

COMMENTARIES ON THE CHARACTERISTICS MOST OF US SEEM TO HAVE IN COMMON

Characteristic 9:

“We searched for some "magical" quality in others to make us feel complete. Other people were idealized and endowed with a powerful symbolism, which often disappeared after we had sex with them.”

When we were not sexually sober, our only way of reacting to charismatic people was to pursue them sexually — in actuality or in fantasy. We idealized people to whom we were attracted, fantasizing that they were perfect, and we sexualized our admiration. We were entranced by their mystique, which was often largely of our own making. We got lost in the lives of our idols, and felt whole around them. If we did have sex with people we idolized, our image of them was shattered as we faced the reality of their individuality. Their humanity and the reality of the sex act were at odds with the unrealizable fulfillment we sought. We were disillusioned to discover that they were not perfect. When we touched our idols, the guilt rubbed off on our hands. Though painful to admit, the reality was simple. Our identity issues and the spiritual incompleteness we were dealing with could not be resolved by sex, or another human being.

In recovery, we let go of unrealistic expectations and impossible standards. We take off our “sex-colored glasses.” We see people for their human qualities and allow them to be imperfect. We pay attention to red flags and hear what people are saying about who they are and what they want. We use the Tools of the Program to develop acceptance of ourselves and build a relationship with our Higher Power that makes us feel whole. We come to realize that the true magic is the wonder of reality, genuine relationships, a sober life, and the rewards of sexual sobriety.

(Extract from “The Characteristics Most of Us Seem to Have in Common” © SCA-ISO)