

SAL Men's 12 Step Online Script v3.1

Welcome to this SAL Men's 12 Step Addiction Recovery Meeting. My name is _____ and I'm a sexaholic. Please mute yourself unless you are speaking.

As anonymity and confidentiality is critical to the safety of this meeting, please make certain that you are in a place where there will not be others seeing or hearing this meeting. If you are able to use the video function for this meeting, we encourage you to do so. We remind everyone that this is a closed meeting for men only, intended for those desiring sexual sobriety and recovery from sexual addiction. We welcome visitors from other "S groups" and those joining us for the first time.

Is there anyone here for the first time?

OPTIONAL: *If anyone says yes* - Welcome! You can find all of the study materials you will need to work this program in the Men's Recovery Bundle on sal12step.org. You will want to purchase those as soon as possible.

You may also be interested in registering for the Intro to Recovery Online Course. This is a 5 week course that will cover all of the new vocabulary and concepts that you will be introduced to as you begin working recovery.

Will someone please briefly share what first brought them to SAL 12 Step meetings and what keeps them coming back? (2-3 minutes) *Pass out the SAL Newcomer handout (bookmark).*

SAL Men's 12 Step Addiction Recovery Groups utilize books from Sexaholics Anonymous and Alcoholics Anonymous as our primary study materials. These books are not produced by SA Lifeline. We make no claim to their authorship and gladly abide by their copyright.

Our goal is to be sober from sexually acting out and find recovery in our own lives. We use the definition of sobriety found on pages 191-193 and 202 of the White Book. This definition is- "for the married sexual addict, sexual sobriety means having no form of sex with self or with persons other than the spouse. For the unmarried sexual addict, sexual sobriety means freedom from sex of any kind. And for all of us, single and married alike, sexual sobriety also includes progressive victory over lust."

SAL 12 Step recovery groups believe that God is at the center of personal recovery from sexual addiction. James 5:16 will be our guide as we "pray one for another, that [we] may be healed". Will someone please volunteer to say a prayer from the heart?

1. OPENING READINGS

Will someone please read (Group Moderator will pick 1 or 2):

- *The Twelve Steps found on p.208 of the White Book*
- *The Serenity Prayer (see bookmark)*
- *What is a Sexaholic and What is Sexual Sobriety? (p.202)*
- *The Problem (p.203)*
- *The Solution (p.204-205)*

2. INTRODUCTIONS

We will now take a few minutes to introduce ourselves by first name only and state our length of sobriety, steps worked, and contacts made. I'll begin and we will go around the room to my left. My name is _____ and I'm a sexaholic. My sobriety date is _____. I worked on step _____, made _____ contacts this week, and (did/didn't) complete my recovery goals from last week. Thanks I am _____.

3. PHONE LIST

We have a phone list for this meeting. The purpose of the phone list is to give everyone an opportunity to reach out in times of need. Putting your name and phone number on the phone list is optional. If you would like to add your name please put it in the chat. If you would like a phone list sent to you, please put your email in the chat as well.

4. SPONSORS

We have found that connection and working with a sponsor are crucial to our recovery. We strongly encourage each person here to find a sponsor to work this program as soon as possible. To learn more about sponsorship, what it means to be a sponsor and sponsee, go to <https://salifeline.org/sponsorship/>.

5. CHIPS

We celebrate milestones in our recovery with chips. Is anyone hitting a specific milestone today of 30, 60, 90 days, 6 months, 1 year, 18 months or multiple years? We also have a Hope Chip, for which no sobriety is required. Would anyone like a Hope Chip? (If so, have someone assigned to pass out the chips.)

6. DONATIONS

This SAL group has no dues or fees but is fully self-supporting through our own contributions. We strongly encourage all members of online meetings to do this by becoming a donating member of sal12step.org. You can set up a monthly donation, or enroll in one of the various online Courses to help you work your Steps more consistently. These funds go toward providing the online resources that make this meeting possible, as well as producing supplemental courses to keep you progressing in recovery. To learn more about donations, go to sal12step.org/donation/.

7. ITEMS OF BUSINESS

Are there announcements, items of business, or 1st step inventories we need to be aware of?

OPTIONAL: *If there are more than 20 people coming consistently to your group, please discuss splitting the meeting and refer them to <https://sal12step.org/new-meeting-docs/>.*

8. STEP STUDY OR TOPIC STUDY

The Twelve Steps are the foundation of our personal growth and

recovery. 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. The aim is to see how we can apply the Steps in our daily lives.

It is now time to study SA Literature. We will conclude our step Study at ___ to leave ample time for sharing. Today we will be studying from ____ (*White Book/Step into Action/Big Book/12&12*). You can find all of the study materials you will need to work this program in the Men's Recovery Bundle on sal12step.org.

We will go around the room, each person reading one or two paragraphs at a time. Feel free to comment if something read is meaningful to you. Questions are encouraged. 1 minute is generally a reasonable time for comments during this portion of the meeting.. We try to see the difference between mere understanding and belief, and actually putting the principle into action in all areas of our lives.

9. SHARING

Now it is time to share. We ask that you follow these guidelines:

- There is no cross talk. We don't interrupt others or comment directly about what they share.
- We talk in the "I" and "me," not the "you" or "we" forms, speaking ONLY from our own experience and not giving advice.
- We lead with our weaknesses. This is not a dumping ground for our problems or a place for continual storytelling. The emphasis should be on honesty, recovery, and healing—how to apply the Twelve Steps in our daily lives.
- Stay away from explicit sexual descriptions, specific websites, or vulgarities that may be a trigger or be offensive to others. If you feel another is getting too explicit, please raise your hand. If you find something triggering, we recommend speaking with another member after the meeting to surrender.
- Shares may include personal religious experiences, however, proselyting is not appropriate. Respect of all religious beliefs is fundamental to group unity.
- Please respect the time allowed for sharing. 2-3 minutes is generally a reasonable time, which will allow others to have an opportunity. Will someone volunteer to run a timer?
- We will conclude sharing at _____.
- It is now time to share.

10. CLOSING REMINDER

It is now time to close the meeting. This is an anonymous program. We ask all members to respect our anonymity. *Who you see here, what you hear here, when you leave here, let it stay here.* <Here, Here>

11. WEEKLY COMMITMENT

We encourage everyone in the group to contact other members during the week.

We will now take 1 minute and silently consider our personal commitment to recovery and write down our recovery goals for the next week. <Wait silently for one minute>

12. CLOSING READINGS

Will someone please read (Group Moderator will pick 1 or 2):

- *The 3rd Step Prayer* (p.95, *The White Book*)
- *A Vision for You* (p.210)
- *The Solution* (p.204-205)
- *The Twelve Promises* (this is the paragraph beginning with "If we are painstaking...on p.83-84 of the *Big Book*)

CLOSING

Will someone volunteer to say a prayer from the heart?

"Keep coming back! It works when I work it! So work it! You're worth it!" (Group repeats)

Last updated on 4/15/2019