**Step One: Newcomers Telemeeting Script**

Meeting type: Closed, Mixed, Step Focus

Green Book Reading & Main Share - Step One

Day: Saturday

Time: 7.30 – 8.30 pm (UK - London)

***1 - Welcome***

Hello, my name is \_\_\_\_, and I’m a sex addict. I will be the secretary for today’s meeting.

Welcome to this Sunday Step One Meeting of Sex Addicts Anonymous. This is a meeting specifically focussed on Step 1 for beginners of the Sex Addicts Anonymous Program.

***2 - Serenity Prayer***

Please join me in a minute of silence, followed by the Serenity Prayer. By group conscience, the secretary will say the prayer aloud and others may say it silently to themselves. First, a moment of silence.

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

***3 - Introduction***

We would like to welcome you to our meeting. For newcomers, 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. 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 what you are looking for.

Now we will now do a name check-in please introduce yourself using first names in the format “Hi, I’m \_\_\_\_\_\_ and I’m a sex addict” if you are still uncertain you are a sex addict please just introduce yourself using your first name.

***4 - Our Addiction* -** *chair should ask for a volunteer who can read the reading*

[From Sex Addicts Anonymous, page 3, paragraphs 1-2]

“Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn’t control our sexual behavior. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviors that we returned to over and over, despite the consequences. Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behavior and its consequences usually becoming more severe over time. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behavior and fantasies. In SAA, we have come to call our addictive sexual behavior acting out.”

***5 - Our Program -*** *chair should ask for a volunteer who can read the reading*

[From Sex Addicts Anonymous, page 20]

“Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction. When we start attending meetings of Sex Addicts Anonymous, many of us are surprised to meet people who are enjoying life, experiencing freedom from the painful, compulsive behaviors that had brought them to SAA. Listening to other members share about their recovery, we gradually realize that in order to make the same kind of progress, we need to be willing to do whatever it takes to get sexually abstinent, and to stay abstinent. We have learned from hard experience that we cannot achieve and maintain abstinence if we aren’t willing to change our way of life. But if we can honestly face our problems, and are willing to change, the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. Taking these steps allows fundamental change to occur in our lives. They are the foundation of our recovery.”

***6 - Who We Are -*** *chair should ask for a volunteer who can read the reading*

*[From Sex Addict*s Anonymous, pages 1-2]

“We are sex addicts. Our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous. In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength, and hope gives us the choice to live a new life. Our addictive sexual behavior was causing pain—to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises and many attempts to stop, yet we repeatedly failed to do so. For each of us, there came a moment of crisis. When we finally reached out for help, we found recovery through the program of SAA.

We have found, through long and painful experience, that we are unable to achieve recovery from sexual addiction through our own efforts. Our program is based on the belief, confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone. By surrendering our addiction to a Higher Power, we receive the gift of recovery, one day at a time. Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making our recovery possible. 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. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement. Our fellowship is open to women and men, regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual, or transgender. In our groups, there is a collective wisdom that has grown and been handed down over the years. We learn many new solutions to old problems. Central to these are the Twelve Steps, a spiritual program of recovery. Following these steps leads to freedom from addictive sexual behaviors and to the healing of our minds, bodies, spirits, relationships, and sexuality.

Desperation brought us together. We found in each other what we could find nowhere else: people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped.”

***7 - How We Live -*** *chair should ask for a volunteer who can read the reading*

[From Sex Addicts Anonymous, page 61]

“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.”

Thank you. Has anyone else joined us who would like to introduce themselves to the meeting?

***8 - The Twelve Steps of Sex Addicts Anonymous -*** *chair should ask for a volunteer who can read the reading*

[From Sex Addicts Anonymous, pages 20-21]

We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

Came to believe that a Power greater than ourselves could restore us to sanity.

Made a decision to turn our will and our lives over to the care of God as we understood God.

Made a searching and fearless moral inventory of ourselves.

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Were entirely ready to have God remove all these defects of character.

Humbly asked God to remove our shortcomings.

Made a list of all persons we had harmed and became willing to make amends to them all.

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Continued to take personal inventory and when we were wrong promptly admitted it.

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.

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.

“These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word “God” to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.”

Thank you. Has anyone else joined us who would like to introduce themselves to the meeting?

***9 - Abstinence in SAA -*** *chair should ask for a volunteer who can read the reading*

[From Sex Addicts Anonymous, pages 14-15]

“Our goal when entering the SAA program is abstinence from one or more specific sexual behaviors. But unlike programs for recovering alcoholics or drug addicts, Sex Addicts Anonymous does not have a universal definition of abstinence. Most of us have no desire to stop being sexual altogether. It is not sex in and of itself that causes us problems, but the addiction to certain sexual behaviors. In SAA we will be better able to determine what behavior is addictive and what is healthy. However, the fellowship does not dictate to its members what is and isn’t addictive sexual behavior. Instead we have found that it is necessary for each member to define his or her own abstinence. We are individuals, and our addictive behaviors, while similar, are unique to us. What may be healthy for one member could be clearly addictive for another. SAA simply cannot predict every possible way of acting out and define them all for everyone. As a fellowship, we wouldn’t want to deny that any particular behavior might be acting out for a member. Nor would we want to restrict behaviors that are healthy for some of us. Since different addicts suffer from different behaviors, and since our sexuality is experienced in so many different ways, it is necessary that SAA members define for themselves, with the help of their sponsors or others in recovery, which of their sexual behaviors they consider to be ‘acting out.’”

Thank you. Has anyone else joined us who would like to introduce themselves to the meeting?

***10 - Focus of the Meeting: Step One***

The focus of this meeting is on Step One of the SAA Program for beginners. We will read from the basic text, followed by a short share from an experienced member of the group. There will then be time for questions and general sharing.

*Chair should ask for a volunteer who can read the reading*

[From Sex Addicts Anonymous, pages 22-23]

We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

In our addiction we held on to the belief that we were in control of our sexual behavior and could successfully manage our lives. This kept many of us from seeing that we even had a problem. We told ourselves that if we had tried harder, we could have stopped. But our experience has shown otherwise. No matter how many promises or resolutions we made, no matter how strong our efforts and our determination, the behaviors eventually returned, along with painful consequences. Only when we admit our powerlessness over these behaviors, and our inability to manage our own lives, are we able to begin walking a path of recovery. In taking the First Step, we admit that our addiction is destroying us, and that we are unable to stop it. We surrender, raise the white flag, and accept that the battle is over. The principle behind this admission is honesty. For many of us, the first crack in our denial comes with hitting bottom, and the despair of facing an unbearable situation. The next breakthrough occurs when we are honest enough to take the First Step, acknowledging that we are powerless over the behavior that brought us to this point and that our lives are in shambles. We make this admission without excuses or rationalizations. With the First Step, we stop lying to ourselves. As long as we can be honest, even a little bit, we can move forward in our recovery. Honesty is the foundation on which all further progress is based. We start by admitting that we are completely powerless to stop our addictive behaviors on our own. We admit that our lives are out of our control. This is enough for our recovery to begin. Admitting that our willpower is insufficient allows us to be open to new ways of thinking and living. As long as we retain a belief in self-control as a remedy for our addiction, we will continue to fail. With this step, we recognize that we have a disease, not a mere weakness or character flaw, and that we are powerless to change this fact. We honestly admit that we don’t have all the answers and that we need help. When we admit our powerlessness, we start letting go of control and become more open to receiving the help we so desperately need. Admitting that our lives had become unmanageable allows us to honestly examine the painful consequences of our sexual behavior, consequences that affected every aspect of our existence. It is difficult to accept that we are unable to manage our lives, and even more difficult to admit this to others, but our experience has shown that we have no choice but to surrender, or else return to acting out, and all that follows from it.

***11 - Main Share***

Can an experienced member volunteer to share a brief introduction on how they came to SAA and their experience of working Step One of the SAA Program.

The suggested time limit for the main share is 10 minutes. I will notify you that there are 2 minutes left by quietly & gently saying “time”.

***12 - General Sharing***

We will now open the meeting for everyone to share. Please remember to introduce yourself before sharing. This is a time for more experienced members to share their experience of working Step One, as well as for newcomers to ask questions about the program of SAA. Questions are addressed to our main share,\_\_\_\_\_\_, who can offer an answer after the question.

We avoid cross-talk or interruptions when another person is sharing. We do not offer advice or criticism instead we offer our experience, strength, and hope on how we work the 12 steps and overcome our addiction. In your sharing, please be sensitive to the safety of others by avoiding overly specific descriptions of acting out behaviours, naming specific places you have acted out or publications, broadcasts and services you have used. Avoid using slang terms for acting out behaviour. Please speak in “I” Statements not “You” statements to avoid sounding like you are giving advice.

It is suggested that each share is limited to 5 minutes maximum. The secretary will interject should these time boundaries be crossed. The meeting is now open.

*[with 5 minutes to the end of the meeting]*

General Sharing is over, Thank you, for those that did not get to share, please feel free to share in fellowship time after the meeting closes.

***13 - The Promises*** *chair should ask for a volunteer who can read the reading*

[page 83-84, of the Big Book, Alcoholics Anonymous]

“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 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? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

***14 – Closing -*** *chair to read*

[From Sex Addicts Anonymous, page 98, paragraph 6]

“This is how recovery has been for us. Each of us has taken steps of courage and leaps of faith. Each of us has contributed, not only to our own recovery, but to the recovery of other suffering sex addicts as well. We have contributed by showing up at meetings and by sharing our experience, strength, and hope. We have listened to our fellow addicts and supported them in their recovery journey. Like the first members of our fellowship, we continue to remain sexually sober by helping our fellow addict stay sober. Our prayer is that every sex addict who seeks recovery will have the opportunity to find it. And keep coming back.”

After the meeting, the virtual meeting room will be open for anyone who has a question about the program or just wants to continue fellowship. To enter the virtual meeting room all you have to do is stay on the line. The room will remain open if there are two callers on the line. If you hear music, it means you are the last caller and the room is closed.

Let’s close with a moment of silence followed by the serenity prayer. By group conscience, the secretary will say the prayer aloud and others may say it silently to themselves. First, a moment of silence.

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

Thank you for allowing me to be of service and I wish everyone have a safe, sane, and sober day. The virtual meeting room is now open.