

Sex Addicts
Anonymous
Hull
Monday
Evening
Meeting



1. Opening

Chair: Please will you join me in the opening serenity prayer?

All: 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.

Chair: Welcome!

This is the Hull Monday meeting of Sex Addicts Anonymous.

SAA 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 compulsive 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 AA or any other organisation or agency. We are not aligned with any religion, sect or denomination. Our only connection with the organization that operates this building is that of a renter of meeting space.

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 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 here. Whatever our status or position outside this group is not an issue. Whoever you see and whatever you hear in this room, let them stay here when you leave.

If you are new or having a trying time, remember that others of us have been there too. Keep coming back, it works!

2. Newcomers

Chair: Is this anyone's first SAA meeting?

If appropriate: Please could I have a volunteer to read the 'letter to newcomers'?

Volunteer: Dear Newcomer, welcome to SAA. 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 SAA 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 SAA 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.

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 (The Green Book)*, SAA pamphlets, *Alcoholics Anonymous (The Big Book)* and other appropriate recovery literature.

We are happy that you are here, for it is the newcomer that keeps SAA alive and well. We encourage you to take it one day at a time, be gentle with yourself, and keep coming back.

3. 12 steps

Chair: Please could I have a volunteer to read the 12 Steps of Sex Addicts Anonymous?

Volunteer: The 12 Steps of Sex Addicts Anonymous are:

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 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 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 the result of these steps, we tried to carry this message to other sex addicts and to practise these principles in our lives.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our personal adventures before and after make clear three pertinent ideas:

- (a) That we were sexually addicted and could not manage our lives.
- (b) That probably no human power could have relieved our addiction.
- (c) That God could and would if God were sought.

4. Tradition of the Month

Chair reads the tradition of the month e.g. January- tradition 1, February- tradition 2, March- tradition 3 etc...

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 expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.A.A. membership 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 sex addict who still suffers.
6. An S.A.A. group ought never endorse, finance, or lend the S.A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.A.A. should remain forever nonprofessional, but our service centres may employ special workers.
9. S.A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. S.A.A. 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.

5. Silent Reflection

Chair: Please could we have a moment's silence in which to reflect on why we are here and to think of the still suffering addict.

Silence for 30 seconds

6. Group Introductions

Chair: We now come to Group Introductions in which we each introduce ourselves by our first name only and any appropriate description. Members can state their length of sobriety and their bottom line behaviours if they choose, however this is not a requirement. Newcomers do not have to identify themselves as sex addicts

Each member, starting with the chair, introduces themselves

7. Focus of the Meeting

Week 1- Step Reading

Chair: The focus for this week's meeting is a step reading from the Green Book of Sex Addicts Anonymous. Please could somebody start by reading a few paragraphs and passing the book along?

A volunteer starts by reading the passage from the Green Book relating to the appropriate step, e.g. January- Step 1, February- Step 2, March- Step 3 etc

Chair: We are now invited to share our experience of working this step, our thoughts and feelings of working this step if we have not already worked it or our thoughts on today's reading.

Week 2- Tools of the Programme

Chair: The focus for this week's meeting is the tools of the programme.

Please could I have a volunteer to read a couple of pages from the 'Tools of the programme' booklet?

Volunteer reads from the booklet.

Chair: Thank you. We are invited to share for up to a minute on our use of these tools in our recovery.

Week 3 - The Tradition of the Month

Chair: The focus for this week's meeting is a tradition reading from the Green Book of Sex Addicts Anonymous.

Please could I have a volunteer start by reading a few paragraphs and passing the book along?

Volunteer starts reading the passage from the Green Book relating to the appropriate tradition, e.g. January- Tradition 1, February- Tradition 2, March- Tradition 3 etc

Chair: We are now invited to share our experience of this tradition and our thoughts on today's reading

Week 4 - Main Share/ Solution Focussed 'Story'/ Step 1 presentation

Chair: The focus for this week's meeting is a main share provided by.....

Please share your experience strength and hope for approximately 15 minutes.

I will give you an indication when you have 2 minutes left.

Or

Chair: The focus for this week's meeting is a solution focussed story from the Green Book. Please can I have a volunteer to begin reading?

Or

Chair: (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 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.

May God grant you serenity.

Volunteer shares their first step presentation for up to 15 minutes

Chair: We will now share experience of listening to’s first step presentation. Please keep in mind that we are not giving advice, criticising or challenging.....but offering our experience, strength and hope in relation to their first step.

Week 5 - Reading on a topic from the Green Book of Sex Addicts Anonymous or another ‘conference approved’ recovery book.

Chair: Today we will be reading from....., starting on page xxx. Please can I have a volunteer to start by reading a few paragraphs, and then passing the book along.

Group read from the book...

Chair: We are now invited to share a response to this topic for up to one minute.

8. General Sharing

Chair: We now come to general sharing.

Please be aware of the time, so that as many members as possible may get a chance to share and please keep individual shares to four minutes or less

We encourage you to share on any topic that feels important to you and 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.

You might like to respond to what we have read or heard at the meeting so far or share feelings and experiences you have had since your last meeting. Either way, your share should relate, in some way, to your recovery from sex addiction.

In your use of language, please be sensitive to the safety of others. You should avoid naming specific places, websites, apps, TV programmes, films, publications or services.

As we pursue recovery it is important for each of us to speak as we are able. Many of us find speaking amongst others, especially strangers, a very difficult task. We should remember that nothing we share is unimportant or stupid.

The sharing of our experiences is best done by “I” statements and we should be careful to avoid the appearance of ridiculing or embarrassing anyone.

Cross talk and feedback are discouraged. Examples of cross talk may include:

- Unsolicited feedback
- Advice
- Interrogating
- Criticising
- Minimising another person’s feelings or experiences
- Referring to someone else present by their name

Sharing guidelines help keep our meetings a safe place. If anyone believes that the sharing guidelines are not being observed, please ask the secretary to re-read them at any point during the meeting. If something you say causes someone else to feel that sharing guidelines are being breached, please do not feel offended.

The time is now..... and general sharing ends at 8.15

The meeting is now open.

9. The Seventh Tradition

Chair: We now come to the Seventh Tradition.

That every SAA group ought to be fully self-supporting, declining outside contributions. Please give only as you can and as you see fit. Please bear in mind, however, that the rent for this room is £9 per meeting plus other expenses and group literature. If you can afford to give a little extra, your support will help us all in our recovery.

Newcomers do not need to contribute at their first meeting.

10. Group Business

Chair: We now come to group business.

Any member can bring business to the group, however any more complex decisions must be deferred to a group conscience meeting called with two weeks' notice after a normal meeting.

This meeting has group conscience meetings on the first meeting of every other month. The next group conscience meeting is.....

11. Sobriety Chips

Chair: We now come to sobriety chips.

At this meeting we celebrate sobriety milestones such as:

1 day, 1 month, 2 months, 3 months, 6 months, 9 months, 1 year,
18 months, 2 years, 3 years etc.

Is anybody celebrating a sobriety milestone this week?

12. Sponsorship Statement

Chair: Please could I have a volunteer to read the sponsorship statement?

Volunteer: One of the most vital aspects of the program is sponsorship. A sponsor is a person in the fellowship who acts as a guide to working the program of SAA, a fellow addict that we can rely upon for support. Ideally, a sponsor is abstinent from addictive sexual behaviour, has worked the steps, and can teach you what he or she has learned from working the program. We can learn from a sponsor's experience, struggles, successes and mistakes. Our sponsor can help explain program fundamentals, such as how to define our sexual sobriety. Most importantly, sponsors guide us through the Twelve Steps.

If we feel like acting out, we can call our sponsor to talk about it. A sponsor can help hold us accountable for our behaviour. If we make a commitment to attend a meeting, our sponsor can note whether we got to the meeting or not. Sponsors can tell us if they think we are at risk of relapse. They can suggest when we are not being fully honest with ourselves. Often a sponsor is the person in the fellowship who knows us best.

Chair: Is there anybody here seeking a sponsor or available to sponsor?

If you're having trouble finding a sponsor, a list of phone numbers of potential sponsors is available. Please see me at the end of the meeting for more details.

13. Gratitude

Chair: We will now go around the room and briefly express our gratitude as experienced in recovery.

Starting with the chair, each member in turn shares something that they are grateful for.

14. Step 9 Promises

Chair: We will now read the step 9 promises, with each person reading one sentence, then moving onto the next person...

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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 experience 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 realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises?

All: We think not.

They are being fulfilled among us, sometimes quickly, sometimes slowly.

They will always materialise if we work for them

15. Step 10 Promises

Chair: Please could I have a volunteer to read the step 10 promises?

And we have ceased fighting anything or anyone, even our compulsive sexual behaviours. For by this time sanity will have returned. We will seldom be interested in our addictive behaviours. If tempted, we recoil from them as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward our compulsive behaviours has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality, safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

16. In Closing

Chair: In closing, the opinions expressed here today were strictly those of the person who gave them. Take what you like and leave the rest.

Remember that anonymity is a core tradition on which the programme depends.

All: What you see here, what you hear here, when you leave here, let it stay here.

Chair: 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. Instead, let the understanding, love and peace of the programme grow in each of us one day at a time.

Please join me in the closing serenity prayer, using the word God as you understand it.

All: 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.