

Newcomers Meeting Format

1: "Good evening; my name is _____, and I'm a sexaholic. Welcome to this meeting of Sexaholics Anonymous."

2: "This is a closed meeting. Only those desiring their own personal sexual sobriety. This is a no smoking meeting; we ask that any smoking be done outside the meeting area. Please mute your cell phones during this meeting. If you need to excuse yourself during the meeting please do so quietly to avoid disturbing everyone else here. If someone enters the meeting late we will pause for a brief moment until the room is quiet again."

3: "Let's take a minute to introduce ourselves by first name and state our length of sexual sobriety. You may also add in your M.O's if you are so inclined.

I'll begin, and we'll go around the room to my left.

My name is _____ I'm a sexaholic, and I've been sexually sober _____

My M.O's include but are not limited to _____

4: "Will you please join me in the serenity prayer:

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.
Your will not mine will be done.

5: LEADER ASKS SOMEONE TO READ:

_____ Will you please read: "**What works for us**"

PARTICIPANT RESPONDS: Hello, my name is _____ I am a sexaholic.

Those of us who are recovering in Sexaholics Anonymous were driven here by many different forms of the same problem. Some of us fit society's stereotypes of what a sexaholic might be and some of us did not. Some of us were driven to buy or sell sex on the streets, others to have it anonymously in bars or public places. Some of us found ourselves in painful and destructive affairs or consumed by an unhealthy obsession with a particular person or succession of persons. Many of us kept our obsessions to ourselves, resorting to compulsive masturbation, pictures, fetishes, voyeurism, or exhibitionism. Some of us victimized others. And with many of us, our compulsions took a toll on family, coworkers, and friends. Very often, we felt that we were the only ones who could not stop, that we were doing this-whatever it was-- against our will.

When we came to SA, we found that in spite of our differences, we shared a common problem-the obsession of lust, usually combined with a compulsive demand for sex in some form. We identified with one another on the inside

Whatever the details of our problem, we were dying spiritually--dying of guilt, fear, and loneliness. As we came to see that we shared a common problem, we also came to see that for us, there is a common solution--the Twelve Steps of recovery practiced in a fellowship and on a foundation of what we call sexual sobriety. (See pp. 191-193 in the White Book)

Our definition of sobriety represents, for us, the basic and necessary condition for lasting freedom from the pain that brought us to SA. We have found that nothing else works. When we have tried to deny what our common experience has taught us, we have found that recovery still eludes us. And this seems to be true whether we are male or female; married or single; whether our acting out was with the same or opposite sex; whether our relationships were "committed," "meaningful," or one-night stands; or whether we just resorted to a little sex with self as a "physical outlet." As the men and women of Alcoholics Anonymous learned over fifty years ago, "half-measures availed us nothing"!

We don't claim to understand all the ramifications of sexual sobriety. Some of us have come to believe that there is a deeper spiritual significance in sexual sobriety, while others simply report that without a firm and clear bottom line, our "cunning, baffling, and powerful" sexaholism takes over sooner or later. Nor do we claim that sobriety alone will lead to a lasting and joyous recovery. Like alcoholics, we can be "dry" without being sober in a deeper sense. We don't even claim that sexual sobriety will make one feel better immediately. We, like other addicts, can go through withdrawal symptoms when we give up our "drug." Nonetheless, in spite of the questions, struggles, and confusion that we have gone through, we find that sexual sobriety is truly "the key to a happy and joyous freedom we could otherwise never know." That's why we keep coming back to SA.

We have a solution. We don't claim that it's for everybody, but for us, it works. If you identify with us and think you may share our problem, we'd like to share our solution with you.

6: LEADER ASKS SOMEONE TO READ:

_____ Will you please read: "**A Caution**"

PARTICIPANT RESPONDS: Hello, my name is _____ I am a sexaholic.

We suggest that newcomers to Sexaholics Anonymous not reveal their sexual past to a spouse or family member who does not already know of it, without careful consideration and a period of sexual sobriety, and even then, only after prior discussion with an SA sponsor or group. Typically, when we come into the program, we want to share our excitement with those closest to us and tell all right away. Such disclosures might injure our family or others and should be confined to the group of which we are a part until a wise course is indicated. Of

course, if there is any chance we have put others in danger, we take immediate steps to try to correct that.

Few things can so damage the possibility of healing in the family as a premature confession to spouse or family where sacred bonds and trust have been violated.

Unwittingly, such confessions can be attempts on our part to dump our guilt, get back into good graces, or make just another show of willpower. Great caution is advised here.

Amends to family must begin with a sexually sober, changed attitude and behavior on a daily basis. Then, as we grow in recovery, we will find how to make direct amends.

Help from sponsor and group is indispensable here. There's always a way, if we really want to make things right.

7: LEADER ASKS SOMEONE TO READ:

_____ Will you please read: "**What Is a Sexaholic and What Is Sexual Sobriety?**"

PARTICIPANT RESPONDS: Hello, my name is _____ I am a sexaholic.

We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the sexaholic. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

Thus, for the sexaholic, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

This will and should discourage many inquirers who admit to sexual obsession or compulsion but who simply want to control and enjoy it, much as the alcoholic would like to control and enjoy drinking. Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this.

8: LEADER ASKS SOMEONE TO READ:

_____ Will you please read : "What is Sexaholics Anonymous."

PARTICIPANT RESPONDS: Hello, my name is _____, I am a sexaholic.

Sexaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. The only requirement for membership is a desire to stop lusting and become sexually sober. There are no dues or fees for SA membership; we are self-supporting through our own contributions. SA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sexually sober and help others to achieve sexual sobriety.

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9: LEADER ASKS SOMEONE TO READ:

_____ Will you please read: "The Twelve Steps of Sexaholics Anonymous."

PARTICIPANT RESPONDS: Hello, my name is _____, I am a sexaholic.

The Twelve Steps Of Sexaholics Anonymous:

1. We admitted that we were powerless over lust-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 Him.
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 Him 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 Him, praying only for knowledge of His 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 sexaholics and to practice these principles in all our affairs.

10: LEADER ASKS SOMEONE TO READ:

_____ Will you please read : "The Twelve Traditions of Sexaholics Anonymous."

PARTICIPANT RESPONDS: Hello, my name is _____, I am a sexaholic.

The Twelve Traditions Of Sexaholics Anonymous

1. Our common welfare should come first; personal recovery depends on SA unity.
2. For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose-to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the SA 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, films, and television.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

LEADER SAYS: "Thank you _____"

11: This is a newcomers meeting. During a newcomer meeting we will go around the room giving a brief message to the newcomer about our own experience. When giving

a message we try to focus on where our life was before SA and what brought us to SA as well as where we are today and what we have gained from working the program. According to our group conscious; the requirement to give over a message during this meeting is the completion of the first step with a sponsor. We have 20 minutes for five people to give over a four-minute message to the newcomer after which we will allow the newcomer to share his own experience for 5 minutes if he is so inclined.

Do we have five people who would like to give over a message today?
(Leader picks the five people from hands raised)

We will also use any left-over time at the end for personal shares.

12: It is now time for personal shares. We would like to finish personal shares within 10 minutes of the end of the meeting.

In participation, the emphasis is on honesty, recovery, and healing and how to apply the Twelve Steps and Traditions in our daily lives. Do not share any illegal activity that would incriminate you in a court of law. No cross-talk, please. This includes interrupting, giving advice, criticizing, making direct statements about another person's share, touching the person, referring to a person by name, repeating specifics of what someone else has shared, speaking directly to another member, or having side conversations are also forms of cross-talk. If someone feels another is getting too explicit, they may so signify by quietly raising their hand.

"We now have ____ minutes for sharing.
Each person will have _____ minutes to share.
Sharing is optional. I will begin and we will go around the room to my left:
"Hello, my name is _____ and I am a sexaholic."

13: At conclusion of participation with ten minutes left.

"It's now time for our Seventh Tradition'. We have no dues or fees, but we are self-supporting through our own contributions. A ten-shekel contribution is recommended but any donation is welcome. We need you more than we need your money. In consideration of our treasurer, please do not contribute coins of less than ½ shekel.
NEWCOMERS DO NOT CONTRIBUTE.

(PASS THE BASKET.)

While we pass the basket, does the secretary or anyone else have any SA related announcements?

14: Please make every effort to arrive on time to meetings. Our White Book reminds us that coming on time to meetings ensures maximum benefit to the individual and to the group. The measure of such commitment will be the measure of our recovery.

15: Our experience has shown that sponsorship is a crucial part of recovery. For those without sponsors we offer temporary sponsorship. All those willing to be temporary sponsors please raise your hand.

16: At this time, we would like to go around the room and very briefly express gratitude in our lives, I'll begin and we can go around the room to my left...

17: CLOSING STATEMENT.

"Anything you have heard at this meeting is strictly the opinion of the individual participant; the principles of SA are found in our Twelve Steps and Twelve Traditions. This is an anonymous program. Please keep the name, address, and phone number of anyone you meet or learn about in SA to yourself. And what we say here, let it stay here." (here, here) Remember that we never identify ourselves publicly with SA in the press, radio, TV, films or online. Neither does anyone speak for SA."

18: We would now like to acknowledge various lengths of sexual sobriety within the group by offering applause. If you have reached a milestone this week we would like to celebrate with you. Is anyone celebrating 24 hours...1 week...2 weeks...1 month...2 months etc. (And just for today!)

19: LEADER ASKS SOMEONE TO READ:
_____ Will you please read: "A Vision for you"

PARTICIPANT RESPONDS: Hello, my name is _____, I am a sexaholic.

A Vision for You:

We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you and keep you until then. (Alcoholics Anonymous, p.164)

20: "After a moment of silent meditation, I'd like to ask _____ to lead us in the US version of the Serenity Prayer." (Stand and hold hands in a circle.)

God grant US the serenity to accept the things WE cannot change,

Courage to change the things WE can,
And the wisdom to know the difference.

**"KEEP COMING BACK!
IT WORKS IF YOU WORK IT!
SO, WORK IT YOU'RE WORTH IT!"**