

Tuesday Intimacy and Sexual Avoidance Script B:
Telephone Meeting Script and Readings

Time: 9:00 AM Pacific Time / 10:00 AM Mountain / 11:00 AM Central / 12:00 PM Eastern

Makeup: Mixed / this meeting is for both men and women.

Access: Closed. Open only to those who have a desire to stop their compulsive sexual behavior.

Call In Number: 712-770-4160, passcode 599840

Website Info: www.saataalk.info

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

Introduction

Welcome to the Tuesday Intimacy and Sexual Avoidance or Anorexia Tele-Meeting of SAA. My name is _____ and I am a _____ [identify yourself as sex addict and/or intimacy avoidant] from _____ [location] and I'm your trusted servant for this meeting. Our primary purpose is to stop our addictive sexual behavior, and to help others recover from sexual addiction. The focus of this meeting is cultivating authentic closeness and connection with ourselves, our Higher Power, and others. The only requirement to join the meeting is a desire to stop avoiding intimacy in our lives by "acting in" or "acting out."

May we have a moment of silence for the addict in and out of these rooms who still suffers, 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.*

The meeting format script is what the Trusted Servant uses to guide the meeting. Within the script are several participation readings. Accessing the script before the meeting begins, or as you first call in, allows all to participate in their recovery, and keeps a balance of service during each meeting. The meeting format script can be found at: saataalk.info. Is there anyone who would like instructions on how to find the meeting format at this time?

Regarding Literature

Due to little SAA approved literature around intimacy and sexual avoidance, in this meeting we may use outside literature for discussion on the topic of intimacy and sexual avoidance and sexual anorexia. As a group we do believe that using the approved literature of SAA is essential for working the SAA program. The format and readings for this meeting can be found at www.saataalk.info. On the left side, click on "Find a Telemeeting," scroll to the Intimacy and Sexual Avoidance meeting listed for this day and time, click on it, and then look for the "download document" section.

To keep the virtual room quiet, we give a gentle reminder to please mute all phones when not reading or sharing. Muting happens by tapping the mute function on your phone, or by pressing *6.

Who will read "What is Intimacy?"

What is Intimacy?

Intimacy means a close, familiar, and usually affectionate personal relationship with self, others, or a Higher Power. A person can have friendships or relationships that are intimate but not sexual, and many sex addicts have learned that a person can have sex without being intimate. (First Step to Intimacy - A Guide for Working the First Step on Intimacy and Sexual Avoidance or Sexual Anorexia)

Who will read "Acting In and Acting Out"?

Acting In and Acting Out

"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) "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 the SAA pamphlet *Recovery from Compulsive Sexual Avoidance: A Return to Intimacy*) 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 in and acting out." (Excerpted from *Sex Addicts Anonymous*, pages 14-15)

Who will read "Sexual Anorexia"?

Sexual Anorexia

"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." (*Sexual Anorexia: Overcoming Sexual Self-Hatred*, Dr. Patrick Carnes, Ph.D.) 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. Whether we were acting out or not being sexual at all, our addiction involved being emotionally unavailable." (*Sex Addicts Anonymous*, page 6)

Who will read "Symptoms of Intimacy Avoidance"?

Symptoms of Intimacy Avoidance

Symptoms 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 person must determine their own pattern of avoidant behavior, with the help of a sponsor or others in the program. 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. (*Sex Addicts Anonymous*, page 20)

Who will read The Twelve Steps of Sex Addicts Anonymous, from page 20 of the SAA green book?

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.
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Who will read the Tradition of the month, and the Twelfth Tradition, from the SAA Green Book
pg. 77?

The Twelve Traditions of SAA

(Read the Tradition for the current month: 1 for January, 2 for February, etc. and then the 12th Tradition)

1. Our common welfare should come first; personal recovery depends upon SAA 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 SAA membership is a desire to stop addictive sexual behavior.
 4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
 5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
 6. 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.
 7. Every SAA group ought to be fully self-supporting, declining outside contributions.
 8. SAA should remain forever nonprofessional, but our service centers may employ special workers.
 9. SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
 10. SAA has no opinion on outside issues; hence the SAA 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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Introductions:

Now let's go around for introductions. Since sex addiction is a disease of the mind, body, and spirit, you are invited to share your first name, where you're from, and how you're feeling physically, emotionally, and spiritually in a few words. You're also invited to share your length of sobriety if you wish, and if you're new to this meeting, let us know so we may appropriately welcome you. My name is _____ from _____ and I feel _____. (Optional: I have ___days/weeks/months/years free from inner circle behaviors.)

Welcome everyone! We would like to extend an invitation for everyone – especially 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.

Reading and/or Topic

It is now time for a presentation, followed by a sharing.

(If there is a Speaker Presentation or a scheduled First Step Presentation, introduction instructions are at the end of this format. If no Speaker or First Step, continue to the following:)

Will the volunteer for this week's reading please announce themselves and begin the reading share?

(After the reading, the reader or the Trusted Servant may suggest a topic for discussion based on the reading.)

Boundaries For Sharing

Due to the sensitive nature of our addiction, when sharing, we describe our addictive behavior as "acting out" or "acting in" behavior rather than using explicit descriptions and/or offensive language. Instead, focus on today's reading or what's on your mind and heart so that we can support one another in recovery from intimacy avoidance. Please limit your shares so that all can participate. If you feel triggered by someone's share, please put down the phone and say the Serenity Prayer to yourself. We don't comment on another's share or give advice. To keep the virtual room quiet, we mute our phones when not reading or sharing. We also avoid mentioning the name of literature that is not SAA-approved or of specific treatment centers and therapies since doing so might be construed as promotion.

*(Note to Trusted Servant: Suggested time limit 3-4 minutes, at the discretion of the Trusted Servant. *2 indicates how many participants are on the call. In the event that it is a large group, ask for a volunteer to keep time. To mute/unmute, press *6 or use the phone's "mute" feature.)*

Who will volunteer to be the Spiritual Timekeeper for the meeting? *(Timekeeper may notify when 1 minute remains, and call "time" when the time has passed. Typical time limit is 3 minutes. It can be adjusted according to number of participants on the call.)* Thank you [Spiritual Timekeeper's name]. The floor is now open for sharing. I will help moderate...who would like to begin?

(Sharing continues until 5 minutes to the hour)

CLOSING (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.

Service Opportunities

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.

Participants are invited to bring a reading for a discussion topic. Excerpts from the Green Book or SAA-approved literature are encouraged. "Outside literature" is also acceptable on this meeting, providing it helps keep the focus on the solution found within 12-Step program principles. However, material from other fellowships other than AA or readings that contain religious references or therapy-related approaches are not appropriate for this meeting.

(optional: Trusted Servant can skip reading the recommendations below)

(Readings from *Hope and Recovery* or *Answers in the Heart*, from AA literature, such as the Big Book or the "12 and 12," or from Patrick Carnes material that focuses on working the Steps on intimacy avoidance are welcomed.)

Who will volunteer to bring a reading for next week?

Who will do the following next week?

Greeter: Arrives a couple of minutes early to welcome participants.

Trusted Servant: Leads the meeting by reading the script. (For TS tips, see link at beginning of script)

(Note to Trusted Servant: If there is no volunteer to lead the next week's meeting, please contact a member of the Intimacy and Sexual Avoidance Outreach Committee by emailing avoidance@saa-recovery.org)

Our business meeting is held on the last Tuesday 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](#)? (click on the word "announcements" for a link to the announcements page.)

The 7th Tradition

“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 site and phone lines, and helps support the ISO. To donate, you can send a check to SAA Telemeeting Intergroup, P.O. Box 251, Dubuque, IA 52004-0251 or use a credit or debit card or PayPal at 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.

Closing Reading

Who would be willing to read the last two paragraphs from the section on Step Twelve in our green book, *Sex Addicts Anonymous, page 61*, or the meeting format?

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.

Closing Prayer

In closing, please help us move from shame to grace and join us in the Serenity Prayer or the Unity Prayer. (*For words, click [here](#).*)

Keep Coming Back—It Works!

Exchanging Phone Numbers

You can go to the website and sign up for the phone list, and for further instructions, please ask the Trusted Servant, or feel free to exchange phone numbers after the meeting. (Instructions for signing up as a member of saatalk.info can be found at the end of this script.)

Continued Fellowship

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 no newcomers, announce that the line is open for general fellowship.)

BUSINESS MEETING AGENDA [the last Tuesday of the month]

Introduction

Welcome to the Tuesday Sexual Avoidance business meeting. My name is _____ and I'm a sexual anorexic from _____ and your trusted servant for this meeting.

The Twelve Traditions of SAA

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

Old Business

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

Reports

Now is the time for reports. Will all trusted servants, starting with the Intergroup Rep. give their reports now?

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 share.

Instructions for signing up as a member on saatalk.info

Visit www.saatalk.info and register yourself as a member by clicking on "Members" in the left-hand column. Under the blue "login" button in the mid-portion of the page, you'll see "Create an Account." Just follow the instructions. Once you are registered, you'll have access to the contact information of other members. By putting the word "anorexia" or "avoidance" in the search bar of the keyword column, you'll be able to find others dealing with sexual avoidance issues.

Information regarding Speaker or First Step guidelines:

If there is a Speaker:

May we have a volunteer to keep time?

I would like thank _____ for volunteering to be our Speaker today. I will now turn the meeting over to them.

The speaker can share for approximately 10 Minutes on his or her recovery from Compulsive Sexual Avoidance or Anorexia.

(After Speaker Presentation)

We would like to thank _____ for sharing his/her experience, strength, and hope with us today. We will now open the meeting for discussion. Participants are invited to share what you identified with or liked about the presentation, or feelings it brought up for you. Who would like to begin the sharing?

If there is a First Step:

Persons giving 1st Step presentations will have 20 Minutes to speak, but will need to review their 1st Step with the trusted servant or meeting representative to help focus their 1st step on their intimacy avoidance and/or sexual avoidance rather than their history of acting out.

To allow all the meeting attendees to have their needs met, the group conscience has agreed to allow the meeting to extend beyond the 1 Hour scheduled meeting time, if necessary.

Introduction to First Step Presentation

(Read by Trusted Servant or Sponsor of person giving First Step)

_____, you are about to share with us your First Step. We acknowledge and affirm your courage in taking this step. We acknowledge and affirm your courage in taking this step. We want to clarify some things about this experience for each of us.

The primary purpose for you giving this formal First Step presentation is to aid you in your program of recovery. It need not be done to please the group, or to gain status. There is no right or wrong way to give a First Step. Any effort you make is legitimate.

Here are some suggestions which others who have gone before have found helpful. We encourage you to be specific about your behaviors and to speak from your heart in order to be in touch with the pain and reality of your addiction. Try not to bury yourself in shame. Let us hear you, not your addict, speaking.

The group has a responsibility to be loving, caring, and accepting of you. The members will avoid judging you, giving advice to you, or taking care of you.

If you wish, you may request that no one interrupt you during your presentation. However, several members have affirmed that guidance from their sponsor during their First Step made the experience more meaningful. _____, do you prefer to have the room muted while you're sharing?

Remember, we are here for you. May God grant you serenity.

(After Speaker or First Step Presentation)

We would like to thank _____ for sharing his/her First Step with us today. _____, are you open to receiving feedback? (If yes): We will now open the meeting for feedback for _____ (person who gave First Step). Examples of feedback include sharing what you identified with or liked about the presentation, or feelings it brought up for you. If you wish to get current or share about an issue you are dealing with, there will be time for check-ins after feedback or during fellowship. Who would like to begin the feedback for _____? As feedback is winding down, ask the person who gave their First Step how they're feeling and if there's anything they'd like to share about their experience today.

Record of Edits and Group Conscience:

Edited 02/09/14 by Michelle S.

March, 2014: changes to ... wording for anorexia emphasis

August, 2014: Trusted Servant changes

January 2015 added link to announcements, edited out text boxes, edited topic/reading section, replaced info re: Speaker or First Step at end of format

March 2015: call-in number changed

April 2015: First Step intro added to end of format

April 2016: addition of wording regarding "outside literature," and edit of Meeting Boundaries section

Sept 2016: service positions edited

Nov 2016 Unity prayer edited

Jan 2018 Intro changed, added "What is Intimacy?" and "What is Intimacy Avoidance?"