Tuesday Solutions Group

9:00 AM (Pacific Time) SAA Topic Telemeeting

[Last revision: August 2020]

MODERATOR – Familiarize yourself with the following items:

* Dial into the meeting at least 5 minutes before the start.
* Be punctual – the meeting should begin and end on time.
* If you are unable to moderate, arrange for a substitute.
* In the script, everything the moderator says aloud is italicized.
* Meeting dial-in #: 605-475-6333; Caller code: 258258#.
* Moderator Code: The Moderator Code is different from the Caller Code and is used exclusively by the moderator. It gives you the ability to use \*7 to mute the call, among other functions. For security, the Moderator Code is not published in the script and is never shared aloud during a live meeting. If you don’t have the Moderator Code, you can use the Caller Code to enter the meeting, but you won’t be able to access the \*7 special functions. Ask another moderator for the code, and take care with whom you share it.
* To ensure a quiet line with minimal distractions during the meeting, remind callers to press \*6 to mute/unmute their lines. Alternately, inform callers they can also use the mute function on their phones.
* All readings can be downloaded at [www.saatalk.info](http://www.saatalk.info) at the Tuesday Solutions Group portion of the site.
* Free PDF read-only files are available for the SAA Green Book and Tools of Recoveryat [www.saa-recovery.org](http://www.saa-recovery.org). The AA Twelve Steps and Twelve Traditions is available at [www.aa.org](http://www.aa.org).
* The script for First Step presentations is found at the end of this meeting script.

MODERATOR-only telephone system prompts:

1. To see how many callers are on the line, press \*#.
2. To mute the entire call the first time, press \*7 once to enter “Q and A mode” – callers then have to press \*6 to unmute and mute. To mute the room a second time, press \*7 several times to get back to “Q & A mode.”

WELCOME STATEMENT

*Welcome to the 9:00 AM Pacific Time Tuesday Solutions Group telemeeting of Sex Addicts Anonymous. My name is \_\_\_\_\_\_, and I'm a Sex Addict and your moderator. Our meeting is open to anyone interested in finding out about SAA recovery and will last 90 minutes. To help reduce line noise, please press \*6 to mute your phone, and press \*6 again to unmute when you wish to read or share. You can also use the mute function on your phone. If you wish to be of service in reading, have your Green Book handy. Our readings are available for download at* [www.saatalk.info](http://www.saatalk.info) *at the Tuesday Solutions Group tab.*

SERENITY PRAYER

*Let’s begin the meeting with a moment of silence for those who still suffer followed by the Serenity Prayer.*

 God, grant me the serenity

 To accept the things I cannot change

 Courage to change the things I can

 And wisdom to know the difference.

WHO WE ARE

*We are sex addicts. Our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous. In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength and hope gives us the choice to live a new life.*

*Our addictive sexual behavior was causing pain – to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises and many attempts to stop; yet we repeatedly failed to do so. For each of us, there came a moment of crisis. When we finally reached out for help, we found recovery through the program of SAA.*

*We have found, through long and painful experience, that we are unable to achieve recovery from sexual addiction through our own efforts. Our program is based on the belief, confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone. By surrendering our addiction to a Higher Power, we receive the gift of recovery, one day at a time.*

*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. We find a new way of living through the SAA program and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement. Our fellowship is open to women and men, regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual, transgender or non-binary.*

*In our groups, there is a collective wisdom that has grown and been handed down over the years. We learn many new solutions to old problems. Central to these are the Twelve Steps, a spiritual program of recovery. Following these steps leads to freedom from addictive sexual behaviors and to the healing of our minds, bodies, spirits, relationships, and sexuality.*

*Desperation brought us together. We found in each other what we could find nowhere else: people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped.*

READINGS

*Who would be willing to do service for the group and read The Twelve Steps of SAA? These can be found in the SAA Green Book, page 20.*

The Twelve Steps of SAA

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.

MODERATOR reads the following:

*These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. 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.*

*Who would be willing to do service for the group and read the Tradition of the Month and Tradition Twelve? These can be found in the SAA Green Book, page 77.*

The Twelve Traditions of SAA

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. SAA 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. SAA 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.

*Who would be willing to do service for the group and read the Abstinence Statement? This can be found in the SAA Green Book, page 14.*

Abstinence Statement

Our goal when entering the SAA program is abstinence from one or more specific sexual behaviors. But unlike programs for recovering alcoholics or drug addicts, Sex Addicts Anonymous does not have a universal definition of abstinence. 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. In SAA we will be better able to determine what behavior is addictive and what is healthy. However, the fellowship does not dictate to its members what is and isn’t addictive sexual behavior. Instead we have found that it is necessary for each member to define his or her own abstinence.

Since different addicts suffer from different behaviors, and 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 sexual behaviors they consider to be “acting out”. This can be a difficult challenge. If we are too lenient with ourselves, we might not get sober. If we are too strict, we might restrict ourselves from healthy behaviors that we have no need to give up, and an inability to meet our high standards could set us up for relapse. We need the help of other recovering sex addicts, and the reliance on a Power greater than ourselves, to find the right balance between these two extremes.

Our program acknowledges each individual’s dignity and right to choose his or her own concept of healthy sexuality. We have learned that our ideas of what is healthy and what is addictive evolve with experience. In time, we are able to define our individual abstinence with honesty, fairness and gentleness. This process is a valuable exercise in our recovery. It requires us to carefully examine all of our sexual behaviors, decide which ones are healthy or addictive, and note those cases where we’re not sure. It is a way of taking stock of our sexuality that teaches us a lot about a lot about ourselves and our behavior.

NEWCOMERS

*Is there anyone here for their first meeting of Sex Addicts Anonymous? It’s ok if you prefer not to identify yourself. We all recognize that it is hard to attend our first meeting. Your attendance helps us all stay sober – and we are glad you are here. If you do choose to identify yourself, please press \*6 to unmute your phone, state your first name only, and tell us where you are from.*

[Moderator Note: If someone identifies as a newcomer, proceed with the 5-minute Experience, Strength & Hope shares. If no one identifies as a newcomer, skip the following section and proceed with the regular script which continues on the following page after the section divider.]

5-MINUTE EXPERIENCE, STRENGTH & HOPE SHARES

*By Group Conscience, we honor newcomers to the SAA Fellowship by requesting that two experienced SAA members share about the compulsive behaviors that brought them to the program, the challenges and successes they’ve experienced in recovery, and what their lives are like now after working the steps with a sponsor. We ask that you keep your shares to a maximum of five minutes. I’ll announce “time” when five minutes are up, and you’ll have 30 seconds to wrap up.*

*Who would be willing to do service for the group and share your experience, strength and hope about working a program of recovery?*

[MODERATOR – If no one volunteers, consider sharing your own story to model the process. Alternately, you may read from the SAA Green Book. Suggested readings:

* On powerlessness and unmanageability – SAA Green Book, page 3;
* The Solution, SAA Green Book, page 20.]

[After both volunteers have shared, please continue.]

*To the newcomers on the line, we invite you to share now about what brought you to the SAA program, if you feel comfortable doing so.*

[MODERATOR – If no one responds, continue with the script.]

*Thank you to our volunteers for your service.*

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**[Script continues here.]**

*Welcome to all newcomers. There will be a time to ask questions about Sex Addicts Anonymous and request phone numbers during Fellowship after the close of the formal portion of the meeting. We do not advise newcomers to give out phone numbers during their first meeting. Instead, we encourage newcomers to contact the appropriate newcomer representative for guidance regarding the SAA program.*

* *The newcomer representative for women only is Jody from Texas. Jody’s email is:* *jodya@sbcglobal.net*
* *The newcomer representative for men only is Matthew from Maryland. Matthew’s phone number is 202-875-9780.*

*Some words of caution – Step Nine says we should “make direct amends to such people wherever possible except when to do so would injure them or others.” As addicts, we tend to be self-centered and often disclose as a way to quickly relieve our guilt without thinking of the consequences to others. Many of us have lost marriages, relationships, friendships and jobs by disclosing too much too soon to our spouses, partners and so on. Please consider getting some time in the program, consulting with a sponsor or someone in the group with experience before you make such a disclosure.*

INTRODUCTIONS

*Now is the time for general introductions. It is the custom of this group to introduce ourselves by first name only, tell where we are from, and also tell if we are celebrating a recovery-related milestone. Let’s start introductions on the East Coast of the USA and then move westward around the globe.*

SPECIAL MEETINGS

*Business Meeting: On the last Tuesday of the month we hold a Business Meeting where we set the moderator schedule for the next month. If you have an interest in doing service for the group by moderating a meeting, please attend the Business Meeting.*

*First Step Presentations: Our meeting welcomes First Step presentations from members. These presentations are typically scheduled for the third meeting of each month. If you would like to present a First Step, please consult with your sponsor and speak with the moderator after the meeting to make arrangements.*

[MODERATOR – If two 5-minute Experience, Strength and Hope shares have been heard, the available time for group sharing will be shortened. To ensure maximum share time, you have the option to skip topic selection and move directly to group sharing. If you decide skip topics and move ahead in the script, be sure to select a Spiritual Timekeeper and read the Group Sharing Boundaries.]

TOPICS

*Now is the time for us to select two topics to help frame our discussion today. Does anyone have a recovery-related issue about which they would like to hear experience, strength and hope? If you would like, you can give a brief share or a reading to help us get started.*

*Who would like to offer our second topic?*

*Thank you \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ for your service in offering topics today.*

SPIRITUAL TIMEKEEPER

*Who would be willing to do service for the group and be our spiritual timekeeper today? The spiritual timekeeper gently notifies the person sharing when three minutes have passed. The person sharing then has 30 seconds to wrap up.*

GROUP SHARING BOUNDARIES

*In order to keep this meeting safe for everyone, we avoid cross-talk, commenting on other shares, giving advice, using offensive language or making descriptions that are too explicit or mentioning specific names or places associated with acting-out behavior. Also, please do not mention the name of a book, movie, treatment center or other Twelve-Step fellowships because this may be viewed by some as “promotion.” We do, however, encourage the use of “I” statements, rather than “you” or “we” statements in our shares.*

*Finally, by group conscience, only the moderator is allowed to interrupt the meeting to help resolve issues of line noise and excessively long shares. If you feel triggered by something you’ve heard, take a break from the call and talk to your sponsor or someone in the program. We ask that you honor our sharing boundaries by not interrupting anothers’ share or the meeting in general. Thank you.*

[MODERATOR – If someone does not honor these group sharing boundaries, it is suggested that you wait until the speaker has finished, do not call them out by name, but remind everyone that our responsibility is to keep the meeting safe for everyone. You may repeat the sharing boundaries that were previously stated, if you wish. We know this can feel uncomfortable, but the welfare of the group as a whole takes precedence over the needs of any one individual.]

LATECOMERS

*It is now time to welcome anyone who arrived late. Please identify yourself by first name and geographic location only.*

SHARING

*The meeting is now open for sharing. You may share about the topics or get current. Who would like to begin?*

[MODERATOR – Keep the meeting open for sharing until 20 minutes after the hour. If there is prolonged silence between shares, you can remind everyone about the topics, invite “double-dipping” or offer your own share. Alternately, if no one wishes to share, you can offer a short reading from the SAA Green Book or a reading from the SAA Voices of Recovery book. Do not end the meeting early.]

END OF SHARING [At 20 minutes after the hour}

*That is all the time we have for sharing. Thanks to those who offered our topics and for everyone’s share.*

ANONYMITY

*As a gentle reminder for all of us, anonymity is the spiritual foundation of all our traditions. What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard here in the confines of your mind. Carry no gossip and always remember to place principles before personalities.*

SEVENTH TRADITION

*Now is the time for the Seventh Tradition. The Seventh Tradition in the SAA Green Book states that "every group ought to be fully self-supporting, declining outside contributions." Twelve-Step meetings around the world pass a basket to receive donations that are used to support recovery. Because this activity is not possible in our telemeeting and to support our telemeetings, you can send a donation to:*

**SAA Telemeeting Intergroup
P.O. Box 62
Windsor, CO 80550
USA**

*Another way to contribute is to text “SAA” to 91999 - follow the directions on the link you receive to make a one-time or recurring contribution.*

*I also encourage you to consider making a donation to the main SAA office located in Houston. Your donation will support the work of SAA meetings around the world. Lifeline Partners is a program available as a way to give back on a regular basis through automatic bank payment to the fellowship that supports you. It's easy to sign up – go to the SAA website at saa-recovery.org, select the Seventh Tradition tab and follow the directions.*

ANNOUNCEMENTS

*The first announcement is about sponsorship. I will read the first two paragraphs on sponsorship which can be found in the SAA Green Book, page 13.*

Sponsorship

*One of the most vital aspects of the program is sponsorship. A sponsor is a person in the fellowship who acts as a guide to working the program of SAA, a fellow addict that we can rely on for support. Ideally, a sponsor is abstinent from addictive sexual behavior, has worked the steps, and can teach us what he or she has learned from working the program. We can learn from a sponsor’s experience, struggles, successes, and mistakes. Our sponsor can help explain program fundamentals, such as how to define our sexual sobriety. Most Importantly, sponsors guide us through the Twelve Steps. If we feel like acting out, we can call our sponsor to talk about it. A sponsor can hold us accountable for our behavior. If we make a commitment to attend a meeting, our sponsor can note whether we got to the meeting or not. Sponsors can tell us if they think we are at risk for relapse. They can suggest when we are not being fully honest with ourselves. Often a sponsor is the person in the fellowship who knows us best.*

PROGRAM INFORMATION

*If you would like access to a list of telemeetings or telemeeting members with their contact information as well as meeting scripts and readings, visit the SAA Telemeeting Website,* [www.saatalk.info](http://www.saatalk.info)*. Also available at* [www.saa-recovery.org](http://www.saa-recovery.org) *are face-to-face meeting schedules, The Outer Circle newsletter and all SAA-approved pamphlets and literature.*

*Are there any other SAA-related announcements at this time?*

CLOSING

*Who would be willing to do service for the group and read the Ottawa Promises?*

Ottawa Promises

Through a renewed relationship with God/our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to God/our Higher Power and working our program, our lives will become manageable and we will be restored to sanity. We will receive the inner strength and support needed to face our anxieties and fears, and to deal with the painful feelings that feed our addiction.

Relations with others will improve as we learn to respect our boundaries and allow others freedom to be themselves. Reaching out in trust and connecting with others will come easier, dispelling our sense of isolation and loneliness. Degrading fantasies and obsessive sexual thinking will diminish.

Relating to ourselves, self-absorption will give way to self-discovery; secrecy to honesty; feelings of unworthiness to dignity; and shame to grace. A restored integrity will guide our behavior. We will feel more alive and regain a sense of happiness. We will hear ourselves laugh again and rediscover play. We will embrace change and will grow.

A spiritual awakening will free us from the tyranny of our addiction. An awareness of being guided by a Higher Power and supported by caring friends will sustain us. Regret for the past and worry for the future will give way to living for today. We will open ourselves to the amazing possibilities of a life worth living – our life.

Are these extravagant promises? We think not!

We have seen them fulfilled. They are ours, if we want them and work for them.

*Thanks to all for allowing me to be of service. In closing, let’s say the Unity Prayer using the “call and response” style recitation. I’ll say a line, and then we can all repeat.*

Unity Prayer

*I put my hand in yours and together we can do what we could never do alone.*

*No longer is there a sense of hopelessness.*

*No longer must we each depend upon our own unsteady willpower.*

*We are all together now, reaching out our hands for a power and strength greater than ours.*

*And as we join hands, we find love and understanding beyond our wildest dreams.*

FELLOWSHIP

*Welcome to Fellowship! Our priority here is to answer questions and give us another chance to exchange phone numbers, request sponsors, find accountability partners, and arrange times to connect with one another outside this public phone line. If you didn’t have an opportunity to share during the meeting, you may share now. Please feel free to leave whenever you wish. Who plans to stay for fellowship?*

FIRST STEP PRESENTATION SCRIPT

[The following is read by the presenter’s sponsor or by the moderator if the sponsor is not at the meeting. First Step presentations are scheduled in advance and are delivered on the third Tuesday of the month at the beginning of the meeting.]

*[Name], you are about to share with us your First Step. We acknowledge and affirm your courage in taking this step, and we want to clarify some things about this experience for each of us. The primary purpose of your formal First Step presentation is to aid you in your program of recovery. It need not be done to please the group or to gain status. There is no right or wrong way to give a First Step. Any effort you make is legitimate.*

*Here are some suggestions others have found helpful. We encourage you to be specific about your behaviors and to speak from your heart. This will help you get in touch with the pain and the reality of your addiction. Try not to bury yourself in shame or victimhood. Let us hear you, not your addict, speaking.*

*The group has a responsibility to love, care for, and accept you. Members will avoid judging you, giving advice, or taking care of you. Some members may become triggered and may leave the room. Please do not take this personally nor view it as a reflection of the quality of your share.*

*I will let you know when 15 minutes of your share have passed. You will then have 5 more minutes to complete your presentation and to allow time for members to share their impressions of your First Step. Remember, we are here for you! May God grant you serenity.*

[At this time, the First Step is delivered.]

[MODERATOR, after the First Step presentation, please thank the presenter.]

Latecomers

*This in now the time for latecomers to introduce yourselves by first name only and where you are from.*

Sharing

*Now is the time for anyone to share their impressions of [Name’s] First Step presentation. Please do not give advice, but, rather, share your feelings about what you’ve heard, and tell us how the presentation has impacted you and your recovery. Once all who wish to share about the First Step have had an opportunity to do so, the meeting will be opened for regular sharing.*