

2018 SAA CONVENTION SAMPLE SEXUAL & INTIMACY AVOIDANCE (ANOREXIA) ZOOM ROOM MEETING

Welcome to the **2018 SAA Convention Sample Intimacy Avoidance ZOOM Meeting**. This meeting is to provide newcomers with an introductory experience in attending a Sexual & Intimacy Avoidance meeting utilizing ZOOM Room video-tele-conference technology. The primary purpose of this meeting will be to give recovering sex addicts and sexual anorexics a place to share how we're feeling and talk about our experiences in recovery in a video-tele-conference format. As we listen to each other and share together, we learn about vulnerability, trust, connection, and intimacy.

My name is Brad from Caye Caulker, Belize and I'm a grateful, recovering sex addict and intimacy avoidant. I'll be your Trusted Servant for this meeting.

Let's begin with a moment of silence for those who are still suffering in and out of the rooms, on and off the phone lines and in and out of the ZOOM room, followed by the Serenity Prayer.

Praying 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.***

Today's meeting will have a number of readings that will be presented by members joining the ZOOM Meeting today and have been prearranged for this meeting. In a regularly scheduled ZOOM Meeting, the scripts are posted on the saatalk.info website so our participants can volunteer to read the different passages, or follow along, if they so choose.

17 Symptoms of Sexual & Intimacy Avoidance (Anorexia)

(pre-decided "volunteer") would you please read 17 Symptoms Of Intimacy & Sexual Avoidance (Anorexia).

Symptoms of sexual & intimacy avoidance (anorexia) 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.

(This list can be found in the SAA pamphlet: 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. If you need a sponsor, please talk to someone after the meeting.

The Twelve Steps of SAA

(pre-decided "volunteer") would you please read 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.

Introductions

Now it's time for introductions. We ask participants to please share your first name, where you're from, how you're feeling right now in a few words and something you are working on this week, also, if you're new to this meeting, let us know so we may welcome you. I'll begin: My name is Brad, grateful recovering sex addict & intimacy avoidant, from Caye Caulker, Belize and today I am feeling _____ and this week I am working on _____. The floor is now open for introductions.

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.

Open Sharing Boundries

Now we'll have a few minutes to share. 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 directly 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." Appropriate times for feedback, if invited, are after the meeting during fellowship or during private conversations at another time.

Due to the sensitive nature of our addiction, we avoid the use of profanity. When sharing, we only describe our addictive behavior as "acting out" or "acting in" behavior rather than using explicit descriptions and/or offensive language.

Open Sharing will go until 10 minutes remain in the meeting. Shares are limited to three (3) minutes, is there someone who would be willing to be our Spiritual Timekeeper for the meeting today? The Spiritual Timekeeper will give a Gentle Warning with 1-minute remaining in your share, we ask that you recognize the Gentle Warning. At the end of your time, we ask that you wrap up your share in the next 10-15 seconds.

THE ROOM IS NOW OPEN FOR SHARING – Does anyone have a Recovery Victory they would like to share with the group today? (Pause) Does anyone have a question, or discussion topic they would like to present to the group for today's meeting? You are free to share a Recovery Victory, thoughts on the discussion topic, or use your time to get current.

(Stop Open Sharing with 12 minutes remaining)

That's all the time we have for Open Sharing today, but you are welcome to stay in the room for Fellowship after the Closing Prayer.

Gratitude Circle (5 minutes)

We will now do our Gratitude Circle. Each member will have a :30 second opportunity to share something they are Grateful for today. I will begin. I am Brad, grateful recovering sex addict and intimacy avoidant and today I am grateful for _____.

(Stop the Gratitude Circle with 5 minutes remaining)

It's time to end the meeting, but everyone is invited to stay in the room for fellowship following the Closing Prayer. As a gentle reminder, anonymity and confidentiality are the spiritual foundations of our program. Thus, we each are encouraged to keep confidential who was on the meeting and what was shared today. We're also invited to "take what we can use and leave the rest."

Service Opportunities – None required as this is a sample 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." We would like to express gratitude for the donation of a year's worth of ZOOM room use. If anyone would like to contribute to the ZOOM fund, please contact the ISA Outreach Committee for more information by emailing Avoidance@saa-recovery.org.

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 Prayer

Please join me in the “we”/“us” version of the Serenity Prayer:

***God, grant US the serenity to accept the things WE cannot change,
courage to change the things WE can, and wisdom to know the difference.***

Open Fellowship

The ZOOM Room is now open for Fellowship, please state your name prior to sharing.