

# Monday Singles Intimacy and Sexual Avoidance Script B: Telephone Meeting Script and Readings

Time: 6:00 PM Pacific Time / 7:00 PM Mountain / 8:00 PM Central / 9:00 PM Eastern

Makeup: Mixed / this meeting is for both men and women.

Access: Closed. Open only to those who have a desire to stop their compulsive sexual behavior.

**Meeting format is ZOOM which is secure and safe.** You do not have to use the video feature if you do not wish to by clicking off the video.

How to access the meeting: Download Zoom app or go to [www.zoom.com](http://www.zoom.com)

Meeting ID number is 838-9552-7683 pass code is 123456. If you wish you can access by phone 929-205-6099. Please identify yourself by first name only.

Website Info: [www.saataalk.info](http://www.saataalk.info)

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

## Introduction

Welcome to the Singles Intimacy and Sexual Avoidance or Anorexia Meeting of SAA.

My name is \_\_\_\_\_, I am a \_\_\_\_\_ (sexual anorexic, etc.) from \_\_\_\_\_ and I'm your trusted servant for this meeting. The focus of this meeting is recovery from intimacy and sexual avoidance or sexual anorexia, but all sex addicts are welcome to attend. The only requirement is a desire to stop acting in or out with sexually compulsive behaviors.

May we have a moment of silence for the addict in and out of these rooms who still suffers, followed by the serenity prayer?

Repeat after me: *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 meeting format script is what the Trusted Servant uses to guide the meeting. Within the script are several participation readings. Accessing the script before the meeting begins, or as you first call in, allows all to participate in their recovery, and keeps a balance of service during each meeting. The meeting format script can be found at: [saataalk.info](http://saataalk.info). Is there anyone or any newcomers to the meeting who would like instructions on how to find the meeting format at this time?

(If so read: visit [saataalk.info](http://saataalk.info) and click on "find a telemeeting." Scroll to the Singles Intimacy and Sexual Avoidance meeting for Monday 9 pm US Eastern time. Then look for the "download document" section and click on the one labeled "script".)

Who will read the Meeting Preamble?

## **Meeting Preamble**

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior, and to help others recover from sexual addiction. We find a new way of living through the SAA program, and carry our message to others seeking recovery.

(Introduction,

*Sex Addicts Anonymous*) The focus of this meeting is on recovering from the compulsive avoidance of sex and closeness with others. As we come to understand our fear of intimacy and work the Steps around it, our lives change for the better

In this meeting, we either hear an excerpt from a book or listen to a Speaker Share or First Step Presentation, and then participants can share on the topic(s) brought up by the reading or speaker. If you would like to share about your recovery from intimacy avoidance or give a First Step Presentation on intimacy avoidance or sexual avoidance (anorexia), an opportunity will be presented at the end of this meeting to sign up for that.

To keep the virtual room quiet, we give a gentle reminder to please mute yourselves when not reading or sharing. Muting happens by tapping the microphone on the video, or if you're calling in by phone, press Star-6 (\*6).

## **Regarding Literature**

Due to little SAA approved literature around intimacy and sexual avoidance, in this meeting we may use outside literature for discussion on the topic of intimacy and sexual avoidance and sexual anorexia. As a group we do believe that using the approved literature of SAA is essential for working the SAA program.

Who will read "What is Intimacy?"

## **What is Intimacy?**

Many people use the words "sex" and "intimacy" interchangeably. However, they are not the same thing. Intimacy means a close, familiar, and usually affectionate personal relationship with self, others, or a Higher Power. A person can have friendships or relationships that are intimate but not sexual, and many sex addicts have learned that a person can have sex without being intimate. Using sex as a drug to medicate uncomfortable emotions does not promote connection. Anonymous sex is non-intimate, but even sex within a committed partnership can be non-intimate for someone who is relying on fantasy or other stimulation to accomplish a goal without becoming emotionally vulnerable. (First Step to Intimacy - A Guide for Working the First Step on Intimacy and Sexual Avoidance or Sexual Anorexia)

Who will read "Sex Addiction: Acting Out and Acting In.

### **Sex Addiction: Acting Out and Acting In**

"Most of us came to our first Sex Addicts Anonymous meeting when we could no longer deny that we had a problem. [Acting out behaviors] seemed like the part of an iceberg that we could see above the waterline, and they deserved our immediate attention. Over time, though, other more subtle forms of sex addiction known as "acting in" behaviors that may have been lurking below come to the surface. "Acting in" is any compulsive sexual behavior that serves to avoid or block sexual, emotional, or spiritual intimacy with others, ourselves, or our Higher Power." (Adapted from the SAA pamphlet *Recovery from Compulsive Sexual Avoidance: A Return to Intimacy*)

Who will read "Sexual Anorexia"?

### **Sexual Anorexia or Intimacy Avoidance**

Some of us note the close parallels between food disorders and sexual disorders. "Sexual anorexia is an obsessive state in which the physical, mental, and emotional task of avoiding sex dominates one's life. Like self-starvation with food or compulsive debting or hoarding with money, deprivation with sex can make one feel powerful and defended against all hurts." (*Sexual Anorexia: Overcoming Sexual Self-Hatred*, Dr. Patrick Carnes, Ph.D.)

"For some of us, the compulsive avoidance of sex and intimacy became a destructive pattern, dominating our thoughts and actions. We may always have felt unable or unwilling to be sexual. Or we may have experienced periods of feeling 'shut down' alternating with other periods of sexual acting out. We have come to realize that both extremes represent symptoms of the same disease. Whether we were acting out or not being sexual at all, our addiction involved being emotionally unavailable." (*Sex Addicts Anonymous*, page 6)

Who will read the 18 "Symptoms of Intimacy Avoidance"?

### **18 Symptoms of Intimacy Avoidance**

Symptoms some of us have experienced include, but are not limited to:

1. Practicing avoidance of sexual thoughts, feelings, and behaviors.
2. Obsessive sexual thoughts (about having sex and/or avoiding it).
3. A feeling that our sexuality is inherently bad and something we should feel ashamed of and guilty about.

4. Pretending that flirtation and sexual advances aren't really happening to us and acting uninterested purely based on fear of taking risks.
5. A pattern of sex and relationships with active sex addicts and/or other unavailable people.
6. A pattern of addictive sexual behavior (acting out), followed by a pattern of compulsive sexual avoidance (acting in).
7. Extreme fear of combining emotional intimacy with sexuality.
8. Finding fault or starting fights with a spouse or partner to avoid sexual relations.
9. Being emotionally unavailable – in sexual and non-sexual relationships.
10. Only socializing in groups to avoid one-on-one relationships.
11. Avoiding social situations altogether due to extreme discomfort.
12. Only being sexual in non-intimate situations.
13. An inability to accept nurturing and care from ourselves, our Higher Power and others.
14. An inability to trust and rely on others, believing that people will always let us down and it is safer if we just do things on our own.
15. The compulsive use of masturbation, with fantasy and/or pornography, as a way to avoid intimacy with others, and prevent sexual abandonment.
16. Mistaking compulsive sexual avoidance for recovery and/or healthy sexuality.
17. Preferring fantasy over interacting with the people in our lives; so much that fantasy creates a wall between ourselves and the real world.
18. Hiding the joys and pains of our life from people we know and trust, due to self-pity, false-pride and/or fear.

*(Recovery from Compulsive Sexual Avoidance: A Return to Intimacy)*. This list is not meant to be diagnostic. Each person must determine their own pattern of

avoidant behavior, with the help of a sponsor or others in the program. If you need a sponsor, please talk to someone after the meeting.

Who will read "Abstinence and Recovery"?

### **Abstinence and Recovery**

In addition to abstaining from acting-out behaviors, recovery for many of us includes recognizing and abstaining from "acting-in." At first, this seemed to "highlight more of what was absent in our lives than what was present." But we "gradually became aware of a range of subtle but overt behaviors that enabled us to avoid authentic closeness or intimacy." (Adapted from *Recovery from Compulsive Sexual Avoidance: A Return to Intimacy*)

One of the most dangerous aspects of intimacy avoidance is our inability to see it for what it is. This difficulty recognizing what we are doing, how risky and serious it is, and how much harm it may cause, we call denial. (*Sex Addicts Anonymous*, page 8)  
Working the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. (*Sex Addicts Anonymous*, page 20)

Who will read The Twelve Steps of Sex Addicts Anonymous, Either from page 20 of the SAA green book or from the script?

### **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.

Who will read the Tradition of the month, and the Twelfth Tradition, from the SAA Green Book pg. 77 or from this script?

### **The Twelve Traditions of SAA**

*(Read the Tradition for the current month: 1 for January, 2 for February, etc. and then the 12th Tradition)*

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. Each group should be autonomous except in matters affecting other groups or SAA as a whole.

5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.

6. An SAA group 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. Every 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.

### **Introductions:**

Now let's go around for introductions. It is the custom of this group to share your first name, where you're from, and how you're feeling right now in a few words. You are invited to share your length of sobriety if you wish, and if you are new to this meeting, let us know so we may properly welcome you. My name is \_\_\_\_\_ and I'm a sexual anorexic from \_\_\_\_\_ and I feel \_\_\_\_\_. (Optional: I have \_\_\_\_\_ days/weeks/months/years free from my inner circle behaviors.)

### **Boundaries for Sharing:**

Due to the sensitive nature of our addiction, when sharing, we describe our addictive behavior as "acting out" or "acting in" behavior rather than using explicit descriptions and/or offensive language.

We don't comment on, interrupt another's share or give advice. If you are triggered by someone's share, put down the phone and silently pray the serenity prayer.

To keep the virtual room quiet, we mute our phones when not reading or sharing. We also avoid mentioning the name of literature that is not SAA-approved or of specific treatment centers and therapies since doing so might be construed as promotion.

This is the only meeting - exclusively for single people - that provides a safe environment to discuss recovery. There are several intimacy avoidance SAA meetings which are open to people in partnerships. If anyone has joined that may be involved in a partnership, we welcome you to stay and listen, and respectfully ask that you refrain from sharing to allow those single individuals the time and space to share.

After the meeting we have a time of fellowship. Some of us volunteer our phone numbers to offer support outside the meeting. Please do not ask others to give out their phone number if they chose not to.

(Note to Trusted Servant: Suggested time limit 3-4 minutes, at the discretion of the Trusted Servant. \*2 indicates how many participants are on the call. In the event that it is a large group (10 or more), ask for a volunteer to keep time. To mute/unmute, press \*6 or use the phone's "mute" feature.)

This is a Topic, Speaker, or 1<sup>st</sup> Step meeting of SAA. If you would like to be a speaker or give your 1<sup>st</sup> Step on your Sexual Avoidance or Anorexia, please talk to the trusted servant after the meeting.

(Note to Trusted Servant: Information regarding Speaker or First Step is at the end of this format)

***If someone has brought a reading:***

I would like thank \_\_\_\_\_ for volunteering to bring the reading today. I will now turn the meeting over to them. *(Move to Discussion Section after thanking the reader.)*

***If nobody brought a reading, the Trusted Servant can:***

***1. choose a reading from SAA literature, or outside literature on Sexual Avoidance or***

***2. ask if anyone else would like to choose a reading, or***

***3. suggest a topic for discussion or ask for a suggestion for a discussion topic***  
***If there is a Speaker:***

May we have a volunteer to keep time?

I would like thank \_\_\_\_\_ for volunteering to be our Speaker today. I will now turn the meeting over to them.

*(Move to Discussion section after thanking the speaker.)*



---

### ***If there is a 1<sup>st</sup> Step:***

*Read the intro section to 1<sup>st</sup>*

*Steps from the SAA pamphlet, First Step to Recovery, A guide to working the first step.*

(Introduce speaker)

---

### ***(After Speaker or First Step Presentation)***

We would like to thank \_\_\_\_\_ for sharing his/her First Step with us today. \_\_\_\_\_, are you open to receiving feedback? (If yes): We will now open the meeting for feedback for \_\_\_\_\_ (person who gave First Step). Examples of feedback include sharing what you identified with or liked about the presentation, or feelings it brought up for you. If you wish to get current or share about an issue you are dealing with, there will be time for check-ins after feedback or during fellowship. Who would like to begin the feedback for \_\_\_\_\_?

As feedback is winding down, ask the person who gave their First Step how they're feeling and if there's anything they'd like to share about their experience today.

---

## **Post-Reading Discussion**

Thank you, \_\_\_\_\_, for the reading. As a reminder this meeting is for singles to share only, all others are welcome to listen. The floor is now open for sharing. I will help moderate...who would like to begin?

(Sharing continues until 5 minutes to the hour)

## **Closing – (9:55 Pac / 10:55 Mtn / 11:55 Cen / 12:55 Est)**

That's all the time we have for discussion. Everyone is invited to stay on the line after the meeting where we will have a period of continued fellowship. Newcomers may also feel free to ask any questions at that time.

## 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.

Participants are invited to bring a reading for a discussion topic. "Outside literature" is acceptable on this meeting, providing it helps keep the focus on the solution found within 12-Step program principles. However, religious readings, therapy methods, or non -SAA or -AA literature are not appropriate.

(optional: Trusted Servant can skip reading the recommendations below)

(Readings from *Hope and Recovery* or *Answers in the Heart*, from AA literature, such as the Big Book or the "12 and 12," or from Patrick Carnes material that focuses on working the Steps on intimacy avoidance are welcomed.)

**Who will volunteer to bring a reading for next week?**

**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)

(Note to Trusted Servant: If there is no volunteer to lead the next week's meeting, please contact a member of the Intimacy and Sexual Avoidance Outreach Committee by emailing [avoidance@saa-recovery.org](mailto:avoidance@saa-recovery.org))

Our business meeting is held on the last Monday of the month after the regular meeting. (If so, announce that business meeting will start immediately after the meeting.)

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 [saatalk.info](http://saatalk.info) site and

phone lines, and helps support the ISO. To donate, you can send a check to SAA Telemeeting Intergroup, **P.O. Box 782, Black Mountain, NC 28711** 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).

## **Closing Reading**

Who would be willing to read the last two paragraphs from the section on Step Twelve in our green book, *Sex Addicts Anonymous*, page 61, or the meeting format?

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

## **Closing Prayer**

In closing, please help us move from shame to grace and join us in the "we" version of the Serenity Prayer.

Repeat after me: *God, grant us the serenity, to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference*

Keep Coming Back—It Works if you work it. So, work it because you are worth it!

## **Continued Fellowship**

The line is now open for Fellowship. Please state your name before your share.  
If there are any newcomers on the line, you're welcome to ask questions at this time.  
(Pause; If no newcomers, announce that the line is open for general fellowship.)

.

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

### Introduction

Welcome to the Singles Intimacy and Sexual Avoidance 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 phone line is now open for Fellowship. Please state your name before your share.

### **Instructions for signing up as a member on saataalk.info**

Visit [www.saataalk.info](http://www.saataalk.info) and register yourself as a member by clicking on "Members" in the left-hand column. Under the blue "login" button in the mid-portion of the page, you'll see "Create an Account." Just follow the instructions. Once you are registered, you'll have access to the contact information of other members. By putting the word "anorexia" or "avoidance" in the search bar of the keyword column, you'll be able to find others dealing with sexual avoidance issues.

## **Information regarding Speaker or First Step guidelines:**

The speaker can share for approximately 10 Minutes on his or her recovery from Compulsive Sexual Avoidance or Anorexia.

Persons giving 1<sup>st</sup> Step presentations will have 20 Minutes to speak, but will need to review their 1<sup>st</sup> Step with the trusted servant or meeting representative to help focus their 1<sup>st</sup> step on their Compulsive Avoidance of Sex rather than their history of acting out.

To allow all the meeting attendees to have their needs met, the group conscience has agreed to allow the meeting to extend beyond the 1 Hour scheduled meeting time, if necessary.

### **Introduction to First Step Presentation**

Adapted from the SAA pamphlet, *First Step to Recovery: A Guide to Working the First Step*

*To be read aloud by the Trusted Servant or the member's sponsor just prior to a member presenting his or her First Step.*

—, you are about to share with us your First Step. We acknowledge and affirm your courage in taking this step. We acknowledge and affirm your courage in taking this step. We want to clarify some things about this experience for each of us.

The primary purpose for you giving this formal First Step presentation is to aid you in your program of recovery. It need not be done to please the group, or to gain status. There is no right or wrong way to give a First Step. Any effort you make is legitimate.

Here are some suggestions which others who have gone before have found helpful. We encourage you to be specific about your behaviors and to speak from your heart in order to be in touch with the pain and reality of your addiction. Try not to bury yourself in shame. Let us hear you, not your addict, speaking.

The group has a responsibility to be loving, caring, and accepting of you. The members will avoid judging you, giving advice to you, or taking care of you.

If you wish, you may request that no one interrupt you during your presentation. However, several members have affirmed that guidance from their sponsor during their First Step made the experience more meaningful. \_\_\_\_\_,

do you prefer to have the room muted while you're sharing?

Remember, we are here for you. May God grant you serenity.

### **Record of Edits and Group Conscience:**

**03.30.20**

Added paragraph at end of boundaries section AND statement after reading section regarding the status of this meeting as a singles meeting

This is the only meeting - exclusively for single people - that provides a safe environment to discuss recovery. There are several intimacy avoidance SAA meetings which are open to people in partnerships. If anyone has joined that may be involved in a partnership, we welcome you to stay and listen, and respectfully ask that you refrain from sharing to allow those single individuals the time and space to share.

As a reminder this meeting is for singles to share only, all others are welcome to listen.

Changed meeting name from Monday ISA Singles to Monday Singles ISA