

## INTIMACY AND SEXUAL AVOIDANCE FIRST STEPS:

**First Step: Eric in ID** <https://fccdl.in/c5d1jep7cq> Passcode 041318

**First Step: Kristen in SC** <https://fccdl.in/DYX9nPbPgX> Passcode 031518

**First Step: Tom in IA** <https://fccdl.in/XYpQ47GPZ> passcode 103117

**First Step: Debbie in British Columbia**  
<https://www.freeconferencecallhd.com/playback.html?n=2Oel/jVJjP> Passcode 111216

### **First Step: Alice in MN**

For website and passcode information, please contact Alice in MN. If you have her contact info, feel free to reach out. If not, please email [avoidance@saa-recovery.com](mailto:avoidance@saa-recovery.com).

**First Step: James in IN** <https://fccdl.in/CZQlEm33ja> Passcode 040720

**First Step: Brittani in MI** <https://fccdl.in/fuUO1K2cNw> Passcode 012520

**First Step: Louis in PA** <https://fccdl.in/CSJDPTlhcu> Passcode 012920

**First Step: Bill in TN** <https://fccdl.in/l59UcnVi91> Passcode 021320

**First Step: Johanna in CA** For website and passcode information, please contact Johanna in CA. If you have her contact info, feel free to reach out. If not, please email [avoidance@saa-recovery.com](mailto:avoidance@saa-recovery.com).

### **First Step: Langston in CA**

<https://drive.google.com/file/d/1gLBqNX2VSPoSQnjoAZrZkfSirutAKrSD/view?usp=sharing>

### **Other intimacy-focused recordings:**

Jymette in WA on Intimacy in Partnership - <https://fccdl.in/xM3mF0vIO> Passcode 082617

Deb in WV's answers to ISA First Step Guide and examples of 18 symptoms:

<https://fccdl.in/YzwS3PUDW> Passcode 050317

Carol in KS on Intimacy in Partnership

[https://www.freeconferencecallhd.com/playback\\_breda.html?n=2Oel/dwGae](https://www.freeconferencecallhd.com/playback_breda.html?n=2Oel/dwGae) Passcode 112616

More:

Special Telemeeting Speaker Event: Amy from Utah - Transactional Intimacy

<https://www.freeconferencecallhd.com/playback.html?n=2Oel/jV1mm> Passcode 110516

Carol in KS, E.S.H. about Sponsoring Avoidants

<https://www.freeconferencecallhd.com/playback.html?n=RHqD/jN0kQ> Passcode 444444

12 Steps to Recovering Intimacy workshop by Deb W, recorded on July 18, 2015:

<https://www.freeconferencecallhd.com/playback.html?n=RHqD/jsf2P> Passcode 654321

Recordings from past ISO convention speakers about intimacy and sexual avoidance (or sexual anorexia) are available for purchase at: <https://saa-store.org/audio/>

<1995 Intimacy in Marriage Relationships - Jan & Paul W

1998 Couples and Recovery: Rekindling Intimacy Bill S

2001 Sexual Anorexia: Defining the Problem, Consequences and Solution - Brian M & Carolyn R

2002 Out of Isolation Towards Intimacy Panel - Randy W & Carol M

2003 The Seven Facets of Intimacy - Randy E

2005 2005 Sunday Lunch Keynote Speaker - Dolores F

2009 The Recovery of Intimacy - Wharton S

2010 New Life: The Recovery of Intimacy - Wharton S

2015 Twelve Steps to Recovering Intimacy - Deb (W)

2016 Intimacy Avoidance - Where Do You Fall in the Spectrum? Deb W (panel)

2016 Working the Steps Around Intimacy and Sexual Avoidance - Deb W (panel)

2017 Intimacy and Sexual Avoidance (ISA)/ Sexual Anorexia - Connie B (panel)

2018 Working Both Sides of Recovery; Healing from Intimacy Avoidance Can Deepen Recovery from Acting Out - Deb W

2019 Strengthening a Foundation of Recovery - Healing from Both Acting Out and Intimacy Avoidance - Deb W

