

COMMENTARIES ON THE TWELVE TRADITIONS OF SCA

Tradition 3:

“The only requirement for SCA membership is a desire to stop having compulsive sex.”

SCA is a 12-Step fellowship, inclusive of all sexual orientations, open to anyone with a desire to recover from sexual compulsion.¹ The Fellowship does not discriminate. Individual members and groups cannot determine whether another person’s desire to stop having compulsive sex is sincere or not. We do not require that anyone identify himself or herself by a particular label, or by any label at all. The group does not decide whether or not someone is to remain a member of SCA. So long as an individual has a desire to recover from sexual compulsion, they are welcome in SCA.

For some newcomers, simply attending meetings consistently seems like a Herculean effort. Others have a “revolving door” experience of coming in and out of the Fellowship until they are finally willing to admit in earnest that they have a desire to stop having compulsive sex. They find that involvement in SCA is an essential part of achieving that aim. Still others have deep-seated shame issues, and even if they accept that they need to attend SCA, they have difficulty believing they belong anywhere, let alone in a group of people in recovery who are healing and even thriving in their lives. A member may “visit” SCA for a while before deciding to attend regularly, or may attend and instantly feel he or she has found a new spiritual home with like-minded people. All are welcome.

The Third Tradition states that the only requirement to be a member of SCA is a desire to stop having compulsive sex. In our collective experience, this includes not only impulsive and harmful sexual behaviors, but also problems such as romantic obsession, addiction to people, love or relationships, addiction to sexual or romantic fantasy, and the constant search for intimacy. SCA is open to all those with a desire to recover from sexual compulsion in any and all of its manifold forms of expression,² including the use of technology to avoid intimacy and the compulsive avoidance of sex, also known as sexual anorexia.

Sexual Compulsives Anonymous also accepts the Third Traditions of some other sexual recovery programs as being equal to its own. Therefore, members of SAA³ and SLAA⁴ may attend SCA meetings under the Third Traditions of their own programs, equally with SCA members.

¹ SCA Self-Identification Statement © SCA-ISO

² Affirming resolution passed by SCA-ISO April 26, 2015

³ Sex Addicts Anonymous

⁴ Sex and Love Addicts Anonymous

We are not the arbiters of anyone else's sex conduct. As individuals, we may feel we do not want people with certain types of sexual compulsion in our meetings, but we do not attempt to exclude, or change SCA to exclude, such individuals. We have often found that the very people around whom we felt uncomfortable, or whose presence we feared would harm SCA or our recovery, turned out instead to be people who helped us. It is not only the acceptance of others, but also self-acceptance that is a principle at work here, because welcoming others regardless of differences is an indication that we have come some way toward accepting ourselves.

It is very important to note that while some service positions within SCA may have suggested lengths of time on a sexual recovery plan, and/or a specified prior length of membership in SCA as a recommendation for the trusted servants holding these service positions, no one can lose their membership in SCA for having a slip on their sexual recovery plan, or for failing to work a "perfect" program, were such a thing even possible.

In the same way that the requirement for SCA membership is minimal, the requirements for forming an SCA group are minimal. Any two or more sexual compulsives gathered together for sexual sobriety may call themselves an SCA group, provided that, as a group, they have no other affiliation, and meet together to work the SCA Program of Recovery.⁵

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

⁵ The SCA Program is described in *SCA - A Program of Recovery* and other conference-approved SCA literature.