

A note for Secretaries:

The original folder for the **Thursday Oxford Meeting of Sex Addicts Anonymous** contained a printed agenda and most of the script required to run a meeting.

In order to make it easier to change Secretary I have compiled this new folder using the original materials and the additional wording and practices handed down to me by the founding members. I have numbered each page in sequence and indicated who says what so that even an inexperienced Secretary can run a meeting simply by progressing from the first page to the last.

I have printed additional copies of those pages that are handed out for volunteers to read. These are filed in transparent wallets with **green** spines after the Secretary's script, which is filed in wallets with **white** spines.

I hope this arrangement is helpful. If there are any errors I apologise. These can be corrected in the document held on the enclosed CD-ROM and the offending pages re-printed.

Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole. Within this constraint the structure and content of this folder can be changed at any time by a Group Conscience Meeting given two weeks' notice.

Love and respect  
ChrisX

13th October, 2003

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First update 19th December, 2003	a few typing errors corrected in sections: 3, 6 and 8.
Second update 23rd September, 2004	added optional sharing of bottom line to group introductions, warning about voice volume to check-in and feedback, and a new section, Celebrations and Plans
Third update 18th December, 2004	selection of alternative non-copyrighted readings for The Problem corrected optional additions to group introductions
Fourth update 5th December, 2005	included the original Problem reading as well, changed the meeting name to <b>Banbury</b> , recorded the decision to rotate types of meeting - Step / Tools / Reading / Focus or Chair, added optional display items
Fifth update 1 <sup>st</sup> November, 2007	transcribed A Letter To Newcomers including 12 tradition caveat and new literature references aligned tools with original list (replacing Traditions with Trust)
Sixth update 2 <sup>nd</sup> December, 2009	clarified the scope of the presentation focus
Seventh update 10 <sup>th</sup> September, 2010	removed optional display items
Eighth update 22 <sup>nd</sup> July, 2011	Sex Addicts Anonymous <sup>®</sup> is a registered trademark of the International Service Organisation of SAA. This document has not been approved by and may not reflect the opinions or policies of the ISO of SAA, Inc.
Ninth update 2011-09-22	ask for sponsors in group business clarify that experiences which cause you shame are only part of general sharing change 'raise your hand' to 'introduce yourself' in general sharing
Tenth update 2011-11-10	reinstated lost update from paper copy to specify a different focus each week of the month
Eleventh update 2012-09-20	updated rent group conscience script reinstated and updated to require unanimity and 21 days notice
Twelfth update 2013-03-11	renamed 'The Problem' to 'The Problem and The Solution' Inserted explicit encouragement to share experience strength and hope in General Sharing
Thirteenth update 2013-09-10	implemented 2012-09-20 decision on page 'Opening a Group Conscience' NOTE: THIS SCRIPT IS AVAILABLE from <a href="http://saa-recovery.org.uk">http://saa-recovery.org.uk</a>
Fourteenth update 2015-10-27	corrected group name on page 'Opening a Group Conscience' and NOTE: without first revealing the nature of our addiction ANY NEWCOMER will be asked to confirm their eligibility for membership before being allowed to remain
Fifteenth update 2015-11-19	NOTE: anyone who is intoxicated or ineligible for membership will be asked to leave; if they refuse then as a last resort the police will be called
Sixteenth update 2018-07-12	Added Newcomers' Format and a reminder that reading is optional to The Focus
Seventeenth update 2021-09-02	changed Agenda, Opening, Check-in, and Seventh Tradition to reflect online hybrid meeting

# ***1 Agenda***

*Apart from a prompt start and finish, times listed are approximate guidelines only:*

*19:45 Set out chairs and any display items, and welcome arrivals*

*19:58 Close the door immediately before:*

*20:00 (prompt) Opening Serenity Prayer*

*20:01 Opening*

*20:02 The Problem and the Solution*

*20:04 The 12 Steps*

*20:06 The 12 Traditions*

*20:08 Silence*

*20:09 Group Introductions*

*20:10 Group Business*

*20:15 The Focus - Step 1 or other presentation, or Step or other reading*

*20:30 General Sharing (omit for Step 1 presentations)*

*20:55 Check-in and Feedback (or Personal Responses for Step 1 presentations)*

*21:20 Celebrations and Plans*

*21:25 The Seventh Tradition*

*21:26 The Promises*

*21:28 Closing*

*21:30 (prompt) Close - record cash donations and any relevant group decisions*

*21:35 Fellowship at the coffee bar or in the hall (or hold a Group Conscience)*

## ***2 Opening Serenity Prayer (20:00 prompt)***

*Secretary:* Please will you help me open the meeting with the Serenity Prayer, using the word 'God' as you do or do not understand it:

*All at will:* 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.

### ***3 Opening (about 20:01)***

*Secretary:* Welcome! This is the Thursday Banbury Meeting of Sex Addicts Anonymous.

S.A.A. is a fellowship of men and women who share our experience, strength and hope with each other so that we may stop our addictive sexual behaviour and help others to recover from sexual addiction and dependency.

Membership is open to all who share a desire to stop our addictive sexual behaviour and are willing to try to follow this simple programme. The programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organisation or agency. We are not aligned with any religion, sect or denomination. Our only connection with the organisation that operates this service is that of a renter of meeting space.

This group is self-supporting from the voluntary contributions of our members. We receive no outside donations. There are no fees or dues. You are free to contribute to our work as you see fit.

This is not a place to meet sexual partners, nor is it group therapy. We try to listen respectfully to what others have to say and to share our own experience as it seems appropriate. We do not give advice.

Anonymity is a cornerstone of the Twelve Step Programme. We use only our first names. Whatever our status or position outside of this group is not an issue here. Our common bond is our desire to stop our addictive sexual behaviour and to live sexually healthy lives. Whoever you see and whatever you hear in this room, let them stay here when you leave.

We hope you will join in sharing the collective experience, strength and hope that is ours when we work the programme and trust our higher power to deliver the promises. If you are new or having a trying time, remember that others of us have been there too.

Keep coming back! It works!

## ***4 The Problem and the Solution (volunteer, about 20:02)***

*One of the following alternatives is read in turn each week:*

## *4.1 The Problem and the Solution*

Many of us find that our histories have several characteristics in common. Early on, as children and adolescents, we had come to feel disconnected - from siblings and peers, from parents and from ourselves. We felt inadequate, unworthy, alone and afraid. Our insides never matched what we saw on the outsides of others. We lost the ability to trust in others to fulfil our needs for nurturing and security. To compensate for our loss we started to develop a reliance upon sexual experience as a way of escaping the pain and the emptiness of our lives. Some of us feared being sexual at all - we weren't able to see that our sexuality was healthy and God-given.

Looking for love in all the wrong places, we became true addicts:- promiscuity, dependent relationships, abusive relationships, pornography, compulsive masturbation, anonymous sexual encounters, and much more besides. We got it through the eyes. We bought it, we sold it, we traded it, we gave it away. Addicted to the tease, to the forbidden, to the 'high', we abused others and we abused ourselves.

In a vicious downward spiral of despair we acted out to try to take away our pain, but this only increased our self-hatred which, sooner or later, we would try to ease again by acting out. The more we did it the more difficult it was for us to stop. We risked our relationships, our jobs, our health, our freedom, even our lives. We felt guilty, ashamed and in pain, and we were driven ever inwards, away from reality, away from love, lost inside ourselves.

Our addiction made true intimacy impossible. Lust killed love. We took from others to fill up what was lacking in ourselves, and, in desperate search of the Big Fix, we turned other human beings into objects of our gratification. We could never know true intimacy with another because we were addicted to the unreal, the chemistry, the intoxication and the intensity of the pursuit. We looked for the instant hit, the danger, the connection that had the magic, because it bypassed intimacy and true union with another, which we feared more than death. Conning ourselves time and again that the next one would save us, we were really losing our lives.

**In the solution**, by surrendering again and again to the discipline of meeting with each other, we find that people, without knowing it, through the honest revelation of their own lives, confront us with our disease as it really is; and, by bringing our disease out of the shadows and into the light of the meeting, we deprive it of its source of power, which is in our secrecy and shame. As time passes, we gradually realise that we are coming to accept ourselves and to recognise that we really do have worth and value. Our healing has already begun.

## ***4.2 The Problem and the Solution (A version from Brighton)***

Many of us found that we were powerless and unable to control our sexual behaviours. Sex dominated us. Compulsive ways of thinking and acting were damaging every aspect of our lives. The only emotions we could feel were shame, despondency, anger or rage; our only source of joy lay in the exhilarating high that engulfed us as we engaged in sex. Otherwise our lives felt empty. Some of us feared being sexual at all - we weren't able to see that our sexuality was healthy and God-given.

As children, many of us had learned to withdraw, to trust no one but ourselves, and to find comfort in fantasies where we felt loved, needed, and important. As we became older, these fantasies turned into sexual obsessions, and we found we were powerless to stop the insanity which consumed our minds and our lives. Our partners, real or imaginary, whether known or anonymous, became sexual objects. The only difference among us was the scope of our addictive behaviour, and how fast it progressed.

Thus we became sex addicts. We were unable to live in reality. We could not engage in healthy intimate relationships. We felt inadequate. Our insides never matched up to what we saw on the outsides of others. Our time was consumed by the worship of our sexual pursuits. We felt spiritually dead, and many of us risked our jobs, our families, our freedoms, even our lives.

Sex never satisfied the real need. We always ended up feeling empty and alone. We made solemn promises to ourselves and to others that we would never do it again. But we could not keep our promises. No matter how long between times - days, weeks, months, or even years - the problem would come back. No matter what we did to keep control, the time would come when the addiction called us out. We would be blind to the consequences and compelled to do it again.

We tried many things to change ourselves: became more religious; went on retreats, changed jobs and careers, divorced and remarried, moved, and even left the country. Or we closed ourselves off from sexual feelings, and then found that we had closed ourselves off from everything. We could not run from what was inside us.

**By daring to come out** of our loneliness and into fellowship, we have discovered that other people, through the honest revelation of their lives, confront us with our addiction as it really is. By bringing our addiction out of the shadows and into the light of the meeting, we deprive it of its source of power, which is in our secrecy and shame. As time passes, we gradually realise that we are coming to accept ourselves and to recognise that we really do have worth and value. Our lives are not as unique as we thought, nor as bad as we dreaded. We all have been there and all have the same problem. Together, we can heal.

### ***4.3 The Problem and the Solution (A version from Houston)***

Many of us found that we were powerless and unable to control our sexual behaviors. Our sexual activities had taken over as the dominant part of our lives. These compulsive activities were damaging our business, family and other intimate relationships and, above all, our spirituality. The only emotions we could feel were shame, despondency, anger or rage, and the exhilarating high that engulfed us as we engaged in our sexual activities. For many reasons, we had reached a point of no return in our lives.

As children, many of us had learned to withdraw from the chaos and craziness around us, to trust no one but ourselves, and to play great games of fantasy wherein we felt loved, needed, and important. As we became older, these innocent fantasies of childhood turned into compulsive sexual activities, and we found we were powerless to stop our insane behaviors. Our partners, whether known or anonymous, became sexual objects. The only difference among us was the scope of our acting-out, and how fast it progressed.

Thus we became sex addicts. We were unable to live in reality. We could not engage in healthy intimate relationships. Our time was occupied with the worship of our sexual pursuits. We were spiritually dead, and many of us were in danger of losing our jobs, our families, our freedoms, or even our lives. Through the often-painful intervention of a Higher Power, we have been brought to this point of our journey. We now know that we do have serious problems. We are proving our courage just by being in this room. We are determined to do anything it takes to recover from our problem.

**From those who have gone before us**, we have learned what has to be done to overcome our illness. We must attend and support SAA meetings, share with and listen to others, continue to work the 12 Steps of SAA, gratefully serve the fellowship, and reach out to the addict who still suffers. Then, each of us will know freedom, and we will find ourselves truly alive in the serenity and joy of a spiritual recovery.

## ***4.4 The Problem and the Solution (A version from Oxford)***

When we were little, or growing up, we innocently trusted our parents and primary carers. Sometimes that trust was misplaced if they abused us, either emotionally, or physically or sexually. Their abuse might have been intentional or an accident because they didn't know better or they had been abused themselves. But it left us feeling lonely, frightened, confused and angry.

Some of us hid our feeling or our needs altogether. At a critical part of our lives, it may have been unsafe to say what we wanted or sometimes to `be' at all. We may have learnt to block out our feelings or events altogether. In recovery, some of us will get feelings that we've no idea where they come from or how to label them.

As sex addicts we started to use sex to meet non-sexual emotions and needs. Compulsive masturbation, voyeurism, cross dressing, exhibitionism, inappropriate flirting, sexualising strangers, paying for sex, anonymous sex and abusive sex / relationships. Often mixing it with alcohol or drugs to make a powerful medication. Or we simply avoided sex altogether because it had become too unsafe.

The essential source of all addictions is a spiritual emptiness, a hunger for purpose and a connectedness to life. The more ritualised the behaviour, the more intensified the emptiness

People could easily think that sex addiction is about sex. It's not. It's about core feelings of loneliness and unworthiness. Paradoxically, although most sex addicts have had more than their fair share of sex, we may actually encounter our adult sexuality without shame for the first time as part of our recovery.

Some of us feel that labelling ourselves as sex addicts is difficult to accept. The truth is that we suffered nurturing deficiency when young and our natural patterns and habits became obsessive and compulsive, rather than face important truths about ourselves or other people. We form obsessions around things we can't control.

As powerless children, we mistakenly fused pain with trust so that today we may feel that the only way that our needs can be met is through suffering. That is illogical, addictive thinking; the reality is that we can examine our patterns of behaviour in response to the things that happened and the situations we face today. It means bringing our disease out of the shadows and into the light of the meeting to deprive it of its power.

**In our journey through life**, when we accept our addictions we accept our humanness and can start to heal. When we connect mind, body and spirit, we calm the conflicts that lead to addictive compulsive behaviour. With courage and the support of people who really love us, we can heal the past and change our lives.

## ***4.5 The Problem and the Solution (A version from Plano)***

We have a problem in common: we feel terribly alone and live a double life. On one hand, we hold down jobs, are upstanding people in our communities, take good care of our families, and care deeply about other people. Yet, we are consumed by sex; preoccupied in getting sex, and fantasizing about the next time. We can spend hours seeking the next thrill in pornography, cruising, surfing the 'net, or grooming our next sexual "partner".

This is not a new problem. We started young. The discovery of masturbation and sex was the greatest thing that had happened to us and we wanted more. We sought out that incredible high again and again. Sex became our best and closest friend. We used sex when we were down in order to feel better. We used sex when we felt good to reward ourselves. Desire was the only emotion we knew. All other emotions were swallowed up in the rush of sex.

But the second time was not the same. We needed ever new activities and new stimulation. And, so, our addiction grew.

But the sex didn't satisfy the real need. We were left empty and alone with feelings of guilt, shame and remorse over what we had done. We made solemn promises to ourselves and tearful assurances to others that we would never do that again. But we could not keep our promises. We tried to stop and couldn't. No matter how long between times; days, weeks, months, or even years, the urge would come back with renewed strength. No matter what we did to keep control, nor how long we managed to stop, the time would come when the addiction called us out. We would be blind to the consequences and compelled to do it again.

We tried many things to stop: became more religious; did a big repentance; went on retreats, changed jobs and careers, divorced and remarried, moved, and even left the country. But we could not run from what was inside us. The addiction always came back.

**The only solution we have found** is to be steadfast in meeting with other addicts, sharing our experiences with them and working the Steps. Learning to surrender our lives to a higher power, we find that others have gone before us. Our lives are not as unique as we feared nor as bad as we dreaded. We all have been there and all have the same problem. Together, we can heal.

## ***5 The 12 Steps (volunteer, about 20:04)***

### The Twelve Steps of Sex Addicts Anonymous

1. We admitted we were powerless over addictive sexual behaviour - 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 fearless and searching 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 all 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 all 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 a result of these steps, we tried to carry this message to other sex addicts and to practise these principles in all areas of our lives.

## **6 *The 12 Traditions (volunteer, about 20:06)***

### The Twelve Traditions of Sex Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon S.A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in S.A.A. is a desire to stop addictive sexual behaviour.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the addict who still suffers.
6. Our fellowship ought never to endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Each group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. S.A.A. as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. Sex Addicts Anonymous has no opinion on outside issues; hence the S.A.A. 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.

## ***7 Silence (about 20:08)***

*Secretary:* Please can we have a few moments silence in which to reflect on why we are here and to think of the still suffering addict.

*Sufficient silence for reflection and thinking - usually about 60 seconds.*

*Secretary:* Thank you.

## **8 *Group Introductions (about 20:09)***

*Secretary:* We now come to Group Introductions in which we each introduce ourselves by our first name only, any short description that might be appropriate and if we wish our bottom line and very briefly how we are feeling at this moment.

*Starting with the secretary each member in turn introduces themselves and the rest of the group responds by greeting them by their first name. This style of introduction and group greeting is used every time a member speaks during the meeting, except when reading.*

## ***9 A Letter To Newcomers (about 20:10, only if newcomers are present)***

*Secretary:* Since this is (*name(s)*) first meeting I will read the letter to newcomers:

Dear Newcomer,

Welcome to S.A.A.. When we came to our first meeting many of us were having a variety of feelings. We were relieved to have found a place where our pain and despair might be understood. We were angry that we had to get help and couldn't manage this part of our lives. We felt lonely and were ashamed of our sexual history. We had secrets that we were reluctant to share. We were distrustful, guarded and frightened. We had been abused and we had abused others. We were sex addicts and needed help.

The programme of S.A.A. is patterned after the Twelve Step Programme of Alcoholics Anonymous. Here we learn a new way of living. We learn, at our own pace, to experience intimacy and sharing with others in a healthy way. We learn to trust; to express our feelings; to ask for our needs to be met; to say *no* when *no* is appropriate; and to stay around when all we want to do is run. Here no one shames us for what we have done or are still doing. Here we have a safe harbour within which to heal, and for that we are grateful.

The only requirement for membership in S.A.A. is a desire to stop compulsive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and maintain healthy relationships, then you are in the right place.

It is suggested that you attend at least six meetings before you decide whether the programme is for you. At your first meeting we encourage you to talk to others and exchange telephone numbers with those you relate to. We also suggest that you select a temporary sponsor to assist you in learning the basics. The selection process is easy: all you do is ask someone you relate to (to whom you are not sexually attracted) if they would be willing to be your temporary sponsor until you learn your way around. At a later date, after you have got to know us better, we suggest you choose a permanent sponsor or co-sponsor.

Although anonymity is a core tradition on which the programme depends, you should be aware that some people may decide after careful thought to report certain disclosures to the authorities.

In addition to attending meetings and talking with others we suggest you read our primary text *Sex Addicts Anonymous* and the S.A.A. pamphlets available at the meeting. We also recommend *Hope and Recovery*, *Out of the Shadows* by Patrick Carnes, *Women, Sex and Addiction* by Charlotte Kasl, and *Alcoholics Anonymous (The Big Book)*.

We are happy that you are here, for it is the newcomer that keeps S.A.A. alive and well. We encourage you to take it ONE DAY AT A TIME, BE GENTLE WITH YOURSELF, and KEEP COMING BACK.

## ***10 Group Business (about 20:10)***

*Secretary:* We now come to Group Business. If anyone has any business to bring before the group this is the time to do it. Would any member who is available as a sponsor or temporary sponsor please indicate now? Thank you.

*Any member may introduce themselves again and bring business notices or queries before the meeting. Simple decisions may be decided by consensus within Group Business but more complex or important decisions must be deferred by consensus to a Group Conscience Meeting, which must take place with at least three week's notice immediately after a normal meeting.*

*Every 6 weeks a new Secretary should volunteer ready for the next meeting.*

*Secretary:* If there is no further group business ...

# ***11 The Focus (about 20:15)***

*Secretary: ... we come to the focus for this week's meeting.*

*The focus for each week of the month is as follows, unless decided otherwise by a group conscience:*

*Week 1 - Tools of the programme*

*See 'Tools of the programme' overleaf*

*Week 2 - Step of the month (Step 1 for January, 2 for February, etc)*

*Volunteers read aloud the section on the step of the month from 'Sex Addicts Anonymous (the Green Book)' or 'Hope and Recovery'.*

*Secretary: This week we are reading Step (number) from (the chosen book). Please would someone volunteer to begin by reading the Step itself and the first few paragraphs? Readings are optional. You do not have to read aloud if you do not want to.*

*Week 3 - A presentation by a volunteer, usually as arranged by or with the secretary after an earlier meeting.*

*Secretary: This week (name) has agreed to provide a focus based on their experience, strength and hope. You have asked for (ten/fifteen) minutes, which will take until (time). I will indicate when you have two minutes left.*

*Week 4 – Tradition of the month*

*Volunteers read aloud the section on the tradition of the month from 'Sex Addicts Anonymous' or other literature*

*Secretary: This week we are reading Tradition (number) from (the chosen book). Please would someone volunteer to begin by reading the Tradition itself and the first few paragraphs? Readings are optional. You do not have to read aloud if you do not want to.*

*Week 5 - Reading*

*A reading from any suitable literature especially the Sex Addicts Anonymous book or the daily reading from 'Answers in the Heart'. A volunteer can read an entire section or volunteers having access to the same book can take turns to read paragraphs.*

*- First Step Presentation*

*A longer presentation by someone working the first step usually with their sponsor on how they came to admit their powerlessness over their addictive sexual behaviour. Such a presentation takes longer than a normal focus and requires a special introduction and changes to the format of the rest of the meeting (see over).*

*- Newcomers' Format*

*Whenever a newcomer is attending their first SAA meeting, a presentation by two volunteers on what their life used to be like, what happened, and what it is like now.*

## *12 Tools of the Programme (about 20:15, only if selected as this week's focus)*

*Secretary:* The Tools of the Programme. I will read aloud a non-exhaustive list of some tools which others have found useful. Members will then be invited to share for up to one minute on their use of these or any other tools:

### Anonymity and Confidentiality

Abstinence

Boundaries

Sponsorship

Affirmations

Literature

Meetings

Contracts

Phone Lists

Gratitude

Trust

Steps

Faith

Journaling

Service

Humour

Prayer

Exercise

Meditation

Honesty

Slogans

Boundaries around sex between group members

*Secretary:* Members are invited to share for up to one minute - that's 60 seconds - on their use of these or any other tools.

## ***13 Introduction to First Step Presentation (about 20:15, for First Step Presentations only)***

*Secretary: (name)*, you are about to share with us your First 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 programme of recovery. It need not be done to please the group, or 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 behaviours and to speak from your heart in order for you 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 on reflection such interruptions have helped to guide them and to make the First Step experience more meaningful. Regardless of your choice in this matter, if you have not finished your presentation by then, I will let you know when 15 minutes of our meeting time remains. This will allow you a few minutes to complete your presentation and allow time for members to share what it was like being with you through this process.

If you do not finish you may have more time next week. Remember, we are here for you!

May God grant you serenity.

## ***14 General Sharing (about 20:30, not for First Step Presentations)***

*Secretary:* We now come to General Sharing.

Please be aware of the time, so that all members may get a chance to share. Try, if you can, to keep your sharing to within three to five minutes.

We encourage you to share your experience, strength and hope. We also encourage you to bring into the light of the meeting those behaviours and experiences which cause you shame; to deprive them of their power which is in their secrecy.

Please however, in your use of language, be sensitive to the safety of others. Please, also, avoid naming specific places, publications, broadcasts or services.

The time is now (*time*) and General Sharing will finish at (*time*).

Please introduce yourself if you wish to share.

The meeting is open.

## ***15 Check-in and Feedback (about 20:55, not for First Step Presentations)***

*Secretary:* We now come to Check-in and Feedback.

Check-in is an opportunity to talk about how we feel at this moment, and to say what is happening to us today or this week.

We do not have to check in if we don't want to.

We can ask for feed-back, though we don't have to ask for or give feed-back.

Feed-back is not advice, criticism or analysis.

When we give feed-back we do not talk about ourselves.

Feed-back is an attempt to mirror what we hear; to help the other person towards the feelings behind their words.

We do not interrupt each other, and we do not ask questions or engage in discussion.

We each need to be aware of the time, so that every member of the group has time to share, and to receive feed-back if he or she wants it.

*If there are more than 5 members at the church:*

We also need to be aware of the volume of our voices, so that we do not disturb other groups.

*If there are more than 5 members at the church the group is divided into smaller groups of 3 or 4 by numbering off or at the group's discretion to avoid isolating newcomers. The group then allocate a different part of the room for each small group to conduct Check-in and Feedback quietly amongst themselves.*

## ***16 Personal Responses (by 21:15, for First Step Presentations only)***

*Secretary:* Thank you (*name*) for sharing your First Step.

We now come to Personal Responses.

Group members share about what it was like being with you as you presented your First Step. This is effectively a form of feedback, though they may want to identify with you by reference to their own experience.

The meeting is now open.

## ***17 Celebrations and Plans (about 21:20, not for First Step presentations)***

*Secretary:* We now come to Celebrations and Plans.

This is an opportunity for each of us to celebrate recent successes and plans for the coming week.

## ***18 The Seventh Tradition (about 21:25)***

*Secretary:* We now come to the Seventh Tradition.

May I remind everyone of the Seventh Tradition, that is, that every S.A.A. group ought to be fully self-supporting, declining outside contributions.

Please give only as you can, and as you see appropriate. Please bear in mind, however, that the cost for the room is (£61) per month. Details are in the chat. If you can afford to give a little extra, then your support will help all of us in our recovery.

## ***19 The Promises (volunteer, about 21:26)***

If we are painstaking about this phase of our development we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone we will see how our experiences can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realise that God is doing for us what we could not do for ourselves.

Are these extravagant promises?

*All at will:* We think not.

*Volunteer:* They are being fulfilled among us: sometimes quickly, sometimes slowly. They will always materialise if we work for them.

## ***20 Closing (about 21:28)***

*Secretary:*

*For First Step Presentations only:* May I remind all members that a First Step can bring up a lot of feelings, both for the person giving their First Step and for other members. These feelings may come up during the course of the following few days.

*For all meetings:* In closing:

The opinions expressed here tonight were strictly those of the person who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. Remember that anonymity is a core tradition on which the programme depends.

Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help. Let us talk to one another and reason things out but let us not gossip or criticise each other. Instead let the understanding, love and peace of the programme grow in each of us one day at a time.

Will you join me in the closing serenity prayer, standing and holding hands if you wish, using the word God as you understand it.

*All at will:* 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.

*All at will:* Keep coming back, it works if you work it - so work it, you're worth it!

## ***21 Opening a Group Conscience (about 20:16 if scheduled)***

*Secretary:* Welcome! This is the Group Conscience of the Banbury Thursday Meeting of Sex Addicts Anonymous.

A Group Conscience is a special decision-making meeting for the group to consider an issue that it is felt requires more time than could be given during the regular meeting. This Group Conscience was called to consider [*describe briefly the reason for the Group Conscience*]

Decisions must be by unanimous agreement. We have scheduled a maximum of 30 minutes for this Group Conscience. If we have not reached an agreement by a quarter to we can schedule another Group Conscience. In any case I will summarise any decisions and progress made and record them in the meeting notes.

## ***22 The 12 Traditions (volunteer, about 20:18 if a Group Conscience is scheduled)***

### The Twelve Traditions of Sex Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon S.A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in S.A.A. is a desire to stop addictive sexual behaviour.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the addict who still suffers.
6. Our fellowship ought never to endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Each group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. S.A.A. as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. Sex Addicts Anonymous has no opinion on outside issues; hence the S.A.A. 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.

## ***23 Group Conscience discussion (about 20:20 if scheduled)***

*Secretary:* The Group Conscience is open for discussion. Please introduce your contributions by your first name and any short description that might be appropriate.

## ***24 Closing a Group Conscience (by 20:45 if scheduled)***

*Secretary:*

*either:* This Group Conscience has decided [*briefly describe the group decision*]

*or:* Unfortunately the group has indicated that this question needs more time but the time scheduled for this Group Conscience is up. Any member may call for another Group Conscience if further discussion is required. We must close now but we have made the following progress [*briefly describe progress made*]

*in any case:*

In closing:

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