

Intimacy in Partnership Zoom Meeting

Tuesdays 6:00 a.m. Pacific/7 Mtn/8 Central/9 Eastern

ZOOM Meeting ID: 119 161 365 PW: 123456

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

Phone call-in Number: 646-558-8656

(use ZOOM Meeting ID 119 161 & PW 123456)

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.

Welcome to "Intimacy in Partnership," a mixed-gender Zoom meeting of SAA. We welcome everyone who wants to share about topics relating to intimacy in relationships. My name is____from_____, and I'm a_____(sex addict/anorexic) and I will be your trusted servant today.

The format for this meeting can be found at SAATALK.INFO. Click on "Find a telemeeting" on the left side, and then click the "Intimacy in Partnership" meeting listed for this day and time. In the download documents section of the meeting's page, you'll find the script which you can view or download, so you can follow along and help with readings.

Website Info: www.saatalk.info

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

Invitation

Do we have someone who would like to lead today's meeting (if no leader has been chosen)?

Do we have someone who would like to be our dashboard operator today?

Opening prayer

Let's begin the meeting with a moment of silence for the addicts in and out of this room who still suffer, followed by the serenity prayer.

(Prayer, all together): 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.

Symptoms

Is there someone available to read "Symptoms of Intimacy Avoidance"?

Signs that you may be struggling to embrace intimacy with your partner (adapted from Recovery from Compulsive Sexual Avoidance: A Return to Intimacy pamphlet):

- Extreme fear of combining emotional intimacy with sexuality.
 - Finding fault or starting fights with a spouse or partner to avoid sexual relations.
 - Being emotionally unavailable in our relationship with our partner.
 - An inability to accept nurturing and care from ourselves, our Higher Power and our partner.
 - An inability to trust and rely on our partner, believing that our partner will always let us down and it is safer if we just do things on our own.
 - Mistaking compulsive sexual avoidance for recovery and/or healthy sexuality.
 - Preferring fantasy over interacting with our partner; so much that fantasy creates a wall between ourselves and our partner.
 - Hiding the joys and pains of our life from our partner, due to self-pity, false-pride and/or fear.
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Our Addiction and the 12 Steps

Is there someone available to read “Our Addiction and the 12 Steps”? Our Addiction (from Sex Addicts Anonymous [“SAA Green Book”], page 6)

“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.” 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 12 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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Introductions

Now it's time for introductions. Since sex addiction and anorexia affect the mind, body, and spirit, you're invited to share your first name, where you're from, and use a word or two to describe how you're feeling right now physically, emotionally, and spiritually. I'll start. I'm _____ from _____ and I'm a _____. (Pause for participants to greet you.) Today I'm feeling physically _____, emotionally _____, and spiritually _____.

We would like to extend an invitation for 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.

If a 5th Tuesday: (If not a 5th Tuesday, skip to Meeting Boundaries)

We will have a speaker meeting today. Thank you, _____, for agreeing to share your experience, strength, and hope with us about intimacy in partnership through recovery. You will have 15 minutes to Share your story with the meeting. The time is now yours.

After the speaker's 15 minutes:

We'd like to thank _____ for speaking today. The floor is now open for sharing. Participants are invited to share about what resonated with them from the speaker's share, or share their own experiences in recovery. In order to provide a safe place to share and experience our emotions, we address the group as a whole rather than an individual person, we avoid commenting on another person's share or giving advice, and we keep the focus on *ourselves* during sharing using "I" and "me" statements as opposed to "you" or "we," or focusing on our partner's issues. Appropriate times for feedback, if invited, are after the meeting during fellowship or during private conversations at another time.

Please keep your shares to _____ minutes. Do we have a volunteer to be the timekeeper for this meeting? Please give us a gentle reminder when 1 minute remains, and a signal when time is up. If you're sharing, please acknowledge the timekeeper's gentle reminder, and at the end of your time, we ask that you wrap your share up in 10-15 seconds.

(Sharing lasts until 5 minutes to the hour. Then proceed to the "Closing.")

Meeting Boundaries

Whether or not we also identify as sex addicts, our common struggle lies in combining sexual and emotional intimacy with our most significant other. While many of us also struggle with addiction, in this meeting, we talk about our acting out behaviors **only insofar** as they affect our ability to be sexually and emotionally intimate with our partners/spouses.

This is an "open share" meeting. We will take turns sharing about our experiences in recovering from intimacy avoidance. If there is time remaining after each person has had a chance to share, those who wish may share a second time.

In order to provide a safe place to share and experience our emotions, we address the group as a whole rather than an individual person, we avoid commenting on another person's share or giving advice, and we keep the focus on *ourselves* during sharing using "I" and "me" statements as opposed to "you" or "we," or focusing on our partner's issues. Appropriate times for feedback, if invited, are after the meeting during fellowship or during private conversations at another time.

Please keep your shares to _____ minutes. Do we have a volunteer to be the spiritual timekeeper for this meeting?

Please give a gentle reminder with 1 minute remaining and a signal when time is up. Please acknowledge the timekeeper's gentle reminder and at the end of your time, wrap your share up in 10-15 seconds.

Now is the time for sharing. Does anyone have a recovery victory of any sort they'd like to share, or a question or suggestion for a discussion topic?

(Sharing portion of the meeting lasts until 5 of the hour)

Conclusion of Sharing

That's all the time we have for sharing today. As a reminder, you are invited 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.

As a gentle reminder, anonymity is the spiritual foundation of all our traditions. Thus we each are encouraged to keep confidential the things we heard here. We're also invited to "take what we can use and leave the rest."

The 7th Tradition

"Every SAA group ought to be fully self supporting, declining outside contributions." 12-step meetings around the world normally pass a basket at this time to receive donations that are used to support recovery. Because this activity is not possible in our telemeeting, we encourage you to make donations to our Intergroup to support the Telemeeting Intergroup by sending a check to TIG PO Box 62 Windsor, CO 80550. Or you may use a credit or debit card or PayPal at www.saataalk.info. To obtain literature or donate to the International Service Organization (ISO), call 1-800-477-8191 or visit www.saa-recovery.org.

Are there any SAA-related [announcements](#)? The announcements page can be found at saataalk.info > Resources > ISA Meeting Announcements

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.

Is there anyone who will volunteer to serve in either of the following Service Positions for 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)

Dashboard operator: Helps keep the meeting running smoothly and safely – training required.

Closing

Let's end with (Trusted Servant's choice): Serenity Prayer or Unity 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 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.
(a.k.a. "the OA Promise," <https://oa.org/files/pdf/OA-Promise-1.pdf>)

BUSINESS MEETING AGENDA [the last Tuesday of the month]

Introduction

Welcome to the Intimacy in Partnership 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.

Record of edits and Group Conscience:

July 2015: added Business meeting format & changed 7th Tradition statement

Oct 2016: added speaker (5th Tuesday), GC agreed to open the meeting to partners, and phone number changed

August 2017: added service opportunities

March 2017: added guidelines regarding number of shares

October 2021: TIG address change, instructions for Zoom

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.