

# SAA DID Meeting

Meeting format script

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(Note to trusted Servant: read black words, not blue)

## INTRODUCTION

Welcome to the **SAA DID Meeting**. This is a meeting for sex addicts with dissociative identities and trusted SAA member allies.

**If you would like, we invite you to unmute and join us in the we/us version of the Serenity Prayer.**

(Everyone together)

**Higher Power/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.**

Thank you.

**(Read the following only if newcomers are present. If no newcomers are present, skip to Announcements.)**

## ZOOM VIDEO ETIQUETTE

Everyone is free to choose whether or not to use the camera. We do encourage group members to consider using video for this meeting. What may have been used in unhealthy ways in our past can be reclaimed by connecting with others in recovery.

As a gentle reminder, please dress and behave as if this were an in-person meeting and be sensitive and aware of what is on your camera. Potentially triggering or distracting movements, clothing, or backgrounds should be avoided.

We request that all meeting participants please wear a shirt which covers their chest and shoulders. This includes profile pictures. Please sit in a chair rather than lying down on a couch or in a bed.

To help keep the virtual room quiet so that everyone can hear, we offer a gentle reminder to everyone to please mute their microphones when not sharing. The mute microphone button is often in the lower left-hand corner of the ZOOM window.

Sometimes the meeting moderator may eliminate background noise by muting participants. This is to help maintain the safety and flow of the meeting and is not meant to be offensive.

Participants can easily unmute themselves when they would like to share.

## **ANNOUNCEMENTS**

Are there any SAA-related announcements?

## **SEVENTH TRADITION: (slide)**

“Every SAA group ought to be fully self-supporting, declining outside contributions.”

The Telemeeting Intergroup relies on our donations to pay for the [saatalk.info](http://saatalk.info) site and this ZOOM service. The Telemeeting Intergroup also donates to the ISO. To donate to the Telemeeting Intergroup, click the donate button on the **saatalk.info** webpage. To obtain literature or donate to the International Service Organization (ISO) visit **saa-recovery.org**.

## **FORMAT**

In this meeting, we may read from SAA literature, or someone may suggest a topic, followed by a period of sharing. On occasion we may have a speaker, or a 1st Step presentation. If you would like to be a speaker or share your 1st Step, more direction will be given at the end of the meeting.

Who will read the Meeting Preamble?

## **MEETING PREAMBLE (slide)**

This is a Sex Addicts Anonymous meeting for people with DID or OSDD. SAA is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior, protect our system, 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. (Adapted from the Introduction, Sex Addicts Anonymous) **PASS**

Thanks, \_\_\_\_\_. Who will read the abstinence statement?

## **ABSTINENCE (slide)**

For many of us, 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. 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." (Excerpted from Sex Addicts Anonymous, pages 14-15) **PASS**

**Thanks, \_\_\_\_\_.**

**(Read by Trusted Servant)**

The Twelve 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." (Sex Addicts Anonymous, page 21)

**Who will read the 12 Steps of SAA?**

## **THE 12 STEPS OF SAA (slide)**

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.

**Thanks, \_\_\_\_\_. Now I'll invite everyone to unmute and join me in reading the Anonymity Statement. (slide)**

Anonymity means who you see here, what you hear here, when you leave here, let it stay here! (Everyone: "Here, here!")

## **INTRODUCTIONS (slide)**

Now it's time for introductions. You may use the "raise hand" Zoom feature located in the "reactions" section, or you can jump in popcorn style. Please turn your camera on to briefly introduce yourself. You're invited to share any of the following:

- Your first name or names
- Where you're calling from
- A little about your system/family/team (optional)
- How you're feeling right now in a few words
- A recovery slogan or an affirmation about yourself, if you wish.

However you identify, is fine in this meeting.

I'll start. My name is \_\_\_\_\_ from \_\_\_\_\_. We are a system/family/team of \_\_\_\_\_ alters, and I feel \_\_\_\_\_. My recovery slogan or affirmation for today is: \_\_\_\_\_.

(Affirmation examples below)

I am connected to my innate innocence.

My "present" is more powerful than my past!

My worth is independent of my past actions.

My intention is to bring my heart to every day, and run the risk of fearlessly loving without running away.

I am worthy of love and belonging.

I open my heart to my Source of spiritual power.

**Thank you.**

**We would like to extend a special welcome to those who are joining us for the first time.**

## **BOUNDARIES**

**Here are some guidelines to keep our meeting safe for everyone.**

1. We use respectful language while sharing our experience, strength, and hope about our recovery from sex addiction.
2. We understand that using the term “we” describes our own system, and not other systems. We avoid the use of “you” statements or directly commenting on others’ shares.
3. If you find yourself feeling triggered, here are some suggestions:
  - Turn off your speaker or lower the volume for a few minutes
  - Do grounding exercises, such as taking some deep breaths, and say to yourself, “I am safe, I have choices,” etc.
  - Raise your “virtual hand” or type the word “triggered” in the chat
  - Speak about it during fellowship after the meeting, or with your sponsor
  - Press the red “Leave” button if you need to exit the call
4. As a gentle reminder, this meeting is for sharing about recovery from sex addiction and is not a replacement for trauma therapy. Support or feedback can be offered after the meeting during fellowship, or during outreach calls.

It is the responsibility of both the Trusted Servant, along with each group member, if you feel someone has departed from our purpose, message the Trusted Servant. The Trusted Servant will speak or text a gentle reminder when someone shifts away from these guidelines.

**(Trusted Servant may post #4 in the chat, and any participant may copy and paste it as needed.)**

## **TOPIC AND SHARING (slide)**

**Would someone like to suggest a Step, a Tradition or other sex addiction recovery topic?**

Thank you, \_\_\_\_\_.

Now it's time for sharing our thoughts, feelings, and experiences in recovery.

Who would like to be the timekeeper? Thanks, \_\_\_\_\_.

Let's allow \_\_\_\_\_ minutes for each share.

(Suggestion: 3 minutes. Sharing times can be adjusted according to the number of participants in the meeting.)

The floor is now open for sharing. I will help moderate...who would like to begin?

(Sharing continues until 5 minutes to the hour)

## **WRAP-UP**

That's all the time we have for this portion of the meeting.

It is now time to accept a volunteer for Next week's service positions. Who feels led to be next week's Trusted Servant?

Thank You \_\_\_\_\_ for volunteering to be next week's Trusted Servant.

Who feels led to be next week's Slide Sharing person?

Thank You \_\_\_\_\_ for volunteering to be next week's Slide Sharing person.

Everyone is invited to stay in the zoom room after the meeting where we will have a period of continued fellowship. Newcomers may also feel free to ask any questions at that time.

Our business meeting is held directly following the last meeting of the month.

(If that is today, announce that the business meeting will start immediately after the closing prayer.)

If anyone would like to give a First Step Presentation, please talk with today's Trusted Servant after the meeting.

## **Optional CHOICES FOR CLOSING READING (time permitting):**

### **The Ottawa Promises (slide)**

Through a renewed relationship with our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to 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.

In 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? (Everyone) "We think not!" We have seen them fulfilled. They are ours, if we want them and work for them.

### **SAA book, page 61 (last 2 paragraphs) (slide)**

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually

any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.

**The Proposed SAA Promises (written by an SAA group in Puget Sound and submitted to the Literature Committee for consideration (slide))**

By cultivating our sexual sobriety and spiritual connection we will discover healthier experiences of sexuality. Our serenity will grow as we continue to live according to spiritual principles. The miracle of recovery from sex addiction will become a reality we experience every day. Working the twelve steps brings us many gifts:

1. We will find freedom from our addictive sexual behavior.
2. We will live in the present and enjoy our lives.
3. We will learn to be emotionally present during sexual experiences, and use our sexuality to express our love, appreciation and faith.
4. We will grow in humility and will be able to admit when we are wrong.
5. We will deepen our compassion and become more forgiving of others and ourselves.
6. We will keep the company of people who love and respect us.



7. We will start to see life in terms of growth, change, and transformation.
8. We will have a greater sense of belonging, emotional intimacy and true friendship with others and ourselves.
9. We will learn to express our affection, rather than seek power and control.
10. We will ask for and receive help when we need it.
11. We will experience profound healing from shame as we learn to let go and cultivate vulnerability.
12. We will see that the world is a much safer place than we had ever known before, because we are always in the care of a loving higher power.

(Adapted from Sex Addicts Anonymous—SAA “Green Book”)

## **CLOSING:**

**In closing, we invite you to unmute and join us by saying the we/us version of the Serenity Prayer in unison. (slide)**

Higher Power/God,  
Grant us the serenity to accept the things we cannot change,  
Courage to change the things we can,  
And the wisdom to know the difference.

**Thank you.**

**If the last meeting of the month:**

**We will now have a brief business meeting.**

**If not:**

**The zoom room is now open for fellowship.**

**Record of Group Consciences and edits:**

Adopted format for We Are Priceless meeting – August 21, 2020

Edited a LOT January 31, 2021

Edited a bit more during fellowship after first meeting Feb 4, 2021

Emailed editing suggestions and accepted some March 11, 2021

Edited by accepting agreed-upon suggestions for change. March 18, 2021

Meeting moved to Saturday 10am CST, Oct 16, 2021

Edited in business meeting Oct 30, 2021.

Edited, Adding Tuesday meeting. 4/5/22.

Suggested edits June 18, 2022

Suggestions adopted in Business meeting Aug 27, 2022.

Changes to select next week's service positions Nov 26, 2022