

Welcome to the Solutions Group; a meeting of Sex Addicts Anonymous. My name is _____ and I'm a (recovering) sex addict. Please turn off all electronic devices.

Will someone please read the Introduction?

Introduction

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making our recovery possible.

Our primary purpose is to stop our addictive sexual behavior and to help others recover from sexual addiction. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement.

Our goal when entering the SAA program is abstinence from one or more specific sexual behaviors. Most of us have no desire to stop being sexual altogether. It is not sex in and of itself that causes us problems, but the addiction to certain sexual behaviors.

We are individuals, and our addictive behaviors, while similar, are unique to us. What may be healthy for one member could be clearly addictive for another. SAA simply cannot predict every possible way of acting out and define them all for everyone. Since our sexuality is experienced in so many different ways, it is necessary that SAA members define for themselves, with the help of their sponsors or others in recovery, which of their behaviors they consider to be 'acting out'.

If you are struggling, this group offers a safe place to share your experiences with others, and to find solutions to help you be abstinent. For those of us with any amount of clean time, be it a day, a week, or a month or longer, the group offers an opportunity to stay sober, and to pass along to others any tools that have worked for us.

It is our hope that through the love and fellowship of this group, we can help each other to stay sexually sober one day at a time.

Will someone please read the Twelve Steps?

The Twelve Steps of Sex Addicts Anonymous [From Sex Addicts Anonymous, pages 20-21]

- 1. We admitted we were powerless over addictive sexual behavior--that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God as we understood God.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of character.**
- 7. Humbly asked God to remove our shortcomings.**
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.**

“These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word “God” to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.”

Thank you, we will now introduce ourselves, using our first names only, if you are a newcomer you need only say your first name and that this is your first meeting. My name is __ , and I am a (recovering) sex addict.

If there is a newcomer, please read the following, if not, skip to the next paragraph...

Newcomer Welcome

Supporting newcomers is an important part of our recovery. As we have newcomers present, I will pass around a list where people may share their phone numbers with the newcomers. If anyone else would like a phone list please indicate so now. A word to the newcomer: it is suggested that you attend at least six meetings to have time to identify with the speakers, and to decide if this program is for you. You may also wish to ask someone to be a temporary sponsor. We suggest anyone with long-term recovery, or with whom you identify strongly. Would the temporary sponsors please identify themselves at this time with a show, of hands? Will someone please speak to the newcomer(s) for about three minutes. (The Chair may interrupt if the person takes too long.)

Would anyone like a new phone list? If so please add in the chat window.

Chair picks Step or Tradition for Topic # 1 and then picks from one of the Suggested Topics for Topic # 2

The Twelve Traditions of Sex Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon SAA unity.
2. For our group purpose there is but one ultimate authority - a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
5. Each group has but one primary purpose - to carry its message to the sex addict who still suffers.
6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SAA group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

9. SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

1. Abstinence

2. Acceptance

3. Act As if

4. Anonymity

5. Attitude of gratitude

6. Be Gentle With Yourself

7. Belief in a Higher Power

8. But for the Grace of God

9. Complacency

10. Compulsive Sexual Avoidance

11. Contempt prior to investigation

12. Courage to Change

13. Dependence

14. Denial

15. Disclosure

16. Do the Next Right Thing

17. Easy Does It

18. Fear

19. First Step Presentation

20. First Things First

21. Forgiveness

22. Freedom through sobriety

23. H.A.L.T. Hungry, Angry, Lonely or Tired

24. Healthier Sexuality
25. Higher Power
26. Hope
27. H.O.W.
28. Humility
29. Identification(I am resp. When anyone, anywhere, reaches out for help, I want the hand of S.A.A. always to be there)
30. If It Works, Don't Fix It
31. Inadequacy
32. Just for Today
33. Keep Coming Back
34. Keep It Simple
35. Keep Sobriety First to make it
36. Let it Begin with Me
37. Let Go and Let God
38. Letting go of anger
39. Live and Let Live
40. Making amends
41. Meditation
42. One Day at a Time
43. Open-mindedness
44. Participation and action
45. Patience and tolerance
46. Personal Inventory
47. Personal spiritual experience
48. Plan the action — not the message result
49. Play the tape through
50. Practice these principles in our lives
51. Principles before personalities
52. Projection - living in the wreckage of the future
53. Resentments

54. Responsibility declaration
55. Rigorous honesty
56. Serenity
57. Service
58. Sexual Sobriety and the Internet
59. Sponsorship Last
60. Staying away from the first drink
61. Surrender
62. Telephone
63. The Bubble
64. This Too Shall Pass
65. Three Circles
66. Three Legacies — Recovery, Unity and Service
67. To Thine Own Self Be True
68. Tools of Recovery - what works for you?
69. Triggers
70. Turn it Over
71. Twelfth Stepping and spiritual awakening
72. Ways of carrying the S.A.A.
73. What is sobriety to me
74. Willingness
75. Working with others
76. Writing
77. You are Not Alone

This is a topic discussion group where we share on 2 topics. The first topic is a Step or Tradition, and the second topic is a slogan or principle of the SAA program. Today's topics are (1) _____.and (2) _

This group hopes to provide an opportunity for everyone to share, including those who are new to SAA and those who may be too shy to speak. We have often found that those voices carry a powerful message of recovery. In order to encourage greater diversity of sharing, the sharing in this meeting is done in a

"tag" format. This means that the chair will "tag" the first speaker and ask that member to begin the sharing. When that member finishes talking, he or she tags the next member, and so on. If you are tagged to share and you do not wish to speak, you can advise the group that you would prefer to just listen. You can then go on to tag another member to continue the sharing.

When you are sharing, please be mindful of the time. Ideally, we would ask that you limit your sharing to 5 minutes or less to give as many people as possible a chance to speak. Sharing will come to a close at 12:50.

Again, today's topics are (1)and (2) _

would you please open the sharing.

(Chair Tags First Speaker.)

12:50 - Chair calls an end to the sharing

The Closing Readings:

Our Seventh Tradition states "that we are fully self-supporting through our own contributions." Your gift is strictly voluntary. The money is used to pay rent, buy supplies and literature. Any extra is passed on to the Intergroup, ISO and used to send a delegate to the annual convention.

Are there any Sex Addicts Anonymous related announcements?

If newcomers are present please read the following paragraph, if not skip to the next paragraph.

The newcomer is the most important person at any meeting. It is our custom to offer you a token to welcome you to our fellowship. (Stand up and give Newcomer(s) a Welcome Chip)

In SAA we celebrate clean time. Medallions or Chips are handed out to recognize sobriety periods. Would anyone like to acknowledge a particular period of sexual sobriety be it a day, a week, a month or longer?

How about just for today?

If you are going to take a cake, we ask that you notify the Secretary two weeks in advance. This program provides the cake for your first year.

As recovering sex addicts, we all need the love and support of our fellow SAA members. We need to hear other's experience, strength, and hope. We need sponsors and other recovering addicts to guide us through the steps of the program. If we're having a hard time and want to act out, we need to be able to pick up the telephone and call someone in the fellowship who understands. We can't recover alone. Who here would be willing to receive a phone call from a member in need today?

I wish to thank everyone who shared today and everyone who listened. A reminder to all, that there is a meeting here every Friday at noon. Who will volunteer to chair next Friday's meeting?

Will someone please read: The Closing?

The Closing

Sex Addicts Anonymous offers a spiritual solution to the disease of sexual addiction. Every aspect of our program is founded on the experience of a Power greater than ourselves helping us live healthy and productive lives, free of addictive sexual behavior. With time, and continued abstinence from our inner-circle behaviors, we have found that the desire to act out becomes less intense and less frequent. The sense of compulsion is lifted from us-we now have a choice. We also experience relief from the obsession with sex, and we are grateful to be free of a craving that we thought would never leave us.

Sexual sobriety is a gift that makes possible many other spiritual gifts. But it is not a cure. We need to remain humble, continuing to practice our program on a daily basis, in order to stay sexually sober and grow spiritually. We cannot afford to be complacent or to live unconsciously. Maintaining the freedom we have found requires daily conscious contact with the God of our understanding, expressed by practicing the spiritual principles we have learned in recovery.

We came to the fellowship of SAA out of a desire to stop acting out. Through the steps, we have been given the abstinence we sought, but in the process we have been given much more: an entirely new way of life based on spiritual principles. Our journey of recovery lasts a lifetime.

Today we have shared about our experiences with sex addiction. If you are struggling, don't give up. There are solutions to any problems you may be experiencing. It is our hope that everyone who attended today has a tomorrow which is free from addictive sexual behaviour.

When you leave here today, please remember that anonymity is the spiritual foundation of our program. What you hear here, who you see here, let it stay here when you leave here.

Please join me in the serenity prayer.

**God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.**