

SAL Newcomer Script for Men's Meetings

This script is intended to welcome newcomers to SAL 12-Step meetings for Sexual Addiction recovery. Some groups include a Newcomer Welcome person in their group Service Positions.

Begin with a prayer from the heart (*ask for a volunteer*)

NEW MEMBER HOSTS BRIEFLY SHARE THEIR STORY (2-3 MINUTES MAXIMUM)

- What was your life like before recovery and what your life is like now?
- What were your behaviors before recovery and now?
- How important are the 12 Steps in your recovery.

Ask Newcomer's: What brought you to the meeting and how did you find out about it?

Newcomer quick intros: Name, sobriety date, where they are from. (Brief story if less than 4 newcomers)

DIFFERENCE BETWEEN SAL & SA:

- Prayer in Meetings
- Meetings are gender-specific, as a safety issue
- We refer to God as we please (i.e. Higher Power, God, Heavenly Father, etc.)
- Overall structure and consistency to meetings worldwide (we connect back to the Foundation for meeting scripts and study materials)
- Additional tools to work and support recovery (sal12step.org & salifeline.org)
- Acknowledgement & focus on Betrayal Trauma

IMPORTANCE OF ATTENDING GROUP:

One must choose for himself or herself to step onto the path of recovery from sexual addiction and stay on it. The path is narrow and may seem steep at times, so a long-term commitment is vital. Without a firm resolve to "do whatever it takes", discouragement may set in during setbacks, and sadly, a return to illicit sexual behaviors will likely follow.

TO STEP ON THE PATH OF RECOVERY, HELP FROM OTHERS IS ESSENTIAL:

- 1) Seeking spiritual guidance
- 2) Working with a qualified therapist
- 3) Working the 12 Steps
- 4) Educating ourselves
- 5) SAL 12 step curriculum
- 6) S.A. Lifeline Podcast "Pathway to Recovery"
- 7) Get a Sponsor or a temporary Sponsor

WHAT IS A "SEXAHOLIC" OR "SEX ADDICT?"

At first it may be difficult to admit that we are sex addicts. Sex addict means "a toxicity to lust" (i.e. viewing pornography, sex with self, on-line chat, massage parlors, or any other form of acting out). Identifying boundaries and sticking to those is key to keeping us safe from lust.

READING FROM THE WHITE BOOK: TOXICITY (PG.32)

"Toxic reactions to alcohol and drug abuse are common knowledge. What we might call the toxicity of lust becomes especially apparent to us in recovery. We become increasingly aware of the poisonous

effects of lust on our thinking and behavior. We have heard members say, "I'm allergic to lust," and we know the person is trying to describe the toxic reaction that occurs whenever he or she takes a visual or fantasy "drink" without even acting out. In sobriety, once we have withdrawn from lust and then let it back in, the toxic effect is felt immediately and strongly. We can tolerate less of it than ever, and it produces a greater disturbance. Our sexaholism doesn't stand still; it progressively worsens."

A CHANGE OF HEART: SURRENDER AS AN ATTITUDE

"Surrender as an attitude becomes the key to this spiritual program and the summary of its very essence. Once this initial turnaround is made, it gives us faith in the surrender process...Surrender is not only the only the key to the Twelve Step program and sexual sobriety, but to a joyous and purposeful life with others."

EXPLAIN THE INTRODUCTION SCRIPT:

- First name only
- Sobriety date
- Step they're working on
- Contacts this week ("*What is a Contact?*" sal12step.org)
- If you completed your weekly goals (*ex. of a goal*)

SUGGESTED MATERIALS:

- List of meetings/schedule
- Men's Working Recovery Bundle:
Big Book, White Book, SAL book, Step into Action, 12 Steps & 12 Traditions
- SAL book 2nd Edition

STUDY MATERIALS

These books are not produced by SAL. We make no claim to their authorship and gladly abide by their copyright. SAL members recognize and express appreciation for the sacrifices of those who have gone before us to produce and distribute these materials.

EXPLAIN THE MEETING FORMAT:

- Introduction
- Prayer
- Step Study – Reading from Materials
- Personal Introductions
- Chips
- New Comer Orientation, SAL Business, Group Conscience, Step 3 Share, 1st Step Inventory
- Phone list - take a picture and reach out to others during the week
- Sharing
- Prayer

FINAL TIPS—WHAT WORKS FOR US:

- Studying the White Book, Step into Action books, AA Big Book and AA 12 Steps and 12 Traditions
- Calling a sponsor & working the Twelve Steps (See Step into Action Books 1, 2 & 3; pages 25-30)
- Keeping in contact with other fellows of the group/program
- Practicing Surrender
- On your knees - prayer
- On the phone – talking to group members/sponsor
- Write it down – Journaling or writing
- Therapy with a therapist that specializes in sex addiction

EXCHANGE CONTACT INFO AND EXPLAIN:

- I will reach out to you this week and will be your temporary sponsor.
- Reaching out daily, though difficult, is very important to recovery.
- Encourage them to call and share their story with you. When you call, I can answer any questions you have. We can also talk more in the meeting after the meeting (*parking lot*).

What is a takeaway from this meeting?

QUESTIONS?

Close with a prayer from the heart. (*ask for a volunteer*).

We know that you will have more questions, and we can answer those after the meeting (if meeting during the Study portion). We do want to end so you can attend the sharing portion of the meeting.

(“To The Newcomer; What Works for Us” SA Whitebook p.1)

(“How Do We Deal with Newcomers” SA Whitebook p.180)