

**Welcome to the web site of the UK Intergroup of Sex Addicts Anonymous** - SAA is a group of men and women who share our experience, strength and hope with each other for the purpose of finding freedom from addictive sexual behaviour and helping others recover from sex addiction. Our programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, though we are not affiliated with AA or any other organisation.

[UK meetings of Sex Addicts Anonymous](#) offer an accepting, non-threatening environment where we can share our common struggles and learn how to apply the principles of the Twelve Steps to our everyday lives. The only requirement for membership is a desire to stop addictive sexual behaviour. There are no fees or dues. It's a simple programme, and it is working for us.

We practise strict anonymity and confidentiality, so that our meetings are a safe place for all of us. Whom we meet or what is said in a meeting is confidential and is not normally disclosed or discussed with anyone. We don't oppose other forms of therapy or treatment – we just offer our experience, you're free to take it or leave it.