

Zoom Meeting Format

PART ONE: OPENING READINGS

Good evening and welcome the _____ night Zoom meeting of Sex Addicts Anonymous.

My name is _____ and I am a sex addict. Would all who care to, please help me open this meeting with a moment of silence followed by the Serenity Prayer.

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

We welcome all those who desire sexual sobriety, especially those who are here for the first time. This is not an open meeting for friends or relatives of sex addicts, curiosity seekers, researchers, the media or anyone under the age of eighteen. This is a CLOSED meeting for ADULT SEX ADDICTS only. If you feel that you do not qualify, we ask that you leave at this time.

SAA is an anonymous fellowship and we treat this online forum as we would any face-to-face meeting. We ask that you please respect the anonymity and confidentiality of all those present. Please mute your microphones while listening to keep the noise levels down. We also ask that you turn off and put away cell phones and other distractions. This is not a place to pick up sex partners, nor for learning how to control sex addiction. This is not a social club; our focus is on recovery.

- I have asked a friend to read the "WHAT IS SEX ADDICTS ANONYMOUS?"
- I have asked a friend to read "WHO WE ARE"
- I have asked a friend to read "OUR PROGRAM"
- I have asked a friend to read the "THE TWELVE STEPS"
- I have asked a friend to read the "TRADITION OF THE MONTH"
- I have asked a friend to read today's entry in "ANSWERS IN THE HEART"

PART TWO: INTRODUCTIONS & SAFETY GUIDELINES

At this time it is customary to have a quick go-around where we introduce ourselves by first name only. New members need NOT admit to Sexual Addiction. Please let us know if you're here for the first time...(Chair starts)

Hello, my name is _____, and I'm a Sex Addict... (You may want to call out attendees one by one to avoid chaos)

IF THERE IS A NEWCOMER, READ THE NEWCOMER'S WELCOME (LOOK FOR IT AT END OF THIS READING)

We need to provide a safe and productive space for ALL members. As such, we ask that the following safety guidelines and boundaries are followed:

- In this meeting, we use the word 'I' instead of 'you' or 'we' when sharing about our own struggles and our experience, strength and hope. Practicing using "I"

our own struggles and our experience, strength and hope. Practicing using "I" statements empowers our recovery by helping us each take responsibility for our past, our behaviors, our feelings, and thoughts.

- We avoid **cross-talk**, which is responding or giving advice to others who have already shared, speaking directly to one or more individuals rather than the group, or questioning or interrupting the person sharing at the time.
- If you need or want feedback, you need to ask for it. Feedback is not about advice, recommendations, or therapy! Limit feedback to support and encouragement.
- We do not use offensive, abusive, degrading or profane language, or descriptions that are too explicit. We avoid mentioning specific names or places associated with our acting out behavior, as that may be triggering to some of our members.

I am a trusted servant of this group and responsible for the safety and adherence to meeting guidelines. Should it be necessary, I will gently remind the group of our boundaries. **Please remember, these guidelines help ensure that everyone feels safe in sharing AND listening at the meeting.**

This is a one hour meeting. Tonight we'll set the timer for _____ minutes per share. Please keep your sharing to the time limit specified so all who wish to share will have a chance to do so. **Can I have a volunteer to be the timekeeper? (Wait for volunteer).** When your sharing time is up you will be reminded by the time keeper, please wrap up your share at this time.

PART THREE: SHARING

Once again, please remember to mute your microphones during another person's share. **We open the floor for topics of discussion. Does anyone have a topic in mind?** (allow members to suggest topics of discussion, if there aren't any, offer one, or simply proceed)

We have now come to the sharing portion of our meeting. In sharing you are encouraged to keep your sharing to sex recovery and address themes touched on by the topic, reading, or to get current. **THE FLOOR IS NOW OPEN FOR SHARING...**

AT 7:50 SHARP! - PART 4: CLOSING

I am sorry, that is all the time we have for tonight. If you need to share, please reach out to one of us after the meeting. We have a phone list available for this fellowship, you

can add your info to the list by going to. Instructions to download the phone list are included in every email sent out to you.

Our 7th tradition states: "Every SAA group should be fully self-supporting, declining outside contributions". While we have no dues, we do have expenses. We are grateful to the Hollywood Fellowship for generously taking care of our monthly costs.

- **CHIPS:** While we don't have the ability to hand out chips in these virtual meetings, we do want to celebrate your achievements and milestones of sobriety... Is anyone:

- Getting started tonight or recommitting to the program who would like to pick up a symbolic white chip?
- Celebrating 30 days of sobriety?
- Celebrating 60 days of sobriety?
- Celebrating 90 days of sobriety?

- Celebrating 6 months of sobriety?
- Celebrating 9 months of sobriety?
- Celebrating a 1 year or multiple year anniversary?

- **THE PROMISES:** I have asked a friend to read “The Promises”

- **SPONSORSHIP AND SERVICE:** Sponsorship is an important tool in SAA and we strongly suggest that you identify an individual whose recovery you admire and ask them to be your sponsor. **Will all those in need of a sponsor, please raise your hand....**

Being of service is also an important part of working the program. A couple of ways we can do that is by being a sponsor or program accountability peer. Sponsors help guide individuals through the steps and act as a mentor to their sponsee. Sponsors ideally should have successfully worked the steps and be ready to guide others. Program accountability peers are individuals who are working the steps but not ready to take on the full responsibility of sponsorship. They can help support us and allow us to talk things out when a sponsor is not available. In either role, remember, we only keep what we have by giving it away and sponsorship helps us all.

Will all those willing to be a sponsor, please raise your hand...

Will all those willing to be a program accountability peer, please raise your hand...

- **FEEDBACK:** We strongly encourage you to send us your feedback or suggestions by chatting the host. Your feedback will be reviewed and addressed appropriately.

- **ANNOUNCEMENTS:** Does anyone have any announcements for the good of SAA?

- **CLOSING:** Anonymity is the spiritual foundation of our program. In accordance with

the Twelfth Tradition, we ask that who we see here, what we hear here, when we leave here, we keep it here. Please help me close this meeting with the "We" version of the Serenity Prayer.

NEWCOMERS WELCOME

Hi _____, we would like to welcome you to our meeting. We know the courage it takes walking into these rooms for the first time. All of us in this room were in your shoes at one time. We are now opening the meeting for topics of discussion and sharing. This is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. Sharing is completely voluntary, you don't have to share if you want to.

When we have a newcomer, some of our members may choose to share what we call a “Mini First Step”. In these stories, we share “what it used to be like, what happened, and what it's like now”. Stick around and talk to one of us after the meeting if you have any questions.

We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different. It is our sincerest hope that you find here what you are looking for.

