

# SAL 12 STEP

LIFELONG RECOVERY, ONE DAY AT A TIME.



## **Welcome to SAL 12 Step Betrayal Trauma Recovery Meetings**

SAL 12 Step recovery meetings were formed in May of 2014 by the founders of the SA Lifeline Foundation—Steven C. and Rhyll C. SA Lifeline Foundation offers support and educational resources to SAL 12 Step groups who function autonomously through the service of group members. SAL utilizes the “S-Anon 12 Steps” (blue book) as well as the “Working the S-Anon Program” (green book) as our primary study materials.

Some of the key fundamental principles of SAL include gender specific meetings, an emphasis on ‘prayers from the heart,’ and an open (non-proselyting) environment for those of all religious and non-religious affiliations. For more information about SAL 12 Step meetings visit [sal12step.org](http://sal12step.org).

## ***The 12 Steps of S-Anon***

1. We admitted we were powerless over sexaholism – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

## The Serenity Prayer

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardship as the pathway to peace, taking, as He did, this sinful world as it is, not as I would have it, trusting that He will make all things right if I surrender to His Will, that I may be reasonably happy in this life, and supremely happy with Him forever in the next. Thy will, not mine be done.

- Reinhold Niebuhr (1892-1971)

## The 3rd Step Prayer

God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

- Alcoholics Anonymous

## The 12 Promises

1. If we are painstaking about this phase of our development, we will be amazed before we are half way through. 2. We are going to know a new freedom and a new happiness. 3. We will not regret the past nor wish to shut the door on it. 4. We will comprehend the word serenity and we will know peace. 5. No matter how far down the scale we have gone, we will see how our experience can benefit others. 6. That feeling of uselessness and self-pity will disappear. 7. We will lose interest in selfish things and gain interest in our fellows. 8. Self-seeking will slip away. 9. Our whole attitude and outlook upon life will change. 10. Fear of people and of economic insecurity will leave us. 11. We will intuitively know how to handle situations which used to baffle us. 12. We will suddenly realize that God is doing for us what we could not do for ourselves.

- Alcoholics Anonymous

*“Keep coming back! It works when I work it!  
and I am worth it!”*

## Newcomers

Those of us who are working our recovery with SAL were driven to the point of despair by the effects of a loved one's sexual addiction upon us. Though we have experienced great pain, we can now say from our own experience that hope and healing are possible. Through working our steps with a sponsor, establishing boundaries, and learning to surrender our will to God, we have discovered a pathway to create a place of safety and connection with our Higher Power, free of fear and manipulation.

This most painful and difficult part of your life can also be transformed into a difficult but beautiful journey that brings you to the greatest peace, love, and acceptance you have ever known. Come find your pathway to recovery, and discover the peace that is available to you as you begin to let go and live Humble, Honest, and Accountable...One Day at a Time.

*Learn more about the vital role of sponsorship at [sal12step.org](https://sal12step.org)*