

Thursday

Women's Conquering Fear of Intimacy

Meeting of SAA

Meeting Access: Closed. Any female sex addict and/or anorexic seeking help is welcome to attend.

Call In Number: 717-908-1834, passcode 599840#

Website Info for script, etc.: [http://saatalk.info/us/meetings/meeting?xmeeting\[id\]=129](http://saatalk.info/us/meetings/meeting?xmeeting[id]=129)

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

INTRODUCTION

Welcome to the Thursday Conquering Fear of Intimacy Women's Meeting of SAA. My name is _____, and I am a/an _____ (sex addict/ intimacy avoidant) in _____ (location/state), and your trusted servant for this meeting. Let's begin the meeting with a moment of silence for those who are suffering, followed by the Serenity Prayer. (A few seconds of silence)

*Higher Power / 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.*

The focus of this meeting is cultivating authentic closeness and connection with ourselves, our Higher Power, and others. This is a closed women's meeting of SAA. Any woman sex addict and/or anorexic seeking help is welcome to attend. If you are new to this meeting, we welcome you! To keep the meeting safe, our Group Conscience has agreed to request that all meeting attendees please identify themselves during introductions.

If you'd like to help out with the readings, pages from the SAA basic text will be shared, or you can access the meeting script at: saatalk.info. Click on "find a telemeeting" on the left side, then click on the Thursday "Women's Conquering Fear of Intimacy" meeting. Look in the "document download" section to download & open the script.

Who would like to read the "Meeting Preamble"?

Meeting Preamble

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior, and to help others recover from sexual addiction. We find a new way of living through the SAA program, and carry our message to others seeking recovery.

(Introduction, Sex Addicts Anonymous, page 1,

1st sentence of 4th paragraph and 1st and 2nd sentences of 5th paragraph)

In the same way that compulsive starving of oneself, or anorexia, is considered an eating disorder, avoidance of sex can be seen as an addictive behavior. Some of us have found ourselves "shut down" sexually in recovery, afraid of sex because of its association in our minds with our addiction or with past trauma, or because of a fear of intimacy and vulnerability. Trying to control our sexuality in this way is just another

symptom of our disease. The solution lies in turning our will and our lives over to the care of our Higher Power, knowing that however unfamiliar we are with the challenges of healthier sexuality, we can put our trust in the God of our understanding.

(Sex Addicts Anonymous page 72,
3rd full paragraph, starting with the 2nd sentence)

The focus of this meeting is on recovering from the compulsive avoidance of sex, and closeness with ourselves, our Higher Power, and others. As we come to understand our fear of intimacy and work the Steps around it, our lives change for the better.

Thank you, _____. Who would like to read “Symptoms of Intimacy Avoidance”?
This may be read by one person, or divided and read by two or more. Who would like to read?

Symptoms of Intimacy Avoidance

Symptoms of intimacy avoidance 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: Intimacy Avoidance: Another Aspect of Sex Addiction. 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.)

Thank you, _____. Who would like to read The Twelve Steps of Sex Addicts Anonymous? (The 12 Steps are also found on page 20 of the SAA green book) (press *6 + 1)

The Twelve 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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Thank you, _____. Who would like to read this month's Tradition, which is Tradition _____, along with the Twelfth Tradition and the note about anonymity? (The Traditions are also found in the SAA Green Book pg. 77)

The Twelve Traditions of SAA

(Read the Tradition for the current month: 1 for January, 2 for February, etc. and then the 12th Tradition)

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.

A note about anonymity: Anonymity "means that the names of SAA members, and the details of what we share in meetings are kept confidential and not repeated outside of the meetings. It also means that in meetings, we "put aside our outside identities and act only as members of the fellowship." (Sex Addicts Anonymous, page 95)

Thank you, _____. Now it's time for introductions.

INTRODUCTIONS

To keep our meeting safe, we request that all callers please identify themselves. If you are not in a private place where you're able to speak freely, you can say a first name and "I qualify" or "I feel I belong here." If you are not comfortable introducing yourself by a first name, you're welcome to attend open meetings until you feel more comfortable sharing a name with us.

Now let's go around for introductions. It is the custom of this group to share your first name, where you're from, and how you're feeling right now in a few words. You're also invited to share your length of sobriety if you wish, and if you're new to this meeting, let us know so we may welcome you. I'll begin. My name is _____ from _____ and I feel _____. (Optional: I have ____ days/weeks/months/years free from inner circle behaviors.) Who would like to introduce themselves next?

Trusted Servant notes:

At the end of introductions, if there is still someone who has not identified themselves, please say something like,

"To keep our meeting safe, we request that all callers please identify themselves by a first name. There is still one caller who hasn't identified themselves yet / There are still _____ callers who haven't identified themselves yet."

READING & SHARING

In this meeting we use SAA approved literature, as well as outside literature which has been chosen by the group conscious. We use this literature as a guide for sharing on topics relating to authentic closeness and connection. Details of approved literature for this meeting are given before the close of the meeting.

Will the volunteer for this week's reading please announce themselves and begin the reading share?

(Reader announces themselves, and shares the reading. After the reading, the reader may suggest a topic for discussion based on inspiration from the reading. The reader then turns the meeting back to the Trusted Servant)

Thank you, _____.

BOUNDARIES FOR SHARING

Now here are some guidelines to keep our meeting safe for all participants.

1. We share our own experience, strength, and hope, using words like "I," "me," or "my," instead of "you" or "we."
2. During this meeting we focus on the Solution found within the 12 Steps of SAA and the principles of recovery. Talking about recent acting out is best done with a sponsor or program support person.
3. We refer to addictive sexual behavior as "acting out," and we avoid using explicit descriptions or offensive language.
4. We direct our comments to the group as a whole, rather than speaking to a specific person or commenting on another person's share.
5. To avoid giving the impression that we're promoting something, we refrain from mentioning specific book titles or religious references, etc. during the meeting. After the meeting during fellowship, it is acceptable to speak more freely about things like non-SAA-approved literature or to offer feedback to another participant, if desired.

Is there someone who's willing to be our spiritual timekeeper?

In this meeting we typically share for 3 minutes. The timekeeper will alert you when you have one minute left.

The floor is now open for sharing. You may choose to share on the reading, the suggested topic, or any topic relating to recovery from the intimacy avoidance aspect of sex addiction.

Who would like to begin?

Trusted Servant notes:

At any time during sharing, if someone joins the call who has not already identified themselves, when the current speaker finishes their share, you can say something like,

"I believe someone has joined our call. Welcome! Who just joined us?"

If the person doesn't identify themselves, you can say something like,

"To keep our meeting safe, our Group Conscience has agreed to require all participants to share a first name. Will the person who just joined us please identify yourself?"

(Sharing continues till five minutes to the hour - 10:55 Pac / 11:55 Mtn / 12:55 Cen / 1:55 Est)

CLOSING

That's all the time we have for discussion. Everyone is invited to stay on the line after the meeting where we will have a period of continued fellowship. Newcomers may also feel free to ask any questions at that time.

Service Opportunities

"Doing some service - even a tiny bit - can break the ice and make us feel more at home. Service deepens our program at every stage of recovery." (Adapted from Tools of Recovery pages 40-41). "When we each accept responsibility for contributing to the meeting... we help our group to be self-supporting, which in turn helps carry our message." (Adapted from Sex Addicts Anonymous, page 88)

Here is a list of ways you can participate in next week's meeting. If any of these that interest you, please speak up now as they are listed. If you are interested, yet need further explanation on how to do that service... let us know.

Greeter: The Greeter simply arrives a few minutes early and says "Hello" to welcome participants as they arrive on the call.

Who would like to be the greeter for next week?

Trusted Servant: The Trusted Servant leads the meeting by reading the meeting script accessible on saatalk.info. – This is what I did today. In addition, there is a link for Trusted Servant tips, at the beginning of this script.

Who would like to be the Trusted Servant for next week? Thank you, _____.

Reading: We need someone to bring a reading for next week's meeting. Any SAA approved literature is welcome. In addition, this meeting has taken a group conscience and has approved Pia Mellody "The Intimacy Factor" and Patrick Carnes "Sexual Anorexia - Overcoming Sexual Self-hatred."

A gentle reminder is given that literature from other 12 step fellowships (aside from the AA literature listed above); religious; or therapy related approaches are not appropriate for this meeting.

Who would like to volunteer to bring a reading for next week's meeting? Thank you, _____.

Dashboard Operator: The dashboard helps keep the virtual room safe by monitoring the meeting for unwanted disruptions. This isn't difficult to learn. You will need a computer and internet access.

Who would like to run the dashboard for next week? Thank you, _____.

Our business meeting is held on the last Thursday of the month after the regular meeting. (If so, announce that business meeting will start immediately after the meeting.)

Are there any SAA-related [announcements](#) ? ← (Click here for link)

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 telemeetings and the ISO. This can be done by visiting saatalk.info or calling 1-800-477-8191.

CLOSING READING

Who would like to read either the Ottawa Promises, or the SAA Promises (Adapted for ISA)?

The Ottawa Promises

Through a renewed relationship with our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to 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.

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

The SAA Promises

(Adapted for Intimacy & Sexual Avoidance)

By cultivating a sober and spiritual connection with ourselves, our Higher Power, and others, we will discover healthier experiences of connection and sexuality. Our serenity will grow as we continue to live according to spiritual principles. The miracle of recovery from the addiction of intimacy & sexual avoidance will become a reality we experience every day.

Working the twelve steps brings us many gifts:

1. We will find freedom from our addictive sexual behavior; including intimacy & sexual avoidance.
2. We will live in the present and enjoy our lives.
3. We will learn to be emotionally present during sexual experiences, and use our sexuality to express our love, appreciation, and faith.
4. We will grow in humility, and will be able to admit when we are wrong.
5. We will deepen our compassion and become more forgiving of others and ourselves.
6. We will keep the company of people who love and respect us.
7. We will start to see life in terms of growth, change, and transformation.
8. We will have a greater sense of belonging, emotional intimacy and true friendship with others and ourselves.
9. We will learn to express our affection, rather than seek isolation, false protection, power, or control.
10. We will ask for and receive help when we need it.

11. We will experience profound healing from shame as we learn to let go and cultivate vulnerability.
12. We will see that the world is a much safer place than we had ever known before, because we are always in the care of a loving Higher Power.

Adapted from Sex Addicts Anonymous (SAA Green Book)

Thank you, _____.

CLOSING PRAYER

Serenity Prayer (Me/I version or us/we version)

*Higher Power / 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.*

Keep Coming Back—It Works!

(If the last Thursday of the month, skip to Business Meeting Agenda - see below**).

CONTINUED FELLOWSHIP

The phone line is now open for exchanging phone numbers if you wish.

Now we'll open it up for fellowship. Please state your name before your share. If there are any newcomers on the line, you're welcome to ask questions at this time.

****BUSINESS MEETING AGENDA [the last Thursday of the month]**

Welcome to the Thursday Women's Conquering Fear of Intimacy Business Meeting. My name is _____ from _____, and I'm your trusted servant for this meeting.

Who would like to read The Twelve Traditions from the SAA Green Book pg. 77?

The Twelve Traditions of SAA

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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.
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Reports

Do we have any reports today?

Old Business

In keeping with our traditions, do we have any old business to discuss?

New Business

Do we have any new business to discuss?

Closing Prayer

In closing, please help us move from shame to grace and join us in the Serenity Prayer.

Continued Fellowship The phone line is now open for Fellowship. Please state your name before your share.

Record of Group Consciences and edits:

Nov 2016: removed Unity prayer reference

May 2017: edited boundaries for discussion

July 2017: added First Step/Speaker line

November 2017: edits to meeting preamble, service opportunities, etc.

July 2018: Q&A version created due to disturbances

Nov 2018 Updated and edited Q&A version

Feb 2019 Edited and Updated

June 4, 2020 Removed statement about phone number safety

January 1, 2021 updated the name of intimacy avoidance pamphlet after 18 symptoms.

Aug 17, 2023 Removed week-by-week format, unity prayer