

Unwavering Sobriety

Wednesdays at 10 p.m. EST

Opening Prayer:

3rd Step Prayer

"God, I offer myself to Thee –
to build with me and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them, may bear witness to those I would help, of Thy Power, Thy Love, and Thy Way of
life. May I do Thy will always!"

or

Serenity Prayer

"God grant me the serenity
To accept the things I cannot change,
Courage to change the things I can
And the wisdom to know the difference"

Readings:

(SAA Green Book, pages 20-21)

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.

Defining Abstinence (from the SAA Green Book, pages 14-15) (Online, pages 22-23)

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 his or her own abstinence.

Core Beliefs & the Addiction Cycle

For many of us certain sexual behaviors began to create problems in our lives, and although we tried to change or abstain from these behaviors, we found that we could not. At first, we may have not been aware of why we had this obsession & compulsion, we soon came to an understanding that it is in fact an addiction.

Sexual addiction has varying roots and manifests in many different ways. One thing that most addicts have in common is an impaired thinking system based on negative core beliefs which drives us into our cycle of addiction. Patrick Carnes indicates that these negative core beliefs are:

- 1) I am basically a bad person who is unworthy of dignity and respect.
- 2) No one would love me if they knew my secrets.
- 3) I cannot depend on others to meet my needs.
- 4) Sexual activity is my most important coping mechanism.

This system of negative core beliefs results in a delusional thought process that insulates the addiction cycle from reality. The four phases of the addiction cycle are:

- 1) Preoccupation
- 2) Ritualization
- 3) Sexual Compulsiveness or "Acting Out"
- 4) Despair

The despair resulting from our inability to manage our behavior further confirms the negative core belief system and solidifies our place in the addictive system. This system can be broken as we change our negative core beliefs and heal our thinking process. We often cannot make this change on our unaided will power alone.

Seeking help is especially difficult for the sexual addict but one of the best proven paths to recovery is a Twelve Step Program. These Programs help members restore the living network of human relationships--especially in the family. The Program asks the addicts first to accept their addiction by looking at their addiction cycle and its consequences, i.e., to admit that they are powerless over their sexual behavior and their lives have become unmanageable. Within that admission, the members then are able to start the rebuilding of relationships by taking responsibility for what they have done and making amends where possible. Values and priorities are reclaimed. Throughout the Program, members explore basic spiritual issues as a way of understanding and facing their anxiety. As members live the Program, the double life with all its delusion and pain can be left behind. The Twelve Steps can help the sexual addict break out of the addiction system.

There *is* hope and recovery *is* possible.

Additional Reading: Daily Meditation from [Answers in the Heart](#) or [Voices in Recovery](#)

Closing Prayer:

Unity Prayer

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 willpower.

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.

or

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character

which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding.