

## COMMENTARIES ON THE TWELVE TRADITIONS OF SCA

### Tradition 1:

**“Our common welfare should come first; personal recovery depends upon SCA unity.”**

In our active compulsion and unrecovered state, we were self-centered. For the majority of sexual compulsives, it was all about “me.” Most of us come into Sexual Compulsives Anonymous obsessed with ourselves, and the unmanageability of our own lives. On joining SCA, we soon realize that our recovery from sexual compulsion depends on our membership in the Fellowship, and the survival of the group. Our experience shows that it is essential that SCA meetings be places where members feel accepted, and free to share their experiences with sexual compulsion honestly and openly, without fear of being shamed or judged. SCA unity is achieved at a primary level by making the meeting rooms safe places for sharing, and through the love and support that members give one another in their common journey toward recovery. This unity depends on tolerance of others’ differences; differences in background, gender, sexual orientation and gender identity, differences in approaches to working the Twelve Steps, differences in individual sexual recovery plans, and differences in the types of compulsive sexual behavior that brought us to SCA.

It is said among members that SCA is a “we” program. This emphasizes that recovery in SCA is a collective undertaking. The various formats of our meetings reinforce this concept. We approve the meeting formats themselves as a group, by group conscience. We take turns in leading the meeting, and in reading the literature aloud. We share our experience, strength and hope with each other, relating together how we are working our program of recovery and overcoming the compulsion. Some meetings may limit the amount of time each person can speak so that as many members as possible may have the opportunity to share. Some meetings deliberately set aside specific times for newcomers to share, or use other means to ensure that sharing is open to all.

Some members may struggle longer than others with letting go of their compulsive behaviors and embracing recovery. Whatever the condition of each member’s recovery, SCA unity provides each group with a powerful strength for the individual to rely on. Even if an individual is having difficulty recovering, the group as a whole remains strong. The group collectively demonstrates a higher level of recovery, and draws its members toward growth. The Fellowship as a whole engages in this process by means of its literature and service structures. Only together are we strong enough to overcome the physical, mental, emotional and spiritual afflictions of our disease.

Our experience has been that we cannot recover in isolation: that we cannot overcome sexual compulsion on our own. We have found that we need the support and collective experience of other sexual compulsives in order to recover. We rely on mutual support for our personal recovery. Therefore, the continued existence of SCA groups is essential. It is vital that unity be fostered and maintained throughout the network of SCA groups worldwide. A fundamental source of unity in the SCA Fellowship is adherence to the Twelve Traditions of SCA.

(Extract from "The Twelve Traditions of Sexual Compulsives Anonymous" © SCA-ISO)