

Sunday Morning Hope & Recovery First Step Presentation Guide

Men's Only Meeting
Phone: 1-712-770-5374
Passcode: 417389
Sunday 7AM
Pacific Standard Time

The Hope and Recovery Men's meeting offers a spot for first step presentations on the 3rd Sunday of the month or as needed.

The main purpose of the inventory is to uncover examples in our lives where our sexual behaviors demonstrate powerlessness and unmanageability. For more information on doing a first step, you can read the SAA pamphlet First Step To Recovery – A guide to working the First Step, which can be found at: <https://saa-recovery.org/literature/first-step-to-recovery-a-guide-to-working-the-first-step/> .

The presentation should last 15 to 20 minutes. It is suggested that you write out your first step presentation in advance and have your sponsor read it. If you don't have a sponsor, find someone you trust in the program that has some sobriety to read it and make suggestions.

When giving your presentation, we encourage you to speak freely about your sex addiction. However, to avoid triggering other members, please refrain from mentioning the names of people, acting-out-places, publications, magazines, websites, or phone apps. We also ask that you are not too graphic or descriptive about your acting out behavior. The inventory is not only a record of specific events and activities in the progression of your sexual history but is also an opportunity to uncover patterns and behaviors that demonstrate addiction.

It is recommended that the presentation end on a positive note to show how the program has already made a difference in your life.

If you have a sponsor, we suggest that your sponsor introduce you at the beginning of the presentation.

Please let us know before the presentation (or let your sponsor know) if you are willing to receive feedback after the presentation. Feedback is usually based on identification and encouragement rather than giving advice.

Thank you for sharing your first step with the Hope and Recovery Men's meeting. Your presentation will help others who are struggling with their addiction and remind all of us of our powerlessness over sexual addiction.