

## ISA SS Peer Support Meeting Format (optional)

Mondays 0600 Pac, 0700 Mtn, 0800 Cen, 0900 Est, 1500 Europe

Access: Closed. Anyone who has been in an ISA Step Study can participate

ZOOM Meeting ID: 886 170 776

### Introduction

Welcome to the Intimacy and Sexual Avoidance Step Study Peer Support Meeting. My name is \_\_\_\_\_, and I am a/an \_\_\_\_\_ (sex addict/ intimacy avoidant) in \_\_\_\_\_ (location), and I'll be your trusted servant for this meeting.

This meeting script can be found at [saatalk.info](http://saatalk.info). Click on "events" on the left side and find the ISA Intergroup meeting. The format will be in the "download document" section.

May we have a moment of silence for those who are still suffering, followed by A PRAYER to begin the meeting? (TS chooses prayer; suggestions below)

### The Welcoming Prayer

Gently become aware of your body and your interior state. Welcome, welcome, welcome. I welcome everything that comes to me in this moment because I know it is for my healing. I welcome all thoughts, feelings, emotions, persons, situations and conditions. I let go of my desire for security. I let go of my desire for approval. I let go of my desire for control. I let go of my desire to change any situation, condition, person, or myself. I open to the love and presence of God and the healing action and grace within.

### 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.

### Other prayer?

Who would like to read The Twelve Steps of Sex Addicts Anonymous? (It's on page 20 of the SAA green book or the Meeting Format)

### 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.

Thank you, \_\_\_\_\_.

Who will be our "spiritual timekeeper" today? (Suggestions: Introductions- 2 mins, shares- 3 mins)

## Check -ins

Now let's go around for check-ins. Each participant will have 2 minutes to share. You're invited to share your name and where you're from, how you're feeling, and then choose one of the following to briefly share about:

- **NURTURE** (something you've done to nurture yourself this week)
- **VICTORY** (A struggle you've had and how you used the Steps or program principles to resolve it)
- **STEP WORK** (What Step you're working on)
- **GRATITUDE** (Something you're appreciative of)

## Topic and Boundaries

Now we will share our experience, strength, and hope to support each other. Who would like to share a struggle, ask a question, or offer a topic for sharing? You can raise your hand if you're on video, or press \*9 to raise your hand if you're calling in by phone.

We may have more than one topic or the sharing may evolve into multiple topics.

To keep the meeting safe, when we offer feedback, we direct our comments to the group as a whole instead of towards an individual, and we focus on our own experience, strength, and hope, using words like "I," "me," or "my," instead of "you" or "we."

We will share for \_\_\_\_ minutes each, with a gentle reminder when 1 minute remains. Sharing continues until 5 minutes remain.

## **Closing**

That's all the time we have for sharing right now, but everyone is invited to stay in the ZOOM ROOM after the meeting for fellowship.

Who will be next week's Trusted Servant?

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

## **Announcements**

Are there any SAA-related announcements? (click [here](#) to access ISA Meeting Announcements page)

## **The 7th Tradition**

"Every SAA group ought to be fully self-supporting, declining outside contributions."

The Telemeeting Intergroup is accepting donations which will go towards expenditures such as:

- hosting the saatalk.info website
- assisting with travel costs for ISA telemeeting delegates to attend area conferences
- donating to the ISO
- providing the ZOOM video service

You can help us carry the message of recovery to the intimacy and sexual avoidant who still suffers by donating via PayPal using any major credit card or a debit card, or you can mail a check to SAA Telemeeting Intergroup, P.O. Box 782, Black Mountain, NC 28711. You don't need to have your own PayPal account to use it to donate.

## **Closing Reading (optional)**

To end our meeting, I will share a brief reading. (TS can choose one of the following or skip to the prayer.)

## **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? (Everyone together: ) "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)

### **The AA Promises**

1. If we are painstaking about this phase of our development, we will be amazed before we are half-way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.

11. We will intuitively know how to handle situations which used to baffle us.

12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? (Everyone together) We think not! They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them. (Alcoholics Anonymous p 83-84)

### **Closing Prayer** (TS choice)

#### **Unity Prayer** (A.K.A. the OA Promise)

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.

#### **Thomas Merton Prayer**

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

#### **Serenity Prayer** (We version)

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.

(If the last Monday of the month, hold a Business Meeting).

The ZOOM room is now open for fellowship!

Record of Group Consciences and edits:

September 2018 -- meeting started

October 2018 -- script suggested