

# Friday Men's Intimacy Avoidance ZOOM Meeting

ZOOM Meeting ID: 119 161 365 ZOOM Meeting PW: 123456

Browser Address: <https://zoom.us/j/119161365>

Phone call-in Number: +16465588656 Meeting ID: 119161365 and PW: 123456

For "Trusted Servant Tips" and other service information, click [here](#).

This script can be found at [saatalk.info](http://saatalk.info)

## Video Guidelines

1. **Please mute your microphone** when a member is sharing. The meeting moderator may intervene if necessary in order to keep the meeting safe and quiet.
2. **Please be aware of what's on your camera**. Distracting movements or revealing clothing should be avoided.

## Who is our dashboard operator today?

## BEGIN THE MEETING:

### Introduction

Welcome to the Friday Men's Topic Zoom Intimacy Avoidance Meeting of Sex Addicts Anonymous. My name is\_\_\_\_  
\_\_\_\_\_ and I am a \_\_\_\_\_ [identify yourself as sex addict and/or  
sexual avoidant] from\_\_\_\_ [identify your home state], and I will be your trusted servant for tonight's meeting (*for help with leading the meeting, see  
[Trusted Servant Tips](#)*). This is an open meeting scheduled for 1 hour, dealing primarily with the problems unique to men,  
whether in a committed relationship or not, stemming from sexual addiction and/or sexual avoidance. This meeting is  
open to all those who identify themselves as male. This meeting is focused on intimacy avoidance/sexual anorexia.

Please join me in the Serenity Prayer:

*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.*

*Thy will, not mine, be done. AMEN*

To avoid background noise, please mute your device; on a telephone, mute when you are not speaking by pressing  
"\*6" if your phone does not have the mute feature. For those on Zoom, click the "Mute" icon in the lower left corner.  
You can unmute your device when you wish to speak by pressing "\*6" again on your phone or the "Unmute" icon on  
Zoom.

### Regarding the Topic

We will choose a topic for discussion as agreed upon at the previous meeting, or we will choose the topic based on  
moderator preference either at the start of the meeting or after our introductions.

## Meeting Preamble

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. 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. (Introduction, Sex Addicts Anonymous)

This meeting may also be focused on recovering from the compulsive avoidance of sex and closeness with others. As we come to understand our fear of intimacy and work the Steps around it, our lives change for the better.

## Sex Addiction and Compulsive Sexual Avoidance

"Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behavior and its consequences usually becoming more severe over time. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behavior and fantasies. In SAA, we have come to call our addictive sexual behavior 'acting out.'" (Sex Addicts Anonymous, page 3)

"Most of us came to our first Sex Addicts Anonymous meeting when we could no longer deny that we had a problem. [Acting out behaviors] seemed like the part of an iceberg that we could see above the waterline, and they deserved our immediate attention. Over time, though, other more subtle forms of sex addiction known as "acting in" behaviors that may have been lurking below come to the surface. "Acting in" is any compulsive sexual behavior that serves to avoid or block sexual, emotional, or spiritual intimacy with others, ourselves, or our Higher Power." (Adapted from *Recovery from Compulsive Sexual Avoidance: A Return to Intimacy*)

## Sexual Anorexia

Some of us note the close parallels between food disorders and sexual disorders. Sexual anorexia is an obsessive state in which the physical, mental, and emotional task of avoiding sex dominates one's life. Like self-starvation with food or compulsive debting or hoarding with money, deprivation with sex can make one feel powerful and defended against all hurts.

"For some of us, the compulsive avoidance of sex and intimacy became a destructive pattern, dominating our thoughts and actions. We may always have felt unable or unwilling to be sexual. Or we may have experienced periods of feeling 'shut down' alternating with other periods of sexual acting out. We have come to realize that both extremes represent symptoms of the same disease. Whether we were acting out or not being sexual at all, our addiction involved being emotionally unavailable." (Sex Addicts Anonymous, page 6)

Symptoms of Sexual Anorexia some of us have experienced include but are not limited to:

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 life from people we know and trust, due to self-pity, false-pride and/or fear.

*(Recovery from Compulsive Sexual Avoidance: A Return to Intimacy)*

This list is not meant to be diagnostic. Each anorectic must determine their own pattern of sexually anorexic behavior, with the help of a sponsor or others in the program. If you need a sponsor, please talk to someone after the meeting.

**Abstinence and Recovery**

"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)

In addition to abstaining from acting-out behaviors, recovering from compulsive sexual avoidance involves addressing "acting-in." At first, this seemed to "highlight more of what was absent in our lives than what was present." But we "gradually became aware of a range of subtle but overt behaviors that enabled us to avoid authentic closeness or intimacy." (Adapted from Recovery from Compulsive Sexual Avoidance: A Return to Intimacy)

Because it can be so hard to spot, one of the most dangerous aspects of sexual avoidance is our inability to see it for what it is. This difficulty recognizing what we are doing, how risky and serious it is, and how much harm it may cause, we call denial. Working the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles.

**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.

**The Twelve Traditions of SAA**

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.

### **Introductions**

Now let's go around for introductions. It is the custom of this group to share your first name, where you are from, and how you are feeling right now in a few words. You are also invited to share your length of sobriety if you wish. If you are new to this meeting, let us know so we can appropriately welcome you. My name is \_\_\_\_\_ from \_\_\_\_\_. I am feeling \_\_\_\_\_.

### **Boundaries**

It is our intent to create a safe place for all sexual addicts and sexual anorectics, so we encourage everyone to keep this in mind when sharing. However, meeting content may sometimes be triggering. If you are feeling triggered, here are two suggestions:

1. Put down the phone and say the Serenity Prayer several times
2. Say the word "triggered" to yourself, but please do not interrupt the person speaking.

### **Meeting Focus**

This is a Topic meeting – our topic for today is \_\_\_\_\_ (*moderator may choose to elaborate on the topic, based on his own experiences with it, and suggest a direction for the sharing*).

## **(Discussion Portion)**

### **Boundaries for Discussion**

The meeting is now open for discussion. You can share about the topic from the basis of your experiences in recovering from Sexual Addiction or Sexual Anorexia, or how the program is working in your life. To keep the meeting safe, we do not make direct comments about another person's share or give advice. Please avoid mentioning the name of outside literature, or movie, treatment center, etc. in your share, because this can be viewed by some as "promotion". It is ok, however, to talk about your experiences with these items. It is also safe to speak in "I" statements, as opposed to "you" statements. Feel free to share more specific information after the Unity Prayer when Fellowship begins.

Please keep your shares to about \_\_\_\_\_ minutes. Do we have a volunteer to be a spiritual timekeeper for this meeting? Please give a warning with one minute remaining and a signal when time is up. Please acknowledge the timekeeper's warning and at the end of your share, wrap up within 10-15 seconds. Who would like to begin?

## **End of Discussion**

*(Five minutes to the hour)*

**Fellowship / Business** – **Five minutes to the hour (9:55 Pac / 10:55 Mtn / 11:55 Cen / 12:55 Est)** That's all the time we have for discussion. Everyone is invited to stay on the line after the meeting where we will have a period of continued fellowship. Newcomers may also feel free to ask any questions at that time.

Would someone be willing to volunteer to bring a reading and/or lead next week's meeting? Our business meeting is held on the last Friday of the month after the regular meeting.

*(If so, announce that business meeting will start immediately after the meeting.)*

Are there any SAA-related [announcements](#)?

## **The 7th Tradition**

The Telemeeting Intergroup relies on our donations to pay for the saatalk.info site and this ZOOM service. The Telemeeting Intergroup also donates to the ISO. To donate, you can send a check to SAA Telemeeting Intergroup, P.O. PO Box 62, Windsor, CO 80550 or use a credit or debit card or PayPal at [www.saatalk.info](http://www.saatalk.info). To obtain literature or donate to the International Service Organization (ISO), call 1-800-477-8191 or visit [www.saa-recovery.org](http://www.saa-recovery.org).

## **Service Invitation**

We need volunteers to do service on this meeting. The only requirements are a desire to stop addictive sexual behavior and a desire to give back to the fellowship. Who will do service by helping in one of the following ways next week?

**Greeter:** serves by arriving a couple of minutes early to welcome participants.

**Reader:** serves by reading a selection(s) from SAA literature (from the script on the [www.saatalk.info](http://www.saatalk.info) webpage, the pamphlet Recovery from Compulsive Sexual Avoidance available at the ISO web site [www.saa-recovery.org](http://www.saa-recovery.org) under "Literature" and/or Green Book).

**Trusted Servant:** serves by leading the meeting, using the script from the web page and the link to the [Trusted Servant Tips](#).

**Dashboard Operator:** Works with the Trusted Servant to help keep the meeting running smoothly and safely – training needed.

## **Closing Reading**

Who would be willing to read the Ottawa Promises from the meeting format?

## **The Ottawa Promises**

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

Are these extravagant promises? WE THINK NOT! We have seen them fulfilled. They are ours, if we want them and work for them.

## **Closing Prayer**

In closing, please help us move from shame to grace and join us in the Serenity Prayer (see opening prayer) or the Unity Prayer (from p. 45 of the SAA booklet Tools of Recovery):

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 will power.

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.

Keep Coming Back—It Works!

## **Continued Fellowship**

For those who wish to exchange phone numbers, please go to the website at [www.saatalk.info](http://www.saatalk.info) and register yourself as a member by clicking on "Members" in the left-hand column.

Once you are registered, you can choose to share your contact information with "others on the shared list." This will give you access to the contact information of other members. By putting the word "anorexia" in the keyword column, you'll be able to find others dealing with sexual avoidance issues. The phone line is now open for Fellowship. Please state your name before your share. If there are any newcomers on the line, you're welcome to ask questions at this time. (*Pause: if newcomers, announce that the line is open for general fellowship.*)

*Record of Edits and Group Conscience:*

*December, 2014: prepared original script*

*May, 2015: add business meeting, 7th Tradition*

*August, 2015 7th Tradition update links to Tips & Agenda, Business Traditions, move service invitation, Intergroup Representative Report— Tom J*

*December, 2015 – changed call in number and password*

*January, 2017: changed call-in number and password, editorial changes (TJ)*

*July, 2017 Add spiritual timekeeper (TJ)*

*June, 2018 change S7 address (TJ)*

*November 2019 clarification of attendance definition (TJ)*

*November 2021 conversion to Zoom, 7<sup>th</sup> Tradition address changed (TJ)*

## **BUSINESS MEETING AGENDA** [the last Friday of the month]

### **Introduction**

Welcome to the Friday Sexual Avoidance business meeting. My name is \_\_\_\_\_ and I'm a sexual (addict and/or anorexic). from \_\_\_\_\_ and I am your trusted servant for this meeting. (to access the agenda, click on the link [Friday Business Meeting Agenda](#))

### **The Twelve Traditions of SAA**

Would someone please read The Twelve Traditions from the SAA Green Book pg. 77?

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.

### **Old Business**

In keeping with our traditions, do we have any old business to discuss?

### **New Business**

Do we have any new business to discuss?

### **Closing Prayer**

Please help me close this meeting with 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.

### **Continued Fellowship**

The phone line is now open for Fellowship. Please state your name before your sha

