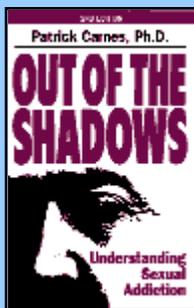
Sex Addiction Recovery Meetings of Colorado Springs



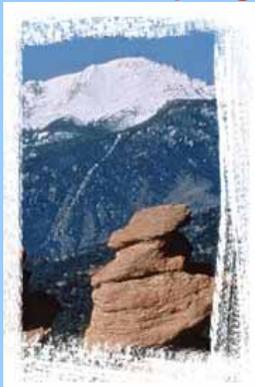
Three men familiar with the way a 12-Step program helps people recover from addictions, met in the summer of 1987 in a restaurant discussing how they might help one another

overcome sexual compulsivity.

One of them had just read a new book called *Out of the Shadows* (Patrick Carnes, Hazelden Publishers). Their obsessive and compulsive behavior was destroying their relationships both in family and at work. The book spoke of using the *Twelve Steps* of Alcoholics Anonymous to overcome sexual addiction problems. It gave them hope and they were determined to find a way out.



Colorado Springs



That summer they began meeting weekly in an office building near the Garden of the Gods Road in Colorado Springs. They drew from their recovery in Alcoholics Anonymous (AA) and Cocaine Anonymous (CA), adopting the AA "Big

Book" and *Out Of The Shadows* as their texts. That Tuesday night meeting soon extended to Thursdays and Saturdays as members needed more meetings in order to get sexually sober. Currently they meet only on **Tuesdays** from 7:30 to 9:00pm.

Cañon City and Crowley

In 1989, they reached out to sex addicts behind bars in **Cañon City**. That meeting on Monday nights at Fremont Correctional Facility averages twenty and includes a step study every other week. They utilize the text of *Sexaholics Anonymous* in both Spanish and English concurrently. Another prison meeting developed in 2010 at the Arkansas Valley Correctional Facility in **Crowley**. They meet Tuesdays and use the book *Sex Addicts Anonymous* which is donated by that fellowship.



Overall

Choosing to remain unaffiliated from the international 12-Step fellowships, these meetings cooperate with the other "S" groups in Colorado. The group has adopted several other texts: *Hope & Recovery* (Hazelden), *Alcoholics Anonymous* (the "Big Book"), *Twelve Steps and Twelve Traditions of AA*, and a daily devotional called *Answers in the Heart*. They have also developed their own pamphlets to aide members: **Sponsorship—Questions and Answers**, and **Getting Started—Using the Program**.

Meetings at: 1123 Elkton Drive, Colorado Springs (VerTec Building)

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