

## **Sexual Recovery Anonymous Suggested Meeting Format**

### **Introduction**

Hello, my name is \_\_\_\_, I'm a recovering sex addict. Welcome to this (open/closed) meeting of Sexual Recovery Anonymous. SRA is a fellowship of people who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover.

The only requirement for membership is a desire to stop compulsive sexual behavior. People of every race, ethnicity, gender identity, sexual orientation, religion, socio- economic status, level of ability or any other identity are welcome in SRA.

There are no dues or fees for SRA membership; we are self-supporting through our own contributions. SRA 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 achieve sobriety. Sobriety is the release from all compulsive and destructive sexual behaviors. We have found through our experience that sobriety includes freedom from masturbation and from sex outside a mutually committed relationship.

We believe that spirituality and self-love are antidotes to the addiction. We are walking towards a healthy sexuality.

### **Opening Prayer**

Would all who care to join me in 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.

### **Newcomers**

A word to newcomers. We welcome you to SRA. We encourage you to attend 6 to 8 meetings before deciding if SRA is for you. We have literature to help us work our program. We also use the telephone in our recovery. We encourage you to ask members of the fellowship for their phone numbers. After the meeting some of us go for coffee. Please join us.

### **Meeting Conduct**

Meetings begin and end on time. No eating or smoking in the meeting area. This is not a place to pick up sex partners or for learning how to control and enjoy our sexual compulsions. Given the nature of our addiction we try to be mindful of how we dress.

### **Our Program**

Our program offers a path of recovery from sex addiction. Like all addictions, sex

addiction interferes with the life process, and can even be life-threatening. SRA offers a way to stop compulsive sexual behavior through practicing the Twelve Steps and Twelve Traditions. The list of statements in the section, “Do I Belong in SRA?” found in the pamphlet Sexual Recovery Anonymous, will help you decide if you are addicted. We believe that two behaviors are common to all of us. First, we cannot stop, and second, we use the addiction to avoid feelings and alter our moods.

## **Why We Came To SRA**

The disease of sex addiction was destroying our lives, our self-esteem, our relationships, our careers, our family life, our physical and spiritual health. Many of us feared sexually transmitted disease, physical assault or suicide.

Though our individual behaviors may have been different, our feelings were similar: despair, shame, hopelessness, and anguish, mixed in with intense excitement and forgetfulness. These feelings were always followed by still worse pain. We were starting to see the truth—our problem was progressive, it always got worse.

The illusion that the next time would “fix” us, that we would feel better and could then control our behavior, was revealed for what it was—a false promise. We began to sense that we were spinning downwards, out of control, toward a life of loneliness, misery, jail, insanity, perhaps even toward death. In these moments of clarity, we were frightened.

We could not stop or control our behavior by ourselves. Our lives had become unmanageable. Finally, when the pain grew great enough, we were ready to try anything, and we came to Sexual Recovery Anonymous.

## **Why We Stayed**

For the first time we found people who shared our problem. Others actually understood and felt the same way. We were accepted for who we were.

We stayed because of the promise of hope. Later we stayed because of hopes fulfilled.

When we came to SRA, it was suggested that we stop our destructive sexual behaviors. For most of us, this meant stopping all sexual behavior for a period of time. Many of us had never done this, and the prospect was unimaginable and terrifying. The thought of sobriety seemed painful, impossible, or just plain boring. Some of us felt that we would die if we didn’t have sex.

We began to work the Twelve Steps of the program. For some of us, it was the first time that we were ever clear enough of the addiction to find out who we were. We began to have a spiritual relationship with a Power greater than ourselves. For many it became a healing and loving relationship.

It became clear that our problems could not be solved by ourselves alone. We needed the strength and wisdom of the fellowship to learn how to live without engaging in our addiction, one day at a time.

While at first we stayed because we knew we had to, in order to survive, we now stay because we want to. We stay because we know it is here we can fill the emptiness. Here we can find what we searched for in all the dark places of our addiction. This program of recovery offers dignity of self.

The Twelve Steps and Twelve Traditions of SRA offer a healing home in which our spirits can at first rest, then grow, and finally soar.

### **The Twelve Steps Of SRA**

1. We admitted we were powerless over our sexual obsessions—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 those still suffering, and to practice these principles in all our affairs.

### **The Twelve Traditions Of SRA**

1. Our common welfare should come first; personal recovery depends upon SRA unity.
2. For our group purpose there is but one ultimate authority—a loving God as God may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for SRA membership is a desire to stop compulsive sexual behavior.

4. Each group should be autonomous except in matters affecting other groups or SRA as a whole.
5. Each group has but one primary purpose—to carry its message to those still suffering.
6. An SRA group ought never endorse, finance, or lend the SRA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose
7. Every SRA group ought to be fully self-supporting, declining outside contributions.
8. SRA should remain forever non-professional, but our service centers may employ special workers.
9. SRA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. SRA has no opinion on outside issues; hence the SRA 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.

We are grateful to the program of Alcoholics Anonymous for the permission to adapt the AA Twelve Steps, Twelve Traditions, and Preamble.

(AT THIS POINT, INTRODUCE THE SPEAKER, ASK FOR TOPICS, READ STEPS, ETC.)

### **Sharing**

(IF THE MEETING IS TIMED, ASK FOR A SPIRITUAL TIMEKEEPER.)

For our sharing, the focus is on recovery, on openness, honesty, and healing—how we apply the Twelve Steps to our daily lives. In SRA we use no sexually abusive language or explicit descriptions. If someone feels another is getting too explicit, they may so signify by quietly raising their hand.

We avoid naming specific persons, locations, websites or publications, as they may relate to sexual acting out. We don't cross-talk, interrupt or give advice. It's OK to relate to what someone has said, but it's not OK to try to fix, validate or invalidate someone's share.

### **Treasurer's Break**

(About halfway through the meeting take a Seventh Tradition break. Ask for any SRA-related announcements. According to the group conscience of the meeting hand out chips and/or give an opportunity for day counts.)

## **Closing**

(THANK THE SPIRITUAL TIMEKEEPER.)

Anything you have heard at this meeting is strictly the opinion of the individual participant. The principles of SRA 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 SRA confidential. What we say here, let it stay here. Remember, we never identify ourselves with SRA publicly, in the press, on radio, TV or films. Neither does anyone speak for SRA.

### **The Promises of Sexual Recovery Anonymous**

At this point in our recovery, we found that we were being transformed in many positive ways.

1. We were learning how to live life with openness, honesty and integrity.
2. We were being healed of the shame and guilt that had burdened us.
3. We were making peace with our past and were being given a new sense of freedom.
4. Self-loathing and feelings of worthlessness were giving way to a deeper sense of self-love and self-worth.
5. Sorrow and regret were giving way to joy and gratitude. Fear and negative projections were being replaced with hope and optimism.
6. We were coming to realize that we were equal with others, no better or worse. We were realizing we were part of the world, not apart from the world.
7. We were accepting, even welcoming, our feelings rather than denying them.
8. Obsessive thinking and fantasizing were diminishing and we were becoming better connected to the real world.
9. We were finding a new capacity for compassion, generosity and caring, and were helping our fellow sufferers and others.
10. Spirituality and self-love were bringing us the gift of healthy sexuality.
11. More and more, we were feeling a deep gratitude to our Higher Power.
12. We were realizing, increasingly, that our Higher Power was working in our lives; problems and situations that once seemed intractable were resolving themselves. Experiencing these changes made us ready to be of greater service to our Higher Power and others.

Are these Promises within our reach? Yes, they are! SRA offers us a healing home

in which our spirits can at first rest, then grow and finally soar.

## **Closing 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.

## **The Care And Nurturing Of Meetings**

Service is crucial to the survival and growth of our meetings. We have also found through our experience that doing service is an enriching and rewarding experience that helps us maintain our sobriety. Listed below are the service positions that are ordinarily required at meetings, with a brief description of their responsibilities and suggested sobriety requirements. A reminder: These are suggested requirements only. Each group is autonomous and may choose, through group conscience, to follow these guidelines, or not.

**Chairperson:** Opens, closes and runs the meeting according to the group conscience of the meeting. For example: keeps track of which Step is to be read if it is a Step meeting; arranges to have a speaker if it is a speaker meeting. Leads the monthly business meeting. Suggested sobriety requirement: six months in the program and sixty days of sobriety. Suggested term: three months.

**Treasurer:** Passes a basket to collect donations during the Seventh Tradition break. During the monthly business meeting, reports to the group on the status of the treasury. Pays the rent and disburses money according to the group conscience of the meeting, such as sending money to SRA Intergroup or the General Service Board. Suggested sobriety requirement: six months in the program and sixty days of sobriety. Suggested term: three months.

**Literature Person:** Sees to it that the meeting has an adequate supply of literature according to the group conscience of the meeting. Displays the literature during the meeting and puts it away after the meeting. Sells literature, collects money and orders literature through SRA Intergroup or other sources. Suggested sobriety requirement: three months in the program and thirty days of sobriety. Suggested term: three months.

**Intergroup Representative:** Attends SRA Intergroup meetings once a month and helps carry on the work of Intergroup. Reports to the meeting about Intergroup meetings and also takes issues of importance back to Intergroup meetings for discussion and possible action. Suggested sobriety requirement: six months in the program and ninety days of sobriety. Suggested term: one year.

**Sponsorship Coordinator:** Assists members in getting sponsors by maintaining a sponsorship book, which lists members desiring sponsors and members willing to be interim sponsors. Announces this service at every meeting. Suggested sobriety requirement: six months in the program and ninety days of sobriety. Suggested term: three months.

**Secretary:** Takes and maintains the minutes of the business meeting. Suggested sobriety requirement: three months in the program and thirty days of sobriety. Suggested term: three months.

**General Service Board Representative:** Attends General Service Board (GSB) meetings or conference calls once every two months and helps carry on the work of the GSB. Reports to the meeting about GSB meetings. Suggested sobriety requirement: six months in the program and six months of sobriety. Suggested term: two years