

Telemeeting Script

(Updated by group conscience, May 2021)

Sex Addicts Anonymous (SAA)

Closed Women's Meeting . Wednesday Evenings . Washington, D.C.

The trusted servant should ask for volunteers to read any or all of the following readings:

- Our Addiction
- Acting Out
- Our Program
- Twelve Steps
- Twelve Traditions
- Meeting Practices
- Twelve Promises

Welcome (Read by the trusted servant)

Welcome to the Wednesday evening DC area Women's meeting of Sex Addicts Anonymous. This is a closed Women's meeting; only those seeking their own sexual sobriety please. We ask that you remain on mute unless speaking.

Prayer (Read by the trusted servant)

Please join me in a moment of silence, followed by the Serenity Prayer:

**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.**

SAA is a fellowship of individuals who share experience, strength and hope with one another so that we may solve our common problem of addictive sexual compulsion, and help others to recover. The only requirement for membership is a desire to stop our addictive sexual behavior.

Introductions (Read by the trusted servant)

To keep our meeting safe, we request that all callers please identify themselves. Newcomers need not admit to a sex addiction. If you are not in a private place where you're able to speak freely, you can say a first name and "I qualify" or "I feel I belong here." If you are not comfortable introducing yourself by a first name, you're welcome to attend open meetings until you feel more comfortable sharing a name with us. Now let's go around for introductions:

Hello, my name is _____; I'm a [recovering] sex addict.

At the end of introductions, if there is still someone who has not identified themselves, please say:

"To keep our meeting safe, we request that all callers please identify themselves by a first name. There is still ___ (#) caller who hasn't identified themselves yet."

At any time during sharing, if someone joins the call who has not already identified themselves, when the current speaker finishes their share, please say: "I see that someone new has joined our call. Welcome! Who just joined us?"

Newcomer Welcome (Read by the trusted servant)

Do we have any newcomers? (If so, read Newcomer Welcome and provide a newcomer packet)

Newcomer's Introduction

We would like to welcome you to our meeting. 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.

After we have finished our opening and beginning readings, we will open up the meeting for sharing. This is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. We avoid cross talk or interruptions when another person is sharing. We also do not offer advice or criticism. 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.

Our Addiction (Read by another person asked to do so by the trusted servant)

Our Addiction

[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. 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. In SAA, we have come to call our addictive sexual behavior 'acting out.'

Acting Out (Read by another person asked to do so by the trusted servant)

Acting Out

[from 'Sex Addicts Anonymous,' page 4, paragraph 1]

We acted out in many different ways. Sometimes we had trouble with one unwanted behavior, sometimes with many. We struggled with promiscuity; anonymous sex; compulsive masturbation; destructive relationships; romantic obsession; infidelity; obsessive fanaticizing; cybersex; compulsive use of pornography, including internet pornography; excessive fear or

avoidance of sex; prostitution or use of prostitutes; ... phone sex; voyeurism; exhibitionism; sex in public places; inappropriate touching; sexual assault; or molestation; bestiality; or other behaviors that involve risk to ourselves -- physical, legal, emotional, or spiritual -- and harm to others.

Our Program (Read by another person asked to do so by the trusted servant)

Our Program

[paraphrased from 'Sex Addicts Anonymous' page 20]

When we started attending meetings of Sex Addicts Anonymous, many of us were surprised to meet people who were 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 realized that in order to make the same kind of progress, we needed to be willing to do whatever it took to get sexually abstinent, and to stay abstinent. Members of Sex Addicts Anonymous (SAA) achieve abstinence from addictive sexual behavior by practicing the Twelve Steps of SAA Recovery as guided by our Twelve Traditions. Each of them embodies a set of principles for living life effectively -- inside and outside of SAA. Ours is a spiritual program based on the principles and traditions of Alcoholics Anonymous (AA). Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making our recovery possible. Our fellowship is based on suggestion, interchange of experience, rotation of leadership, and service. SAA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual, transgender, or otherwise. Our primary purpose is to stop acting out sexually, and to thereby carry this message of recovery to sex addicts who still suffer.

Twelve Steps (May be read by one person or passed around for others to share in the reading)

Twelve Steps of Sex Addicts Anonymous

[from 'Sex Addicts Anonymous' pages 20-21]

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.

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.

Twelve Traditions (Read by another person asked to do so by the trusted servant)

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 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 behavior.
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 centers 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.

Telemeeting Practices (Read by another person asked to do so by the trusted servant)

Telemeeting Practices

The practices of this meeting are:

1. We encourage people to call in early to greet newcomers.
2. Please remain on mute unless you are speaking or participating in the group speaking portions.
3. To practice anonymity and confidentiality, please make sure that:
 - No one else other than you can see your screen, and
 - Unless you are completely alone, please use headphones so the meeting remains private.
4. Business meetings are held after the third meeting of every month. All are welcome to participate by staying on the line immediately after the meeting.
5. We refrain from “crosstalk” meaning we do not address others directly or comment on their shares during the meeting. If you would like to address someone directly, please ask them after the meeting.
6. We encourage fellows to share their first step in this meeting. First step presentations can be

made any week except the first week of the month. If you would like to present your first step, please arrange it with the trusted servant one week in advance.

7. There will be a timed 3 minute limit on “double-dip” shares. Trusted servant will keep time and kindly notify sharer to wrap up when 3 minutes is reached.

If a newcomer is present, read the Meeting Boundaries statement.

Meeting Boundaries

In this meeting, we use the words ‘I’ or ‘we’ instead of ‘you’ when sharing about our recovery. We do not interrupt or give advice unless asked. We address our sharing to the whole group, not to one or more individuals. A meeting is not a place to meet sexual partners, nor is it group therapy. We try not to use offensive language, or descriptions that are too explicit. We avoid mentioning specific names or places associated with our acting-out behavior. Because of the nature of our addiction, we are careful about touching or giving hugs to others in the fellowship without permission. Our focus remains on the solution, rather than the problem.

We strive to practice anonymity and confidentiality, so that the meeting will be a safe place for each and every sex addict. We generally use only our first names in the group, to help ensure anonymity. Who we meet or what is said in a meeting is treated as confidential and is not discussed with non-group members.

In a sober meeting, sharing centers on our sobriety and our new life in recovery. Graphic language, body part descriptions, and references to the places we acted out are discouraged. It is suggested that our attire reflect our group’s commitment to sobriety. The shares focus on recovery rather than on acting out. Healthy and safe meetings bond in the solution to the problem.

All participation is voluntary. We are not required to speak if we do not want to. Just listening we can learn how other members become honest, confront their addiction, find support from fellow addicts, and practice the program.

Topic and Sharing (Read by the trusted servant)

Tonight’s meeting topic is _____.

After introducing the topic, share on the topic or open the meeting for sharing.

Meeting Schedule

Topics cycle through the month as follows:

First Wednesday: Read a step from the Green Book that correlates with the month

Second Wednesday: ‘Voices of Recovery’ 10-minute meditation

Third Wednesday: Any one of the Three Circles, pamphlet, or the Twelve Promises

Fourth Wednesday: Read the tradition that correlates with the month

Fifth Wednesday: Open discussion

About 7:20 to 7:25 PM, say:

The time for sharing has ended. Does anyone have a burning desire to share? We ask that burning desires be limited to 1 minute.

Business and Announcements (Read by the trusted servant)

There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. We welcome newcomers to be our guest this evening. As we pass the virtual basket for contributions, are there any business related announcements for the good of the fellowship?

Anniversaries and Milestones (Read by the trusted servant)

Now is the time that we celebrate milestones in sobriety. Does anyone have a milestone they would like to celebrate in days, months, or years? How about 24 hours? Would anyone like a white chip, or 24-hour chip to mark a commitment or a recommitment to your program?

Twelve Promises (May be read by one person or passed around for others to share in the reading)

Twelve Promises of Sex Addicts Anonymous

If you have decided to follow the suggestions of this program, a new life will begin to unfold within you. Along with this new life are promises that will guide and sustain you. They are manifested among us in sobriety, sometimes quickly, sometimes slowly.

1. We will regain control of our lives.
2. We will begin to feel dignity and respect for ourselves.
3. The loneliness will subside and we will begin to enjoy being alone.
4. We will no longer be plagued by an unceasing sense of longing.
5. In the company of family and friends, we will be with them in body and mind.
6. We will pursue interests and activities that we desire for ourselves.

7. Love will be a committed, thoughtful decision rather than a feeling by which we are overwhelmed.
8. We will love and accept ourselves.
9. We will relate to others from a sense of wholeness.
10. We will extend ourselves for the purpose of nurturing our own or another's spiritual growth.
11. We will make peace with the past and make amends to those we have hurt.
12. We will be thankful for what has been given us, what has been taken away, and what has been left behind.

Closing (Read by the trusted servant) (*taken from Sex Addicts Anonymous, p 98, paragraph 6*)
As we prepare to close, please raise your hand if you are willing to serve as a temporary sponsor.

“This is how our 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 sex addict to stay sober. Our prayer is that every sex addict who seeks recovery will have the opportunity to find it. And keep coming back.”

Let's close with the serenity prayer.