

Zoom Meeting ID: 119 161 365 PW: 123456
Phone call-in Number: 646-558-8656
(use Zoom Meeting ID 119 161 365 & Password 123456)

Guidelines

- Please mute your microphone unless you are sharing.
- Please be aware of what's on your camera. Distracting movements or revealing clothing should be avoided.
- Remember our common welfare comes first. We treat all participants with courtesy and respect. If you become triggered during the meeting, message the host directly and allow them to resolve the issue. If you remain triggered please exit the meeting and make a phone call to a trusted person.

Welcome to "**Tuesday-Thursday Intimacy Avoidance**," an open mixed-gender check-in meeting of SAA.

The purpose of this meeting is to give recovering sex addicts and sexual anorexics a place to share how we're feeling and talk about our experiences in recovery. As we listen to each other and share together, we learn about vulnerability, trust, connection, and intimacy.

My name is _____ and I'm a (**sex addict / intimacy avoidant / sexual anorexic**) and I will be your trusted servant today.

Opening prayer

Let's begin the meeting with a moment of silence for the addicts in and out of this room 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.

Readings

Is there someone available to read "Symptoms of Intimacy Avoidance"?

"Symptoms of Intimacy Avoidance" taken from SAA Approved Pamphlet Intimacy Avoidance: Another Aspect of Sex Addiction: <https://saa-recovery.org/literature/intimacy-avoidance/>

1. Practicing avoidance of sexual thoughts, feelings, and behaviors
2. Obsessive sexual thoughts (about having sex and/or avoiding it)
3. A feeling that our sexuality is inherently bad and something we should feel ashamed of and guilty about
4. Pretending that flirtation and sexual advances aren't really happening to us and acting uninterested purely based on fear of taking risks
5. A pattern of sex and relationships with active sex addicts and/or other unavailable people
6. A pattern of addictive sexual behavior (acting out), followed by a pattern of compulsive sexual

avoidance (acting in)

7. Extreme fear of combining emotional intimacy with sexuality
8. Finding fault or starting fights with a spouse or partner to avoid sexual relations
9. Being emotionally unavailable - in sexual and non-sexual relationships
10. Only socializing in groups to avoid one-on-one relationships
11. Avoiding social situations altogether due to extreme discomfort
12. Only being sexual in non-intimate situations
13. An inability to accept nurturing and care from ourselves, our Higher Power and others
14. An inability to trust and rely on others, believing that people will always let us down and it is safer if we just do things on our own
15. The compulsive use of masturbation, with fantasy and/or pornography, as a way to avoid intimacy with others, and prevent sexual abandonment
16. Mistaking compulsive sexual avoidance for recovery and/or healthy sexuality
17. Preferring fantasy over interacting with the people in our lives; so much that fantasy creates a wall between ourselves and the real world
18. Hiding the joys and pains of our lives from people we know and trust, due to self-pity, false pride and/or fear

Is there someone available to read “The 12 Steps”? <https://saa-recovery.org/our-program/the-twelve-steps/>

The 12 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.

(Trusted servant will read the tradition that corresponds to the current month)

The Tradition of the Month

January: Our common welfare should come first; personal recovery depends upon SAA unity.

February: 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.

March: The only requirement for SAA membership is a desire to stop addictive sexual behavior.

April: Each group should be autonomous except in matters affecting other groups or SAA as a whole.

May: Each group has but one primary purpose — to carry its message to the sex addict who still suffers.

June: 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.

July: Every SAA group ought to be fully self-supporting, declining outside contributions.

August: Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

September: SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

October: Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.

November: 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.

December: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Introductions

Now it's time for introductions. Since sex addiction and anorexia affect the mind, body, and spirit you're invited to share your first name, where you're from, and use a word or two to describe how you're feeling right now physically, emotionally, and spiritually. **Please limit your introduction to 15-30 seconds.**

I'll start. Today I'm feeling physically _____, emotionally _____, and spiritually _____.

(Don't comment on introductions. Continue until there are no hands raised. If there is a newcomer in the room please gently inform them of language boundaries of referring to behaviors as either acting in or acting out behaviors.)

We would like to extend an invitation for new members joining us today to stay on the line after the Closing Prayer for Fellowship, where you can ask questions, exchange phone numbers and/or engage in further discussion with others.

Meeting Boundaries

This is an "**open share**" meeting. To make this a safe meeting for all of us we avoid cross talk, which is responding directly to someone else's share. We don't give advice or comment on another person's share. We share our own experience, strength and hope. We keep the focus on ourselves during sharing using "**I**" and "**me**" statements as opposed to "**you**" or "**we**". We do not use graphic language, but simply describe addictive behavior as "**acting out**" or "**acting in**".

In order to keep the message of SAA from becoming diluted, we take care when talking about other fellowships, types of therapy, non-SAA approved literature, and other "outside issues" because they might be viewed as promotion.

Sharing

Now is the time for sharing. **Please keep your shares to 3 minutes.**

(You may shorten the length of the shares if there are more than 50 people on the meeting)

Do we have a volunteer to be the spiritual timekeeper for the meeting?

Timekeeper please give a gentle reminder when time is up. Please acknowledge the timekeeper's gentle reminder and wrap up your share in 10-15 seconds.

Today's symptom of intimacy avoidance to discuss is **(Choose and read 1 of the 18 symptoms)**

Does anyone have a recovery victory of any sort they'd like to share, or a question, suggestion, or a reading for us to discuss?

You may share on any of the topics or get current.

Conclusion

That's all the time we have for sharing today. You are invited to stay on the line after the closing prayer for fellowship, where you can ask questions, exchange phone numbers and/or engage in further discussion with others.

As a gentle reminder, anonymity is the spiritual foundation of all our traditions. Thus we each are encouraged to keep confidential the things we heard here. We're also invited to "take what we can use and leave the rest."

The 7th Tradition

“Every SAA group ought to be fully self-supporting, declining outside contributions.” 12-step meetings around the world normally pass a basket at this time to receive donations that are used to support recovery. Because this activity is not possible in our telemeeting, we encourage you to make donations to support the Telemeeting Intergroup; you may use a credit or debit card at saatalk.info/donate, or send a check to TIG PO Box 62 Windsor, CO 80550. To obtain literature or donate to the International Service Organization (ISO), call 1-800-477-8191 or visit www.saa-recovery.org.

Announcements

Are there any SAA-related announcements?

Service Opportunities

We need volunteers to do service at this meeting. The only requirements are a desire to stop addictive sexual behavior and a desire to give back to the fellowship. Is there anyone who will volunteer to serve in any of the following Service Positions for next week?

Greeter: Arrives a few minutes early to welcome participants, as they enter the meeting.

Trusted Servant: Leads the meeting by reading the script. (If you can read, you can lead)

Dashboard operator: Helps keep the meeting running smoothly and safely – training is required – please reach out to the host or a co-host if you are interested in learning more.

(Feel free to wait until someone volunteers)

Closing

Let's end the meeting with a moment of silence for the addicts in and out of this room who still suffer, followed by the “We” version of the serenity prayer..

God, grant Us the serenity to accept the things We cannot change, courage to change the things We can, and wisdom to know the difference.