

Welcome

Welcome to the Thursday Night Discussion and Feedback meeting of Sex Addicts Anonymous. This is a closed meeting for sex addicts only. I'm _____, a sex addict, and I'm chairing tonight's meeting. Everyone please remain muted when not sharing. Also, unless you have a technical reason for needing to leave your video off, please keep it on so that we can see you.

Confidentiality is a cornerstone of the Twelve Step Program and essential to this being a safe place for all of us. Whomever and whatever we see and hear in this meeting must be kept to ourselves when we are outside of this group.

Introductions

We request that all callers please identify themselves by their first name and city or state. 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." Now let's go around for introductions. I'll start - my name is _____ and I'm a sex addict in _____ (location).

[At the end of introductions or if someone joins the call who has not already identified themselves, when the current speaker finishes their share, please say: "Welcome! Who just joined us?"]

Newcomer Welcome (Read by either the outreach chair or the meeting chair)

Do we have any newcomers?

[If so, then read the following:]

We know the courage it takes entering these meetings for the first time; all of us were in your shoes at one time. No one is required to speak if we do not want to. Just by listening we can learn how other members become honest, confront their addiction, find support from fellow addicts, and practice the program.

Those who post their numbers are making themselves available for connection and encouragement. Please reach out with any questions or to simply meet others in the program. We're here for you!

Readings

[Choose **EITHER** Our Addiction or Our Recovery. Note: For each reading you share on your screen, try to make sure only the reading is visible, not the script.]

Will someone please read Our Addiction?

[Press the green **Share Screen** icon. From the pop-up window, select this document to share.]

Our Addiction

A large number of sex addicts say their unhealthy use of sex has been a progressive process. It may have started with masturbation, pornography, or a relationship, but over the years progressed to increasingly dangerous behaviors.

The essence of all addiction is the addict's experience of powerlessness over compulsive sexual behavior... The addict is out of control and experiences tremendous shame, pain and self-loathing. The addict may wish to stop acting out—making promises and many attempts to stop—yet repeatedly fails to do so. The unmanageability of the addicts' lives can be seen in the consequences they suffer: low self-esteem, loss of interest in things not sexual, difficulties with work, financial troubles, loss of relationships, imprisonment, despair, disease, and death.

Sexual preoccupation takes up tremendous amounts of energy. Increasingly, a pattern of behavior (or rituals) follows, which usually leads to acting out. Acting out comes with a denial of feelings usually followed by despair, shame, hopelessness and confusion.

Will someone please read Our Recovery?

[Press the green **Share Screen** icon. From the pop-up window, select this document to share.]

Our Recovery

We began to attend SAA meetings. We heard stories similar to ours, and heard how others in SAA were abstaining from their compulsive behaviors. When we learned the twelve suggested steps of recovery and began to apply them to our lives, we discovered that we, too, could abstain from our compulsive behaviors with the help of our fellow addicts. We acquired the faith and courage to make appropriate changes in our lives, and to accept our daily problems as stepping stones for spiritual growth.

As we continue in our recovery from sexual addiction one day at a time, we are developing healthier sexuality, a stronger sense of personal integrity, and the ability to truly enjoy our lives.

Will someone please read The Twelve Steps of Sex Addicts Anonymous?

[**Share your screen again** by following the same instructions from before.]

The Twelve Steps of Sex Addicts Anonymous

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. We're 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.

[Press the red **Stop Share** button in order to stop sharing your screen.]

Anniversaries and Milestones (Read by either the token distributor or the meeting chair)

A milestone is a period of time an addict spends abstinent from their inner circle behaviors. Does anyone have any milestones in their sobriety they would like to celebrate? This can include 30, 60, or 90 days; 6 months, 9 months, or 1 year? 18 months? Multiples of years?

How about 24 hours? Our white chip or 24-hour surrender chips marks a commitment or a recommitment to your program.

[The token distributor can hold up a chip to give virtually, or a picture of it can be texted to the recipient.]

Announcements

Are there any SAA related announcements?

Skip the following paragraph if there is no opening share: *Tonight our opening share is from _____. They will share for up to 15 minutes on what the addiction was like, how they got to SAA, and what their life is like now.*

Share Time Rules (read before dividing everyone into breakout rooms)

Please limit your shares to 3 minutes and feedback to 2 minutes. The timer will give you a 1-minute warning in either case. Timer, please unmute to give the 1-minute warning. At the warning, please wrap up your share. If there is time left at the end of the meeting, those who would like to share again may be allowed that opportunity.

This meeting is unique in that it provides the opportunity to give and receive feedback. When you share, please indicate whether you would like feedback. Members can each provide up to 2 minutes of supportive and constructive feedback based on their own experience, strength, and hope. This is not a time for preaching.

If you request feedback, please refrain from comments or questions on the feedback as we want to make sure there is plenty of time for everyone. Phone numbers can be posted in the chat if further discussion after the meeting is desired.

Sharing concludes at 7:55. I will close the breakout rooms and bring us all back together into one large group around that time.

[If fewer than 20 people are in the meeting, then do not divide into breakout rooms.]

[If 20-29 people:]

Because our group is so large, I will divide us up into two breakout rooms

[If 30-39 people:]

Because our group is so large, I will divide us up into three breakout rooms

Do I have a volunteer to facilitate the other breakout room(s)?

[Wait for someone to volunteer and then say this to them:]

Thank you, _____ (name of volunteer). Once in your breakout room, please select a volunteer to manage the timer.

Assign the co-host to the second breakout room

[Open breakout rooms. When you open the breakout room window, be sure to select the desired number of rooms and then have Zoom automatically assign (“Assign automatically”) everyone to a room. If the person who volunteered to facilitate the other room gets assigned to your room, simply reassign them to the other room, or you can leave the room and join the other room. Throughout the share time, make sure you continue to monitor for any late-comers who need you to assign them to a room. Try to keep the room sizes as even as possible. It is common for people to come and go as the hour progresses. As soon as you are in the room you are facilitating, ask for a volunteer to be your timer. Then, once someone starts sharing, quickly take a moment to post the PayPal link for voluntary contributions. Simply cut and paste the following into the chat:]

The Seventh Tradition

We don't have annual dues or fees, but voluntary contributions help cover our expenses, including the cost of Zoom. I will post a link for voluntary contributions in the chat. Newcomers to SAA do not have to give.

To make a voluntary contribution via Venmo: @John-G–30. That's two hyphens after the “G.”

End of Share Time

[Close the breakout rooms at 7:55 PM. Once everyone is back together, say the following:]

Sharing time has ended. If you didn't get a chance to share but feel you need to talk with someone, don't take it home with you. Find someone to share with after the meeting. We are here for you.

- *If you are interested in giving a First Step presentation or other meeting opening, please let me know after the meeting.*
- *If you are willing to help someone clarify their circles, please announce yourself.*
- *If you are willing to help sponsor someone in the program, please announce yourself.*
- *This is a reminder that [name here] will be leading next week's meeting.*

As a reminder, the opinions expressed here remain strictly those of the person expressing them. Take what you like and leave the rest. Please respect the confidentiality of our members. Talk to each other but let there be no gossip or criticism of one another. Build and believe in a world that is a much safer place than the one we knew before recovery. We can never be perfect, but we can be happy today. Let the understanding, love and peace of the program grow in each of us, one day at a time. Keep coming back, it works!

Will someone please read How We Live?

[Share your screen]

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 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.

[Stop sharing your screen]

After a moment of silent meditation for the sex addict who still suffers inside and outside of these rooms, can I have _____ lead us in the Serenity Prayer?

[Share screen]

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.