

Preamble & Guidelines

SAA is a fellowship of men and women who share their experience strength and hope with each other that they **can recover**, become **sober** and live a happy and joyous life **free of the negative repercussions** of sexually addictive behaviour – That we call ACTING OUT. Many of us have returned to these behaviours again & again despite the consequences. But **We can and do recover** our lives from sexually addictive behaviour - it works...**If you** work it.

Our group purpose (*Our tradition 5*) in the sharing time is to share our **experience strength and hope** in recovery **focusing** on SAA and AA 12 step literature and **focusing** on the 12-step approach to recovery. This is a closed meeting of SAA and In support of SAA's singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop addictive sexual behaviour. If you think you have a problem with addictive sexual behaviour, you are welcome to attend this meeting.

In the allocated meeting time, we avoid discussing publications, websites and the use of any sexually explicit language that may trigger other members of this group. The allotted sharing time is split in to two segments.

The **primary allotted** sharing time is up until 19:25 & is for members who

A) have a sponsor, and B) Are working or have worked the 12 steps and is for sharing experience on precisely what has been read.

For the groups **primary purpose and safety**, it is very important that It is not a forum for "Getting current" about our troubles, struggles or disturbances – **on their own** - the **primary purpose** of this group is to carry the 12-step message **of recovery** to other SA's and to stay focused on the **solution** of **using the 12 steps in our daily lives**.

After 19:25, we open the sharing time for **newcomers**, for members **without** a sponsor & for members who may be struggling.

Finally, we would also like to **make clear** that **before and after** the meeting, **outside of the meeting format**. We've found it **Very helpful** and are available to listen and to share any shame we may need to bring into the light, to try answer any questions anybody may have and to share about anything that may be bothering us. We also recommend and have found very useful taking phone numbers of other members to be able to do this too.

We thank you in advance for **respecting** the guidelines of this meeting space and ask you to raise your hand if you feel the guidelines have unintentionally been infringed upon & the secretary will read them out again. We hope you will not be offended when & if this happens - as it sometimes does. As this helps keep the space for sharing safe. Thank you.