

Saturday 10:00 a.m. (PT) Telemeeting

HEALING PROFESSIONALS BOUNDARY GROUP - Moderator's Script & Readings

As people join

Moderator: Welcome callers as you hear the entry chime. After the meeting starts, use your discretion about doing this. You may want to wait until general introductions.

Ask who has the readings available and make note of this so you can call on these individuals to read. The readings are available at saatalk.info.

WELCOME

Moderator:

Welcome to the Healing Professionals Boundary Group telemeeting, a meeting of Sex Addicts Anonymous. This is a closed mixed meeting, for healthcare, counseling, clergy, and others in healing professions who have a desire to stop their compulsive sexual behaviors. There is no other requirement.

My name is _____. I am a sex addict and your moderator for today's meeting.

To help reduce line noise, please mute your phone and unmute when you wish to read or share.

SERENITY PRAYER

Let's begin the meeting with a moment of silence for those who are still suffering, followed by the Serenity Prayer. (pause, then prayer together)

READINGS

moderator: (Name)_____, would you please read "THE OPENING."

THE OPENING

Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction and dependency. Membership in this meeting is open to all healing professionals who share a desire to stop addictive sexual behavior. There is no other requirement. Our common goals are to become sexually healthy and to help others achieve freedom from compulsive sexual behavior. SAA is supported through voluntary contributions from members.

We are not affiliated with any other twelve-step programs, nor are we a part of any other organization. We do not support, endorse, or oppose outside causes or issues. SAA is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to A.A. for this gift which makes our recovery possible.

****OPTIONAL READING, AT MODERATOR'S DISCRETION:**

moderator: (Name)_____, would you please read "OUR ADDICTION."

****OUR ADDICTION** (Excerpted from Pg. 3, of SAA Green Book)

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.

moderator: **(Name) _____, would you please read "OUR PROGRAM."**

OUR PROGRAM (from pg.20 of SAA Green Book)

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

When we start attending meetings of Sex Addicts Anonymous, many of us are surprised to meet people who are enjoying life, experiencing freedom from the painful, compulsive behaviors that had brought them to SAA. Listening to other members share about their recovery, we gradually realize that in order to make the same kind of progress, we need to be willing to do whatever it takes to get sexually abstinent, and to stay abstinent. We have learned from hard experience that we cannot achieve and maintain abstinence if we aren't willing to change our way of life. But if we can honestly face our problems, and are willing to change, the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. Taking these steps allows fundamental change to occur and be sustained in our lives. They are the foundation of our recovery.

moderator: **And (Name) _____, would you please read the "TWELVE STEPS OF SAA."**

THE TWELVE STEPS (Excerpted from Pg. 20-21 of SAA Green Book)

1. We admitted we were powerless over our 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.

These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word "God" to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.

moderator: (Name) _____, would you please read the tradition of the month from the "TWELVE TRADITIONS."

THE TWELVE TRADITIONS OF SAA (Pg. 77 of SAA Green Book)

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 the fellowship as a whole.
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. Our fellowship 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. Each 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.

moderator: **(Name)**_____, would you please read "DEFINING ABSTINENCE."

DEFINING ABSTINENCE (Excerpted from Pgs. 14-15 of SAA Green Book)

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.

moderator: **WELCOME NEWCOMERS**

For any newcomers on the line, there will be a time for you to ask questions and request phone numbers right after the close of the formal portion of this meeting. We know it takes courage to attend your first meeting. If you want to stop compulsive sexual behavior, you are in the right place.

moderator: **INTRODUCTIONS**

Now is the time for general introductions.

We share our first name and geographical location. You may also share how you are feeling today and any sobriety milestone, as you are comfortable sharing. If you are a newcomer, please feel free to identify yourself as such. Please remember this is just a brief introduction, and there will be time for check-ins and sharing later in the meeting.

(To organize introductions, consider using a geographical approach, i.e., Start on the West Coast and move east.)

My name is _____. I'm calling from _____. Today I am feeling _____

moderator: (After introductions) ... **Welcome everybody**

In this meeting we alternate reading from the books *Hope and Recovery*, and from the SAA Green Book. If you would like to schedule a first step presentation, please speak with the moderator during fellowship following the close of the meeting.

Week 1 & 3 - Hope & Recovery reading

Today we are on page/chapter _____. We will be reading to _____. I will begin reading and then pass to allow others to read.

Week 2 & 4 - Green Book reading

Today we are on page/chapter _____. We will be reading to _____. I will begin reading and then pass to allow others to read.

As scheduled - Speaker or Step Presentation

We are grateful to have _____ share his/her first step with us. At this time, I'll turn the meeting over to her/him.

LATECOMERS

It is now time for anyone that arrived during the reading to introduce him or herself. Please identify yourself by first name and geographic location only.

OPEN SHARING/DISCUSSION

The meeting is now open for check-in and sharing. You can share about the reading (*topic, presentation*) or just get current. Please help us all to hear each other by muting your phone when you are not speaking. When you are ready to share, please remember to unmute.

To make this a safe experience for all of us, we avoid cross-talk, which is responding directly to someone else's share. Also, we don't give advice – we share our own experience, strength and hope.

Please avoid mentioning the name of a book, movie, treatment center or the like, in your share because this can be viewed by some as "promotion". It is ok, however, to talk about your experiences with these items.

To keep the meeting safe, please speak in "I" statements as opposed to "you" statements.

We ask that any Newcomer who would like to share be given the opportunity. Our focus is to make you feel welcome and to acknowledge the courage it took getting here.

Please be mindful of the time so that all who care to will have a chance to share. I will help moderate. Who would like to begin?

(Moderator Only – please begin closing meeting at 5 till the hour.)

That's all the time we have for sharing. Thanks to everyone who shared. (If you didn't get a chance to share, please stay and talk with us during fellowship.)

As a gentle reminder for all of us, anonymity is the spiritual foundation of all our traditions. What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard here in the confines of your mind. Carry no gossip and always remember to place principles before personalities.

SEVENTH TRADITION

Now is the time for the 7th Tradition. The Seventh Tradition states that "every group ought to be fully self-supporting, declining outside contributions." 12-step meetings around the world pass a basket to receive donations that are used to support recovery. Although this activity is not possible in our tele-meeting, we encourage you to help support this and other tele-meetings by making a donation. You can find links to do this at both saatalk.info and at saa-recovery.org.

ANNOUNCEMENTS *(These are some of the typical announcements in SAA tele-meetings. We can choose what seems appropriate for us.)*

Now is time for announcements:

Our business meeting is held on 5th Saturday of a Month immediately following our regular meeting. All are encouraged to participate. Our next business meeting will be (August 29.)

Are there any other meeting-related announcements?

MODERATOR CHOOSES FROM THE FOLLOWING OPTIONAL READINGS:

HOW WE LIVE (From Sex Addicts Anonymous, page 61)

"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 PROMISES

Our Promises have been inspired by our own experiences of recovery and by messages of hope from our fellowship.

(Name) _____, would you please read "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! We have seen them fulfilled. They are ours, if we want them and work for them.

ENDING:

Thank you all for being part of this meeting, and for allowing me to be of service.
Will those who care to please join me in closing with the Serenity Prayer?

FELLOWSHIP

Now is the time for newcomers to ask questions, request phone numbers and for any available sponsors to identify themselves and share their phone number.
Welcome to fellowship!