

Double Life

Posted by feedtherightwolf - 30 Apr 2010 05:20

The following is a quote from Sex Addicts Anonymous green book, page 6, paragraph two. I've heard it at the meeting today, and wanted to share it with everybody else.

"Many of us lived a double life. We might have felt appalled by our acting-out behavior. But when we were in our addiction, we would slip into a kind of trance. What we usually considered immoral or shameful became sexually exciting. We went to places we wouldn't normally go to, spent time with people we wouldn't normally associate with, and did things we wouldn't want to tell anyone.

To hide our acting out, we lied to our families, friends, and co-workers. We also tried to hide our addiction from ourselves - by working hard, being perfectionists, or perhaps being very religious. Still, with all the self-discipline we could muster, it wasn't very long before we felt compelled to act out again."

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Re: Double Life

Posted by silentbattle - 30 Apr 2010 06:11

Wow - I think that sounds familiar to all of us!

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Re: Double Life

Posted by the.guard - 01 May 2010 19:13

I heard of the SA whitebook, but what is the "green book"?

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Re: Double Life

Posted by the.guard - 01 May 2010 19:14

I see. It's the SAA book, from here: saa-store.org/book/

Can someone send me a PDF version?

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