

## 8:15 Start

As we gather together this morning, it is important that we have our phones on mute when not speaking. You can mute or unmute your phone by pressing star six, or by using the mute function on your phone.

Welcome to the Saturday morning meeting of Sex Addicts Anonymous. My name is \_\_\_\_\_. I'm a recovering sex addict, and your current secretary of this meeting.

This is a closed / mixed meeting, open to anyone who has a desire to stop their compulsive sexual behaviors.

May we please have a moment of silence to reflect on what brought us here today, followed by the Serenity Prayer.

<pause for reflection>

"God. grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

We will begin this meeting with a series of shared readings to introduce us to – and - remind us of - the important framework used in our recovery.

Readings are available on our website: [SaturdayAIH.neocities.org](http://SaturdayAIH.neocities.org)

Who would like to read \_\_\_\_\_ ? (Reading List)

1. [The Program](#)
2. [Who We Are](#)
3. [The 12 Steps](#)
4. [Abstinence Statement](#)
5. [Tradition for this month](#)

Thank you all.

The purpose of this meeting is to help each of us remain sexually sober and to carry our message to the sex addict who still suffers.

It is the custom of this group to welcome people who are new to Sex Addicts Anonymous and visitors to this meeting. Although sharing is encouraged during all of our open sharing time, we also reserve time at the top of the hour to provide an opportunity for newcomers to share if they have not been able to do so during the course of the meeting. In addition, there will be an opportunity to exchange phone numbers as we conclude the meeting.

Are there any newcomers or visitors with us this morning that would like to introduce themselves by first name only? It is our intent to welcome you and not embarrass you.

< pause for anyone to unmute and speak >

Today, \_\_\_\_\_ has chosen a reading from Answers in the Heart or Voices of Recovery as part of their service.

After the reading, \_\_\_\_\_ will then have five minutes to reflect on the reading or to get current with the group.

Would someone like to contribute service by being our spiritual timekeeper today?

Thank you \_\_\_\_.

It is now my pleasure to welcome \_\_\_\_\_ with their reading.

**CUE:** Thank you \_\_\_\_\_ for the reading and your reflections.

This meeting suggests a four minute time allocation for sharing, so that as many people as possible can share. Our time keeper will let you know when you have one minute remaining. They will also let you know when the full four minutes has been reached.

It is group conscience of this meeting that we don't have crosstalk, which means making a direct comment on what someone else has said, interrupting someone, or whispering.

As a friendly reminder, it is also important to have our phones on mute when we are not speaking. You can mute and unmute by pressing star six or by using the mute function on your phone.

This meeting is now open for sharing.

**CUE 9:00 AM** It is now time to especially welcome shares from any newcomers or visitors that may be in our meeting this morning. Would any newcomers like to share?

< pause for anyone to unmute and speak >

We can continue sharing (if time allows).

**CUE 9:09 AM** That is all the time we have for sharing. If you did not get a chance to share, please consider reaching out to others after the meeting.

This Saturday Answers in the Heart meeting follows a monthly schedule that includes:

- A business meeting, occurring on the first Saturday of the month;
- Chip Day! In recognition of our desire for sobriety, takes place on the last saturday of the month;

and

- The third Saturday of the month is reserved for First Steps, whenever someone is ready for that step.

Since this Saturday is the [ select: 1st, 2nd, 3rd, 4th ] Saturday of the month, we will:

**[1st]:** Have our business meeting immediately following the close of this meeting. All are welcome and invited to participate.

**[2nd]:** Continue with our meeting.

**[3rd]:** Remind everyone that our group provides a safe, confidential, and non-judgemental place to support people in their First Step.

**[4th]:** Follow our tradition of marking sobriety from inner circle behaviors through the awarding of chips. Please join me in our collective celebration of those that have reached an important milestone. Our most important chip is for those who have a desire for one day of sobriety, or have achieved one day of sobriety. Would anyone like a chip for:

- 1 Day?
- 1 Month?
- Multiple Months? ( if yes, ask how many months )
- 1 Year
- Multiple Years? (if yes, as how many years )
- Any other important milestones ?

**CUE** It is now time to practice the seventh tradition, which states:  
“Every SAA group ought to be fully self-supportive, declining outside contributions.” During this time of meeting over the phone, we have minimal expenses and ask that donations be made to the ISO of SAA at their website: SAA dash Recovery dot ORG. If this is your first, second or third meeting, please let it be on us.

Many find sponsorship to be an important tool of sobriety and recovery. If you are in a position to be a Sponsor, you are encouraged to let others know you are available. For those looking for a sponsor, it is often suggested that you consider approaching someone whose recovery you relate to and ask about their availability to sponsor. Finding the right sponsor takes time and effort. Please be patient with the process and remember above all else, you are not alone.

Also, safety is an important aspect of recovery. If you ever feel unsafe or uncomfortable due to the actions of others in this group, you are empowered to:

- End the conversation or relationship immediately;
- Turn to other members for support.

Are there any SAA related announcements?

- Local Resource: PugetsoundSAA.org
- Fellowship after the meeting

**CUE:** Would someone like to provide service next week by doing a reading from Answers in the Heart or Voices of Recovery?

Thank you \_\_\_\_\_. You get a gold star next to your name because:  
YOU ARE A STAR !

**CUE:** May we please hear [The Promises](#)?

**CUE:** Even though we are in different physical locations this morning, let us connect and affirm our individual and group efforts in recovery together through the Serenity Prayer.

Would ( **person who did the reading** ) like to lead us in reciting the prayer this morning?

Thank you all.

It's now time to have our phone number exchange. Does anyone want to request someones number, or give out their number for outreach and support between meetings?

The room is now open for fellowship.

## **The SAA Program**

Sex Addicts Anonymous is a fellowship of people who share their experience, strength, and hope with each other so that they may find freedom from addictive sexual behavior and help others recover from sexual addiction and dependency.

Membership is open to all who share a desire to stop addictive sexual behavior. There is no other requirement.

Our common goals are to become sexually healthy and to help other sex addicts achieve freedom from compulsive sexual behavior.

SAA is supported through voluntary contributions from members.

We are not affiliated with any other twelve-step programs, nor are we a part of any other organization. We do not support, endorse, or oppose outside causes or issues.

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to AA for this gift which makes our recovery possible.

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## **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.

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.



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.

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### **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 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.

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### **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 their 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 their own concept of health 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 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. Its is a way of taking stock of our sexuality that teaches us a lot about ourselves and our behavior.

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### **The Twelve Traditions of Sex Addicts Anonymous**

1. Our common welfare should come first; personal recovery depends upon S.A.A. 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 S.A.A. membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. An S.A.A. group ought never endorse, finance, or lend the S.A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

9. S.A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10. S.A.A. has no opinion on outside issues; hence the S.A.A. 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.

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### **The Proposed SAA Promises (Not Yet Approved by the ISO)**

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 the 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.

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