

12 Step Resources

Al-Anon - Al-Anon's program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The Steps are the foundation for personal recovery and the Traditions help groups sustain their unity and fellowship. www.al-anon.alateen.org

Alcoholics Anonymous (A.A.) - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. www.alcoholics-anonymous.org

Co-Dependents Anonymous (CODA) is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and fulfilling relationships. We rely on the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships. Through applying the Twelve Steps and principles in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles and realize a new joy, acceptance and serenity in our lives. www.codependents.org

COSA is a recovery program for men and women whose lives have been affected by compulsive sexual behavior. In COSA, we find hope whether or not there is a sexually addicted person currently in our lives. With the humble act of reaching out, we begin the process of recovery. www.cosa-recovery.org

Co-Dependents of Sex and Love Addicts (CO-SLAA) - Co-SLAA is a closed 12-step support program for the recovery of friends, family and significant others whose lives have been affected by the relationship with someone addicted to sex and love. Although the program was originally initiated for co-dependency issues of SLAA members, it has become the program of choice for those who are in relationship to a sex and love addict. Many programs will ask that SLAA members or active addicts do not attend their meetings. www.slaact.org

Survivors of Incest Anonymous - The only requirement for membership is that you are a victim of child sexual abuse, and you are not abusing any child. We define incest very broadly as a sexual experience by a family member or by an extended family member that damaged the child. "Extended family" may include an aunt, uncle, in-law, step-parent, cousin, friend of the family, teacher, coach, another child, clergy or anyone that you were led to trust. We believe we were affected by the abuse whether it occurred once or many times since the damage is incurred immediately. www.siaawso.org

Narcotics Anonymous - "NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help." www.na.org

Overeaters Anonymous (OA) - Unlike other organizations, OA is not just about weight loss, obesity or diets; it addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. To address weight loss, OA encourages members to develop a food plan with a health care professional and a sponsor. If you want to stop your compulsive eating, welcome to Overeaters Anonymous. www.overeatersanonymous.org

Recovering Couples Anonymous (RCA) - The primary purpose of RCA is to help couples find freedom from dysfunctional patterns in relationships. By using the tools of the program, we take individual responsibility for the well-being of the relationship, build new joy, and find intimacy with each other. www.recovering-couples.org

Sex Addicts Anonymous (SAA) - National 12 step program encourages participants to define their sexual sobriety through the boundaries of a “Sex Plan” which is evolved by working with other recovering members. Population is mixed, primarily men, both homo and heterosexual with some female attendance. Has a program for partners of sexual addicts called C.O.S.A. www.saa.org

Sexaholics Anonymous (SA) - National 12 step program which employs the most restricted definition of sexual recovery. Sobriety is defined as “No sexual behavior outside of a committed marital relationship.” Population is primarily heterosexual men, some women do attend. Has a program for spouses of sexual addicts and offenders called S-Anon. www.sa.org

Sex and Love Addicts Anonymous (SLAA) - National 12 step program focused on addictive sexual and romantic relationships. Helpful for people who consistently involve themselves in abusive, non-nurturing relationships as well as sexual addicts. This program tends to attract more mixed male/female group. www.slaafws.org

Sexual Compulsives Anonymous (SCA) - 12 step program found in major urban areas nationally. Primarily attended by gay and bisexual men and some women. Participants define their sexual sobriety through the boundaries of a “Sex Plan” which is evolved by working with other recovering members. Has no formal partners program.

Sexual Recovery Anonymous (SRA) - 12 step program located in the northeast (the tri-state area) and in western Canada. Sobriety includes “freedom from sex outside a mutually committed relationship.” Population is primarily men, both homosexual and heterosexual, with some female attendance.

S-Anon - S-Anon is not allied with any sect, denomination, politics, organization or institution; it does not wish to engage in any controversy; nor does it endorse or oppose any causes. Our primary purpose is to recover from the effects upon us of another person's sexaholism and to help the families and friends of sexaholics. We do this by applying the Twelve Steps of S-Anon to our lives and by welcoming and giving comfort to families of sexaholics. www.sanon.org