

This is an anonymous program. We ask all members to respect our anonymity. The stories you hear are told in confidence and should not be repeated outside this meeting. They are told so that we might better understand this program and ourselves, and to give encouragement and help to newcomers, so we may keep what we have been given. Who you see here, what is said here, let it stay here.

18. Please read the Gifts of the Twelve Step Program:

GIFTS OF THE TWELVE STEP PROGRAM

When we approach the process of recovery with honesty, open mindedness, and willingness to apply the principles of the Twelve Steps to our lives, we will soon begin to see the rewards. We will become able to surrender our self-defeating behavior. We will find that we have the strength and insight to make good choices for ourselves.

Our ability to act positively on behalf of our health, jobs, families, and bank accounts will amaze us. We will find that others are doing things for themselves, which we thought we had to do *for* them. Our ability to give and receive love will expand tremendously, and we will become increasingly available for loving relationships with others. We will recover the feeling of joy. We will become more honest with ourselves and experience a new comfort in our intimate relationships.

We will feel the security that arises from true fellowship with others in the program, knowing that we are loved and accepted just as we are. Feelings of failure and inadequacy will be replaced by self-confidence and independence of spirit. We will no longer depend on other people to provide us with an identity or a sense of self-worth. We will find the courage to be true to ourselves.

We will know peace of mind and feel a stronger connection with God, and our hope will turn to faith that He is really working in our lives, as we explore the wonders of serenity, dignity, and emotional growth.

**KEEP COMING BACK! IT WORKS WHEN I WORK IT!
AND I AM WORTH IT!**

19. James 5:16 *“pray one for another, that ye may be healed.” Will those who choose to, join us in prayer? Who would like to volunteer to pray?*

** We acknowledge and appreciate the information and insight we have found in the “S-Anon Twelve Steps” and the “Working the S-Anon Program” books as well as their script. Changes to the original S-Anon script are marked in italics*

**S.A.L. Women’s Twelve Step
Betrayal Trauma Recovery
Meeting Script**



S.A.L. WOMEN'S 12 STEP
BETRAYAL TRAUMA RECOVERY

Revised: September 2015

**S.A.L. (S.A. Lifeline) Women's Twelve Step
Betrayal Trauma Recovery Meeting**

1. Hi, I'm _____, your leader for this meeting.

We welcome you to the S.A.L. Women's Twelve Step Betrayal Trauma Recovery Group and hope that in this fellowship you will find the help and friendship that we have been privileged to enjoy. We acknowledge that God is at the center of our recovery. Who would like to pray and ask for His Spirit to bless this meeting?

2. Will those who care to, please join us in the Serenity Prayer?

God grant me the serenity
To accept the things I cannot change
Courage to change the things I can
And the wisdom to know the difference

Living one day at a time
Enjoying one moment at a time
Accepting hardship as the pathway to peace

Taking as He did this sinful world as it is
Not as I would have it;
Trusting that He will make all things right if I surrender to His will;

That I may be reasonably happy in this life
And supremely happy with Him forever in the next.

We would like you to feel that we understand as perhaps few can. We too were lonely and frustrated; but here we have found that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

This group consists of relatives and friends of sex addicts who realize that by banding together they can better solve their common problems. We urge you to try our program. Without spiritual help, living with, or having lived with, a sex addict is too much for most of us. We become nervous, irritable, and unreasonable; our thinking becomes confused, and our perspective distorted. Rarely have we seen a person who has not greatly benefited by working the Twelve Step program.

The Twelve Steps, which we try to follow, are not easy. At first we may think that some of the steps are unnecessary, but if we are honest, open-minded, and willing to apply the principles of the Twelve Steps to our lives, we find that the benefits can be limitless, including God's gift of serenity.

11. Announcements and Secretary/Treasurer reports.

12. Step Study or Topic Meeting. (For step study, read out of S-Anon Twelve Steps book or other recovery materials and discuss. For topic meeting, someone presents on a related topic with group participation.)

13. We are here seeking our own recovery. It works when I work it so how will I work it? (Please take 1 minute to write your commitment for the week.)

14. Meeting Guidelines for Sharing:

If you wish to share, here are some things to remember:

- We share with the whole group, with no cross talking during this portion of the meeting. This means that only the person sharing talks, without interruptions or questions.
- Please introduce yourself using your first name only. (Hi, I'm _____. I'd like to share.)
- Be sensitive to time and the size of the group. Please limit the length of sharing so that everyone who wants to will have a chance to speak.
- Our purpose in sharing is to discuss ourselves, not the sex addict.
- We share from a recovery point-of-view.
- Each member of the group is encouraged to remind other members of our commitment to these guidelines. If you feel something inappropriate is being said, please raise your hand and the person sharing can be aware that they need to change the subject or finish their sharing. The leader can address the issue, if necessary.

15. Leader Qualifies. (Particularly, if there are newcomers, the leader may take 5 minutes to tell from a recovery point of view, what they were like before attending Twelve Step meetings, how they have changed and generally share experiences, strength, and hope in coming to terms with sexual addiction.)

16. Meeting Opened for Sharing.

17. Closing Reminder:

There can be real freedom in the discovery that the sexual sobriety of the sex addict is not our responsibility. Our encouragement and cooperation can be helpful to the sex addict seeking recovery. We realize we cannot find serenity for ourselves if we continue to focus on someone else's recovery. Our serenity depends upon changing our attitudes and eliminating our self-defeating behaviors, so we commit ourselves to our *own* recovery. We take full responsibility for our actions and reactions.

With the loving help of each other and God, we focus on taking positive actions to make our lives more serene and fulfilling, regardless of whether or not the sex addict chooses sobriety. We attend as many meetings as we can, we get a sponsor, and we begin to apply the principles of the Twelve Steps to our lives. We use the telephone and recovery literature. Eventually we reach out to help others and try to carry the message of our own recovery. We do these things in our own way, one day at a time—striving for progress, not perfection. This is what is meant by “working the program.”

9. There are three Obstacles to Recovery:

To ensure the success of our meetings in solving our common problems, we must recognize and overcome three obstacles to recovery that can destroy the group. The first is any discussion of any religious denomination. Compulsive lust respects no particular religion: therefore, our program is designed to help us regardless of our various beliefs. *Working the 12 Steps is a spiritual process. S.A.L. meetings are interfaith. All women regardless of their religion are welcome. Shares may include personal experience in the spiritual journey of recovery, some of which may include personal religious recovery experiences. However, one's personal experiences in recovery should always be expressed in the “I and the me... not the you and the we”. Proselyting is not appropriate in meetings. Respect of all religious beliefs is fundamental to group unity.*

The second is gossip. We are here to help ourselves and other group members. A belittling discussion of others, including the sex addict, or a discussion of personal affairs other than those concerning ourselves, will eventually eliminate the group.

The third is dictatorship. We have no dominating authorities or self-appointed leaders. Our leaders are but trusted servants; they do not govern. We do not give advice; we suggest by telling how we solved similar problems through our experiences.

10. Our Preamble states that “we are self-supporting through our own contributions”. (Pass a donation envelope around. Ask any new members to be our guests and not contribute.)

3. The Preamble to the Twelve Steps describes the purpose of our group:

PREAMBLE TO THE TWELVE STEPS

This is a fellowship of women who share their experience, strength, and hope with each other so that they may solve their common problems and help others to recover. The only requirement for membership is that there is a problem of sexual addiction in a relative or friend. There are no dues or fees for membership; we are self-supporting through our own contributions. Our primary purpose is to recover from the effects upon us of another person's sex addiction, and to help families and friends of sex addicts.

The Twelve Steps:

The Twelve Steps are the foundation of our personal growth and recovery. The principles of the Twelve Steps are universal, applicable to all of us, regardless of our various beliefs. When practiced as a way of life, these spiritual principles help us to meet and rise above all difficulties in our lives—not just those associated with living with or having lived with sexual addiction.

Here are the Twelve Steps we follow which are suggested for our recovery:

1. We admitted we were powerless over sexual addiction—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.
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, 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 others, and to practice these principles in all our affairs.

4. Introduction by first name.

5. Newcomer Welcome. (Extend further welcome to any newcomers and assure them they are free to share or not to share, as they wish, and are welcome to take down any names and numbers on the list and call for support between meetings.)

6. Pass around name and phone list.

7. We are seeking recovery from betrayal trauma:

THE PROBLEM

We have much in common with the friends and relatives of other addicted people. Many of us grew up in families with secrets, and we were not taught to think about our own needs and take positive action to meet them. We chose friends and partners who could not or would not love and support us in a healthy way. We lived life from the standpoint of victims and perceived any personal criticism as a threat.

For most of us, anger, fear, and depression were nearly constant. We acquired some unhealthy beliefs about ourselves very early in our lives—that we were not worthwhile and lovable, that we were able to control other people's behavior, and that sex was the most important sign of love.

We have also felt the shame of thinking we were responsible for the sex addict behavior of a family member or friend. Our self-esteem dropped to low levels, and we doubted our attractiveness, our emotions, our sanity, and our human worth. We have felt betrayed by those we loved the most. Many of us were sexually abused, exposed to diseases, and otherwise placed in physical danger. We were often too ashamed to ask for help.

Some of us minimized the importance of the sex addict's behavior or denied it until we felt emotionally numb. Others focused on the sex addict and the sexual behavior to the point of obsession and tried every known method to control it. Some of us participated in sexual behavior that made us ashamed of ourselves or

used sex to manipulate the sex addict. Some of us misused drugs, alcohol, or food, and others kept so busy that we didn't have time to feel our emotions.

We often neglected our health, our jobs, and our children. No matter how we tried to struggle against it, deny it, or minimize its effects, the failure of our efforts to cope with sexual addiction brought us to the point of despair. This is what we mean when we say in the First Step, "Our lives had become unmanageable."

8. Our recovery depends upon our willingness to adopt new ways of thinking about ourselves and our problems:

KEYS TO OUR RECOVERY

Over time, we learn to accept a number of new ideas:

1. *Sexual addiction is a true addiction.* At first, many of us could not accept this idea. We thought it meant that sex addicts were somehow not responsible for their behavior, or that we were not entitled to our feelings of anger and hurt. But it does not mean either of those things. For us, it means that we see sex addicts as sick people, not bad people; they are powerless over lust.
2. The actions of the sex addict are not a result of something we did or did not do, and we do not have the power to control their behavior.
3. Our *attempts* to control or ignore the sexual addiction led to a decline in our emotional health and may have enabled the sex addict to continue to practice his or her disease.
4. When we first come to Twelve Step, we, too, are spiritually, and emotionally ill.

As we work toward full acceptance of these ideas, we begin to see our problems in a new light, and the awareness dawns that we do have choices concerning our own behavior. This is the beginning of our recovery.

We remind ourselves that we are powerless over the behavior caused by sexual addiction and all actions and reactions of other adults. We ask God to help us stop blaming and trying to control the sex addict and the acting-out behavior.