

SAL Men's 12 Step Online Script v3.4

Welcome to this SAL Men's 12 Step Addiction Recovery Meeting. My name is _____ and I'm a sex addict. 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 intended only for men 18 years of age and older who desire 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 to SAL! Have you attended any other S 12-Step fellowships or is SAL your first experience? How did you find this meeting? (If so, give the new person an opportunity to answer the question.) We encourage newcomers to go to sal12step.org to purchase the study materials for this program and find additional tools to help you in your recovery.

We are pleased you are here. You may have questions. You are welcome to stay after the meeting for a few minutes and speak with members about our SAL Group. We'll be happy to answer the questions you have.

Option to refer them to the SAL Bookmark PDF at sal12step.org

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?

We will now recite the Serenity Prayer together.

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 You will make all things right
If I surrender to your will.
That I may be reasonably happy in this life
And supremely happy with You forever in the next.

Thy will, not mine be done.

-Reinhold Niebuhr

SAL 12 Step Addiction Recovery Groups understand that sobriety is the critical foundation of recovery. As the White Book states: "Everything begins with sobriety. Without sobriety, there is no program of recovery. But without reversing the deadly traits that underlie our addiction, there is no positive and lasting sobriety." (p. 77)

We use the SAL definition of sobriety:

"Sexual sobriety means having no form of sex with self; not pursuing actions of lust, such as using pornography; and having no form of sex with anyone other than the spouse*. Our goal is to live in recovery, to practice "positive sobriety," and to choose to actively surrender lust in all its forms to the God of our understanding."

SAL 12 Step Addiction Recovery Groups recognize the trauma our addiction has inflicted upon our partners. We understand that a part of our recovery includes taking accountability for our actions, respecting boundaries, and re-building trust.

1. OPENING READINGS

We 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.

Would someone please read the 12 Steps found on page 208 of the White Book while we all follow along?

Will someone please read (Group Moderator will pick 1 additional reading):

- *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 I will call out the order of who will go next. My name is _____ and I'm a sex addict. My sobriety date is _____. I worked on step(s)_____, days _____ 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. 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 sponsorship are crucial to our recovery. We strongly encourage each person here to find a sponsor to work this program as soon as possible. For those willing to sponsor, please raise your hand or type your name in the chat.

Who can share how sponsorship has helped them this week?

5. CHIPS

We celebrate milestones in our recovery with chips. I have asked _____ to do the chips.

We also have a Hope Chip, for which no sobriety is required. If anyone would like a Hope Chip, put your name and address in the chat and we can mail that to you.

(We encourage newcomers to accept a Hope Chip from the group.)

6. DONATIONS

This SAL group has no dues or fees but is fully self-supporting through our own contributions. We encourage all members of online meetings to donate on SAL12Step.org to help support these online platforms. These contributions allow us to give back to others.

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 & AA Literature. We will take turns 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.

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. You will want to get those as soon as possible.

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, our work of recovery, and healing—how we have applied 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.
(Reminder to the moderator - NOT TO BE READ to the group. During sharing time, the moderator is responsible to remind the group to follow the sharing guidelines. If for any reason the positive spirit of the meeting is interrupted, the moderator should ask the group to turn to page 185 of the White Book and read the last two sentences on the page. The group can then discuss the importance of the meeting being "a sanctuary of serenity and light" and what that means to the group.)

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>

Will someone take a moment and share their goals for the week with the group?

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)

*The term "spouse" refers to one's partner in a marriage between a man and a woman.

Last updated on 04/21/21