

## Thursday Open Intimacy Avoidance ZOOM Check-in Meeting

ZOOM Meeting ID: 414 438 823

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

This script can be found at [saatalk.info](http://saatalk.info)

### Video Guidelines

1. Please mute your microphone when a member is sharing. The meeting moderator may intervene if necessary in order to keep the meeting safe and quiet.
2. Please be aware of what's on your camera. Distracting movements or revealing clothing should be avoided.

**Who is our dashboard operator today?**

### **BEGIN THE MEETING:**

Welcome to the **Thursday Open Intimacy Avoidance ZOOM Check-in Meeting**

The purpose of this meeting is to give recovering sex addicts and anorexics a place to share how we're feeling and talk about our experiences in recovery. As we listen to each other and share together, we learn about vulnerability, trust, connection, and intimacy.

My name is \_\_\_\_\_ from \_\_\_\_\_ and I'm a \_\_\_\_\_, I'll be your Trusted Servant for this meeting. Let's begin with a moment of silence for those who are suffering, followed by the Serenity Prayer.

Prayer, all together:

*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 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.

Now it's time for introductions. Please share your first name, where you're from, how you're feeling right now in a few words, and tell us something you're working on this week. I'll start: I'm \_\_\_\_\_ from \_\_\_\_\_, and I'm a \_\_\_\_\_, and I feel \_\_\_\_\_ today. I'm working on \_\_\_\_\_ this week.

Now we'll have a few minutes to share. In order to provide a safe place to share and experience our emotions, we address the group as a whole rather than an individual person, we avoid directly commenting on another person's share or giving advice, and we keep the focus on *ourselves* during sharing using "I" and "me" statements as opposed to "you" or "we." Appropriate times for feedback, if invited, are after the meeting during fellowship or during private conversations at another time. In this ZOOM meeting these boundaries also apply to the use of the chat tool. In addition, we do not engage in private chat at all, unless there is already a preexisting consensual one-on-one relationship with the person we are messaging.

Due to the sensitive nature of our addiction, and to avoid triggering others we do not use any explicit descriptions and/or offensive language. When sharing, we do not name our specific addictive behaviors instead we refer to them as "acting out" or "acting in."

In order to honor the 5<sup>th</sup> and 10<sup>th</sup> Traditions, and to keep the message of SAA from becoming diluted, we take care when talking about other fellowships, types of therapy, non-SAA approved literature, and other "outside issues" because they

might be viewed as promotion. After the meeting during fellowship, participants may share more freely about non-SAA-related subjects.

This meeting lasts for one hour. Taking into consideration the number of participants, let's keep our shares to \_\_\_\_\_ minutes. Is there a volunteer to be the spiritual timekeeper today?

The meeting is now open for sharing. Does anyone have a thought, an experience, or a recovery victory they'd like to share, or a question to ask the group for a discussion topic?

Reminder, to be read if explicit descriptions and/or offensive language are used in a share:

As a gentle reminder, due to the sensitive nature of our addiction, and to avoid triggering others we do not use any explicit descriptions and/or offensive language. When sharing, we do not name our specific addictive behaviors instead we refer to them as "acting out" or "acting in."

At 6:55Pac/7:55Mtn/8:55Cnt/9:55East/10:55 Arg/1:55p UK/2:55 Eur/4:55p Mos/6:55p Iran :

It's time to end the meeting, but everyone is invited to stay on the line for fellowship. As a gentle reminder, anonymity is the spiritual foundation of all our traditions. Thus we each are encouraged to keep confidential the things we heard here. We're also invited to "take what we can use and leave the rest."

### Service Opportunities \_\_\_\_\_

We need volunteers to do service on this meeting. The only requirements are a desire to stop addictive sexual behavior and a desire to give back to the fellowship. **Who will do the following next week?**

**Greeter:** Arrives a couple of minutes early to welcome participants.

**Trusted Servant:** Leads the meeting by reading the script. (For TS tips, see link at beginning of script)

**Dashboard operator:** Helps keep the meeting running smoothly and safely

Are there any SAA-related [announcements](#)? (← click on the word "announcements" for a link to the announcements page.)

### The 7th Tradition

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

The Telemeeting Intergroup relies on our donations to pay for the saataalk.info site and this ZOOM service. The Telemeeting Intergroup also donates to the ISO. To donate, you can send a check to SAA Telemeeting Intergroup, P.O. PO Box 62, Windsor, CO 80550 or use a credit or debit card or PayPal at [www.saataalk.info](http://www.saataalk.info). To obtain literature or donate to the International Service Organization (ISO), call 1-800-477-8191 or visit [www.saa-recovery.org](http://www.saa-recovery.org).

Please join me in the \_\_\_\_\_ Prayer, (moderator's choice) found \_\_\_\_\_.

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

#### Introduction

Welcome to the Thursday Morning Intimacy Avoidance Open Check-in meeting business meeting. My name is \_\_\_\_\_ and I'm a sexual anorexic from \_\_\_\_\_ and your trusted servant for this meeting.

### The Twelve Traditions of SAA

Would someone please read The Twelve Traditions from the SAA Green Book pg. 77?

### Old Business

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

### Reports

Now is the time for reports. Will all trusted servants, starting with the Intergroup Rep. give their reports now?

### New Business

Do we have any new business to discuss?

### Closing Prayer

Please help me close this meeting with 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.

### Continued Fellowship

The ZOOM ROOM is now open for Fellowship. Please state your name before your share.

Record of script edits and Group Conscience decisions:

Meeting started February 16, 2018

Edits Sept 2018

Added zoom chat etiquette September 3, 2020

Added paragraph about avoiding "outside issues" October 7, 2021