# Morning Steps Telephone Meeting - Opening

Hello, my name is \_\_\_\_\_\_\_\_\_ and I am a sex addict. Welcome to the Morning Steps Telephone Meeting. We meet each Wednesday morning from 730 to 830 am East Coast Time. The format for our meeting can be found at saatalk.org.

SAA is a fellowship of men and women who share our experience, strength and hope with each other so that we may stop our addictive sexual behavior and help others to recover from sexual addiction and dependency.

Membership is open to all who share a desire to stop our addictive sexual behavior and are willing to try to follow this simple program. The program is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with AA or any other organization or agency. We are not aligned with any religion, sect, or denomination.

This group is self-supporting from the voluntary contributions of our members. We receive no outside donations. There are no fees or dues. You are free to contribute to our work as you see fit.

This is not a place to meet sexual partners, nor is it group therapy. We try to listen respectfully to what others have to say and to share our own experience as it seems appropriate. We do not give advice.

Anonymity is a cornerstone of the Twelve Step Program. We use only our first names. Whatever our status or position outside of this group is not an issue here. Our common bond is our desire to stop our addictive sexual behavior and to live sexually healthy lives. Whoever you hear here, whatever you hear here, let it stay here when you leave here (those in attendance respond) here, here.

We hope you will join in sharing the collective experience, strength, and hope that is ours when we work the program and trust our higher power to deliver the promises. If you are new or having a trying time, remember that others of us have been there too.

Keep coming back! It works!

This is a closed meeting for people with a desire to stop addictive sexual behavior. May we have a moment of silence for the addict who still suffers in and out of these rooms followed by the Serenity Prayer.

* Moment of Silence -

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

## Group Introductions

We now come to Group Introductions in which we each introduce ourselves by our first name only and where we are calling from. I’ll go first.

We now need two volunteers who will agree to read; one will read “How It Works,” and the other read the “Twelve Steps of SAA” at the appropriate time in the middle of “How It Works.” You can find the format for this meeting online at, “[http://www.saatalk.info](http://www.saatalk.info/)”, then look for “Morning Steps” on Wednesday mornings.

## How It Works

Rarely have we seen a person fail who has thoroughly followed our path.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with sexual addiction – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all the power – that One is God. May you find God now!

Half measures availed us nothing. We stood at the turning point. We asked God’s protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* (Someone else will now read the Twelve Steps of SAA, below) \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our personal adventures before and after make clear three pertinent ideas:

1. That we were sexually addicted and could not manage our lives,
2. That probably no human power could have relieved our addiction
3. (Everyone say this together) That God could and would if God were sought.

# The Twelve Steps of Sex Addicts Anonymous

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 fearless and searching 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 all 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 all 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 a result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

## Today’s Reading

This meeting is a forum for learning how to integrate the steps into our lives.

This morning we will read \_\_\_\_\_ on page\_\_\_\_\_\_ in the Green Book.

After the reading…….The meeting is now open for discussion, you may share on the material that was just read or you may check-in on how you have been doing recently.

There are about 10 minutes left in the meeting. Now it’s time for the 7th Tradition which states “that every SAA group ought to be fully self-supporting declining outside contributions.” We have no dues or fees, but our International Service Organization (ISO) does have expenses. Contributions can be mailed to ISO of SAA, PO Box 70949, Houston, TX 77270. Please indicate the group number with your gift. Our Group Number is NRTE0095.

Regarding sponsorship: We as a group believe that completing step work with a sponsor is an integral part of gaining and maintaining sexual sobriety. If you do not have a sponsor, or have questions about what a sponsor is, please talk with someone during our fellowship after the meeting.

We now come to Burning Desires, your last chance to share during this meeting, something you want to get off your chest or something you want to say that may keep you from acting out. Does anyone have a short share for their Burning Desire?

If there are no other Burning Desires, would someone agree to read The Promises?

## The Promises

If we are painstaking about this phase of our development we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone we will see how our experiences can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises?

\*\*\*\*\*\*\* ALL IN UNISON\*\*\*\*\*\*\*\*\*\*\* We think not!

They are being fulfilled among us: sometimes quickly, sometime slowly. They will always materialize if we work for them.

## The Prayer

How strong is that flame within you today. Is your Higher Power residing safely in you, being nurtured and fed daily…no matter what? Or are your wrestling with the “dark side?” Work on the solution, keeping that light within brightly shining. I know it’s difficult because darkness offers such immediate release from the day’s pain, but ultimately that dark passage leads right back to shame, guilt, remorse, hatred, self-pity, fear, discontentment, and in the next life to the “wailing and grinding of teeth.”

Let’s all pledge that today we will stay out of the darkness and seek only the light of hope, faith, peace, joy and serenity that can only come from the Light within.

## Closing

In Closing:

The opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the phones on this call and the confines of your mind. Remember that anonymity is a core tradition on which the program depends.

Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help. Let us talk to one another and reason things out but let us not gossip or criticize each other. Instead let the understanding, love, and peace of the program grow in each of us one day at a time.

We have a wonderful way of ending our meeting by jointly reciting the Serenity Prayer.

Keep coming back; It works if your work it so work it cause you’re worth it!

The meeting is now over but those who wish to are invited to participate in our fellowship to chat, ask questions, share phone numbers or email addresses.