

## SATURDAY PEACE AND SERENITY TELEMEETING • READINGS

*(Last Revised and Approved:: Sat 2/25/2023)*

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### OUR ADDICTION – SAA Green Book (Page 3)

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behavior. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviors that we returned to over and over, despite the consequences. 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 a 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.

### DEFINING ABSTINENCE – SAA Green Book, Chapter 2 (Pages 14-15, Selected Sections)

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... 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".

This can be a difficult challenge. If we are too lenient with ourselves, we might not get sober. If we are too strict, we might restrict ourselves from healthy behaviors that we have no need to give up, and an inability to meet our high standards could set us up for relapse. We need the help of other recovering sex addicts, and the reliance on a Power greater than ourselves, to find the right balance between these two extremes... Our program acknowledges each individual's dignity and right to choose his or her own concept of healthy sexuality.

We have learned that our ideas of what is healthy and what is addictive evolve with experience. In time, we are able to define our individual abstinence with honesty, fairness and gentleness. This process is a valuable exercise in our recovery. It requires us to carefully examine all of our sexual behaviors, decide which ones are healthy or addictive, and note those cases where we're not sure. It is a way of taking stock of our sexuality that teaches us a lot about ourselves and our behavior.

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### THE 12 STEPS OF SEX ADDICTS ANONYMOUS

– SAA Green Book (Page 20)

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 12 TRADITIONS OF SEX ADDICTS ANONYMOUS – SAA Green Book (Page 77)

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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### THE STEP 12 GIFTS

*– SAA Green Book, Step 12 (Page 61, Last Three Paragraphs)*

The Steps are an expression of spiritual principles that can be practiced in all aspects of life. Honesty, willingness, courage, humility, forgiveness, responsibility, gratitude, and faith are just some of the names we give to the spiritual principles that gradually come to guide us in our lives. As we progress through the program, establishing conscious contact with the God of our understanding, we become aware of these principles within us—like gifts that were always there, unopened until we were ready to receive them. Opening these gifts brings about our spiritual awakening. Continuing to apply them on a daily basis keeps us spiritually fit and growing in recovery. With the Twelfth Step we seek to consciously practice these principles in our lives, not only as ways to keep us sexually sober, although that will always remain important, but as lights to guide us in everything we do.

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.

### THE OTTAWA PROMISES

Through a renewed relationship with God/our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to God/our 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 to 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, our life. Are these extravagant promises?

### WE THINK NOT! *[Altogether Please]*

We have seen them fulfilled. They are ours, if we want them and work for them.

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### SPONSORSHIP – SAA booklet, *Getting a Sponsor*

“Whether we’re just coming into the SAA fellowship or have been here awhile, we realize we cannot stop our sexual addiction by our own unaided efforts. Many of us knew it before we came in. We all need help. Part of that help is sponsorship. In fact, it is an old saying that you cannot work an SAA program without a sponsor. So who needs a sponsor in SAA? The answer is certain: Everybody...

Sponsorship is the mentor-relation between an SAA member – or sponsee – and a sponsor, a member who has already worked the program and has experienced the gift of sobriety. The sponsor helps the sponsee to determine their own addictive sexual behavior. The sponsor guides the sponsee on how to use the literature and tools of the program, how to work the Twelve Steps and Traditions, and how to find sobriety...

Who is a sponsor? A sponsor is an SAA member who is sexually sober. A sponsor is experienced in service, attends meetings regularly, and also works with a sponsor. A sponsor has worked through the Twelve Steps and Twelve Traditions sufficiently to be able to help another addict along the way...

A sponsor is a member just like you – a sex addict who knows what addictive sexual behavior is and can speak to another addict with the authenticity of experience. A sponsor can level with you. A sponsor can listen to you with understanding and neutrality. A sponsor knows that sex addiction is a chronic condition that needs the daily remedy of a program and wants to offer it to you – regardless of what your behaviors have been.”

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### SAA STEPS & TRADITIONS PAGE NUMBERS

*SAA Green Book, (Online Version)*

<https://saa-recovery.org/literature/sex-addicts-anonymous-green-book-saas-basic-text/>

NUMBER	STEP (Page #)	TRADITION (Page #)
One	22	78
Two	25	79
Three	28	81
Four	31	82
Five	37	84
Six	40	86
Seven	43	87
Eight	45	89
Nine	48	90
Ten	52	92
Eleven	55	94
Twelve	58	95