

Toolbox For Sobriety

Our primary purpose is to stay sexually sober, to abstain from sexually compulsive behavior, and to carry the message to the sex addict who still suffers.

Recovery begins with abstinence from one or more specific sexual compulsions.

Having said that, the question arises: How do we define "abstinence" or "sexual sobriety"?

The three circles is an exercise / diagram used by recovering addicts to describe and define behaviors that lead either to a relapse into or recovery from addictive behaviors. Our group has found great power in the use of the circles and we encourage recovering addicts to complete the Three Circle Exercise. This will help you to identify behaviors that promote or endanger your sobriety.

SAA (Sex Addicts Anonymous) is a fellow-ship of recovering addicts which offers a message of hope to anyone who suffers from sex addiction.

The basic principles of recovery practiced by SAA are found in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous.

Although we are not affiliated with AA or with any other organization or agency, we are, indeed, grateful for permission to modify and apply the Steps and Traditions to sex addiction, making recovery possible for us.

If Sex addiction is real why are we just hearing about it

One argument that is proffered against sex addiction's existence is that it seems to have appeared on the social scene so recently, but sex has obviously been available since the dawn of time.

"If sex was 'addictive' how come it's only happened so recently?"

The answer to this is simple: the internet. The world wide web has made sex available and accessible to all, and accessible within relative anonymity, hence bypassing the usual social inhibitors. If crack cocaine was privately and freely available on every street corner, it's certain the growth in coke addiction would soon hit the headlines.

At no other time in history has it been so easy to become sexually addicted.

*Paula Hall,
Understanding and Treating Sex Addiction, p6*

Tri County Recovery

An Introduction to the Three Circles and the Middle Bubble

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Inner Circle

"In the inner circle, we put the sexual behaviors we want to abstain from, the ones we consider 'acting out'". These are the behaviors that we identify as addictive, harmful, or unacceptable to us.

Middle Circle

In the middle circle, we put behaviors that may lead to acting out, or that we are unsure about.

Middle circle items, while still maintaining sobriety can lead quickly to trouble.

Watching movies with racy content, while not explicitly in the inner circle can quickly set up situations where the inner circle barrier can be broken. They may contain triggers or make you vulnerable and get your guard down.

The Middle circle is not a free play zone, rather it is like a yellow light in an intersection where there is a traffic camera for red light violations.

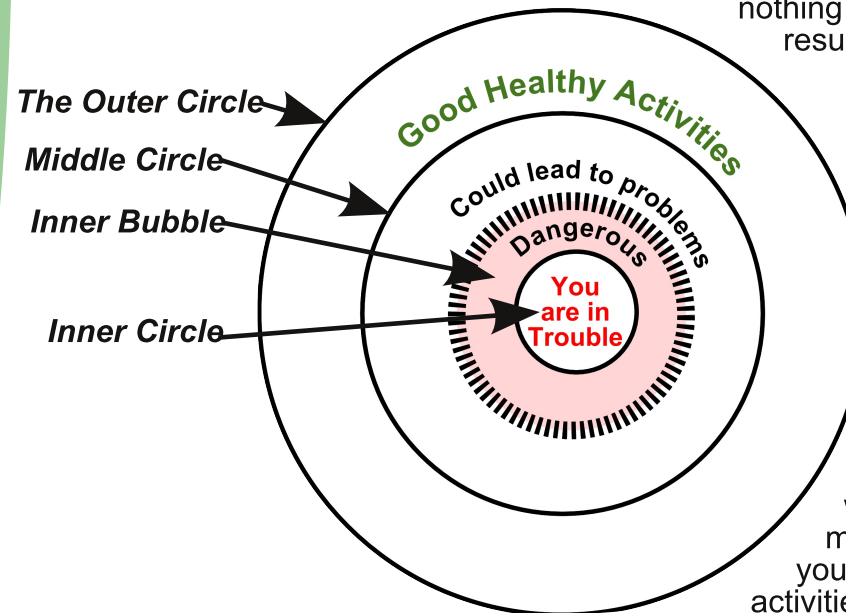
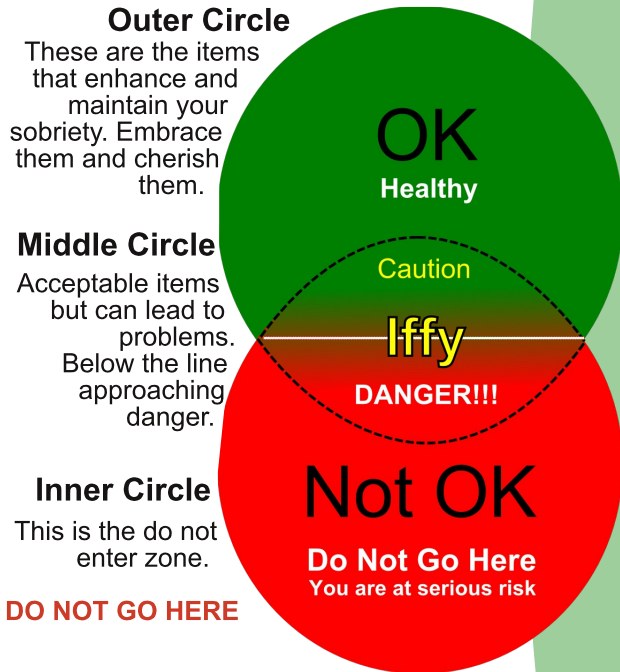
A lot of the time you will get away with going through the light but inevitably, you will push it just a bit too hard or be just a bit less cautious than usual and you will slip up.

The Inner Bubble

Some people use a inner bubble as a enhanced warning they are heading towards danger.

While the activities contained in the the Inner Bubble are not part of the inner circle, they are approaching it and make the likelihood of a slip much greater.

Entering or contemplating entering the inner bubble is a signal to step back, call a sponsor or friend in sobriety and move away from the activity. To do nothing will almost certainly result in a relapse.



The Outer Circle

"In the outer circle, we put healthy behaviors that enhance our life and our recovery."

All safe activities go in the outer circle. Time with your family, walking, exercise, meditation. This is where your sobriety lives and these activities will let you retain it.