

# The Plain Brown Rapper

The official newsletter of the International Service Organization of SAA

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## Writing as a Personal Development Tool

By Mitchell F., San Francisco, CA

Seven days a week, after eating breakfast and before launching into my daily activities, I sit down to write. I write about personal and business issues, ongoing struggles, questions I have about my life, and a host of topics. No subject is off limits. I've reaped tremendous personal and professional benefits by cultivating this practice of personal writing over the last year in conjunction with working the Twelve Steps of the SAA program. Here I'm offering an overview of my effort, with the hope you'll consider how to incorporate writing into your daily plan for personal development and recovery.

Before I started writing I needed to grapple with the emotional roadblocks in my writing process. For me, writing had been an emotionally charged and painful process dating back to my experiences in completing assignments in college and graduate school. Despite the fact that I received high marks from teachers on my written assignments, I couldn't imagine any task more excruciating than writing. The act of putting the pen to paper (my education took place before the advent of personal computers, so I completed drafts of papers in longhand and typed the final ver-

sions) was scary, painful, and seemed highly inefficient and ineffective as a means of communicating my thoughts. These feelings were reinforced while completing written projects for my employers and clients during the initial phase of my career.

The kind of writing I'm talking about here, however, is fundamentally different. Writing has become a tool for personal insight and development. I'm now writing for myself, about my life and issues that matter to me. As I write I affirm that what I do, feel, think, and say has value. My writing has become a vehicle for me to listen to myself, to pay attention to what's going on in my life. I record thoughts, feelings, and emotions that come up during the day, sometimes shortly after they occur, more typically either in the evening or the next morning. Writing is also an opportunity to note significant developments in my life, as I define them. It could be how I taught a class or handled a business or personal situation I'd found difficult in the past. Writing allows me to process what I've experienced, reinforce the lessons I've learned, and

## Writing as a Personal Development Tool Continued

By Mitchell F., San Francisco, CA

make connections and see continuity in my life. Moreover, I create and document a personal history for me to review and learn from in future years.

To these ends, I'll typically consider the events of the previous day when I sit down to write in the mornings. What happened? What people did I meet? How did I feel about these engagements? What did I learn? How does this ex-

perience reveal my progress, or areas where I need to improve? I'll also often look ahead to the events of the coming day, or even beyond that if there's something weighing on my mind that's creating anxiety. How will I handle what I'm likely to encounter? What are my goals for a particular event or activity? I also note related feelings and thoughts that arise. If I'm feeling anxious, I focus on that feeling in my writing to see if I can get at the root causes. For example, I've often found myself unable to



focus on writing because I'm pre-occupied by thoughts of what I have to do that day. So I'll focus on writing about the particular assignment, troubling issues, and what I need to do. More often than not, writing it out will help dissipate my feelings and enable me to move on with my writing and, more importantly, the scheduled activities.

I've increasingly used my writing sessions as a time and place to "put things" I normally wouldn't know how to handle within the physical, intellectual, and emotional frameworks I've set up in my life. I use writing to note resources (i.e. books, Web sites, people, concepts) I come across that are worthy of further exploration or processing or which may be helpful later on.

This article resulted from my thinking about the subject of writing over the last several months, observing how my writing practice has evolved and benefited me, and writing about these observations for brief periods during morning sessions. In other words, I'll write about a

topic--any topic--as a healthy alternative to ruminating about it. Although in this case you're reading the results of one such effort, I don't feel compelled to develop every idea into an article, much less make it available for public consumption.

I've referred to my morning writing sessions here, but evening writing sessions work just as well. I like to sit down and write during the day as well if there's an issue weighing on my mind or if I have time. I also use writing as a way to debrief after attending business events, teaching a class, giving a presentation, meeting with a client, and participating in a variety of other activities, to capture my thoughts and feelings while they're fresh, and to pinpoint insights gained and areas where I need to focus my energies for continued improvement.

There are no physical restrictions on where one can write, although I've found it difficult to write while riding on mass transportation. I've found that having a designated place or places is helpful for ritualizing the practice. I have a table set up in my bedroom that's dedicated to my morning and occasional evening writing sessions. At other times of the day, I'll often vary my writing

location to include my office on a specifically designated table, coffee shops, and anywhere I can comfortably create space for a notebook and pen. For example, I recently grabbed twenty minutes while waiting for an event to start to write in a small notebook I carry in my jacket pocket. I've found that writing with a pen and paper is easier to manage than any kind of electronic device or computer. Besides, it's allowed me to rediscover the joys of writing longhand, which I had long ago put aside in favor of writing solely on a computer.

As I've implied above, there are no rules when you write in the manner I've discussed. The most important thing is to write--that's it. Your penmanship might be sloppy, your grammar incorrect, your spelling atrocious. It doesn't make any difference. No one will see your work but you, unless you choose to share it. Quality is irrelevant. The commitment is the key. The more you write the easier it is to write, and as a result it's more enjoyable as well. An added bonus I've discovered is that the more you write, the more likely you are to access content you might be able to use elsewhere in your life. And that, I think, is what writing as a personal development tool is geared for--cultivating the ability to live one's life more fully.

## The Butterflies

By Scotty W.

Picture a toddler, sitting in a field of bright flowers. The sky is bright, the field is rich with the greens and golds of grass and flowers, but the toddler is captivated by hundreds of butterflies in the field. They flutter about, in a seemingly endless pattern, a living kaleidoscope in front of his young eyes.

As the child sits watching,

the butterflies fly closer and closer, nearly touching his cheeks and hands as they pass. His eyes dart here and there, trying in vain to follow all the movement surrounding him.

But he's not content to sit still and wait for them to come to him. He wants more. He wants it now. He wants to be even closer to these wonderful creatures. He stands and reaches



out, only to see the beautiful butterflies recede from the area of his grasp. He quickly reaches over his head, only to find the butterflies have all zipped elsewhere. He runs, arms outstretched and waving about, trying with all his might to catch, to hold, to control, these wonderful butterflies. But the harder he tries, the more distant the butterflies become.

He runs here and there, darting to and fro, becoming more anxious and frustrated with each step. He is a frenzy of movement, of action. But no matter what he tries, he can't reach them.

The exasperated toddler finally collapses in a sweaty heap. He cries softly, not knowing why these beautiful butterflies refuse to come close when he wants them so very

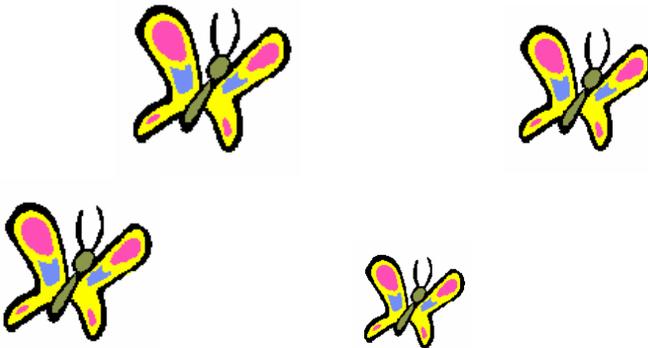
much.

Finally, he knows he's defeated. He has no capability to reach these beautiful creatures. He places his tear-streaked face in his hands, and sobs gently.

Just at his lowest ebb, when he believes he can bear no more, he feels the softest kiss of tiny wings on his head and shoulder. He slowly opens his eyes and peers through his matted hair, and grins as he sees first one, then another, then another butterfly alight on his legs and arms.

His joy is complete. But he stirs, and the butterflies begin to fly away again. His pleasure instantly turns to anguish, as he lunges to catch the escaping butterflies. Soon, he is chasing across the field, and the game begins again.

Perhaps he'll learn someday...



## That's Why I'm Here

With apologies to Kenny Chesney

From an Anonymous Newcomer

Most of the money I've spent in my sex addiction was on drugs to enhance sexual stamina, with some money spent on "toys" or "paraphernalia"; and the money spent on drugs used solely for sexual purposes probably ran into the \$100,000 range and a few hundred dollars on toys.

I've been treated for one "infestation" but by God's grace no disease **yet**, and I've had one injury from stamina drugs, costing around \$6,000.

Because of the business I was in, I had most needs paid for, so I didn't have much out-of-pocket cost, except for the drug use--**yet**.

Divorce. Lost relationships. Stabbed. Dangerous situations.

The amount of time I spent over the 20 or so years of my addiction in fantasy was enormous, and acting out was a daily job for the last 7 or 8 years of my addiction. The only variations I haven't tried **yet** are bestiality and child molestation. Unless there's some new stuff I haven't heard of

**yet**. I've even unknowingly had sex with a 16-year-old and been involved in white slavery.

I have felt the incomprehensible demoralization from my sexual compulsion. The shame and guilt is sometimes overwhelming.

I cannot "control" the thoughts of sex, and lust that pop into my head, and I'm constantly objectifying myself and every woman I see. I am powerless against sexual obsession and compulsion, and I don't want to feel the pain I've been feeling anymore. I give up fighting it. I need and want help.



Why is this addiction harder to grasp than my drug addiction? I'm so afraid acting out will cause a relapse on drugs or a return to pornography. There was, and sometimes still is, this perverse false pride which causes even more guilt. It's difficult to try to tell others of what I've done...most men respond, "You really did that!?! All right, dude!" So I am glad I found this fellowship. I cannot minimize the power of this addiction.

## Self esteem

By Jan H.

I am Jan; I am a sex addict. Do these words describe the sum total of who I am? Of course not! I am also a husband, a son, a brother, a father. I am a friend, a writer, a singer.

Can I have self-esteem in the face of admitting that I am a sex addict? Some of my friends describe themselves as "recovering sex addicts." I wonder if this puts a more acceptable face on the description. Why am I ashamed of being a sex addict? Certainly, society does not offer much sympathy to those who carry this diagnosis. Certainly, this disease has cost me a lot. I hate having it. Nevertheless, it is who I am. How can one admit to being a sex addict and yet have a healthy self-esteem?

There are those who carry other illnesses, such as diabetes, hypertension, heart disease, cancer. Yet, "I am a diabetic" does not seem to have the same connotation as "I am a sex addict." Still these words are only descriptions of part of who I am. I might be a diabetic sex addict. I am much more

than just a sex addict.

I can write essays that are published in the Plain Brown Rapper. Of these accomplishments, I can be proud and have some measure of self-esteem. Can I do the same with my blue eyes, brown hair or sex addiction? Of course, hair color does not reflect itself in destructive

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*God, grant me the serenity to accept that I am a sex addict, courage to bring my behavior into recovery, and the wisdom to put it all together.*

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hurtful behaviors while sex addiction does. There are those who know I am a sex addict and accept me anyway. There are those who know I am an addict and reject me. I must be careful to include myself in the first group.

I admit that I am a sex addict, that my life has become unmanageable. I believe that a power greater than myself can restore me to sanity.

Self-esteem comes from self-acceptance and integrity: performing behavior that is congruent with my value system. Recovery helps me with both of these parts. The serenity prayer hits the nail on the head. Paraphrased: God, grant me the serenity to accept that I am a sex addict, courage to bring my behavior into recovery, and the wisdom to put it all together.



## Grand-Sponsoring

By Anonymous

Some of my sponsees are now sponsors themselves. They have worked enough of the Steps and have maintained abstinence for more than a year so that they have some “experience, strength and hope” to share with newcomers. It is very exciting to see them carry the message in this important way. While I have nudged each one when I thought he was ready, each told me that he would do it only if I helped him. This I took as a sign that they were approaching sponsorship seriously.

I discussed with each one some suggested guidelines to help him get started. They each agreed to: 1. Sponsor no more than two people at first so they could get some experience. (A quick note: In some regions of the country, sponsorship is almost a one-on-one activity. Locally, we do not do anything that intense. Even in other Twelve Step fellowships, including AA and NA, multiple

sponsees are the norm.) 2. Limit themselves to providing support and guidance on working the Twelve Steps since that was all that they had to give away at this point. 3. Give themselves permission not to be experts and to tell their sponsees “I don't know” when that was the case. 4. Talk with me about what was going on in the sponsorship relationship from time to time.

For my part I had guidelines for myself: I do not tell them how to sponsor. I only share what I have learned when they ask and encourage them to explore their own approaches and styles. I help them keep themselves focused on their own recoveries by asking about their own work as well as listening to them talk about their sponsees' progress. I stand back so that they can learn from sponsorship, while trying to be close enough when they believe they need some guidance.

This last guideline actually ended up helping one sponsee grow quite a bit in his own pro-

gram. “Cal” discussed it with me before he took on a request to sponsor “Eric.” I had my doubts about Eric and guessed that he was looking for someone to talk to until he could “fall in love when the right woman came along”; I didn’t tell Cal of my suspicions. So Eric took up quite a bit of Cal’s energy and time for about two months, and then left the group when he fell in love. Cal was sad and mad about being discarded so easily. When we talked about it, he recognized that he had gotten over-involved in Eric’s life and that he needed to develop some boundaries for himself as a sponsor. Boundaries and expectations had been a big problem for him with most of his relationships anyway.

This was a valuable lesson that he got to test four months later when Eric called him again. He was quite depressed because that woman had had the sense to end their relationship. He came looking for Cal to take care of him again and Cal wouldn’t fall for it. On his own, Cal extended his boundaries into the way that he shaped his sponsorship relationship with Eric. At the same time, he also encouraged Eric to set some boundaries against falling in love that way.

So far, it seems to be much healthier this time for both of them.

While the guidelines have been helpful (mostly to me to keep my nose out of their business), my sponsees have found that they don’t need me that much. When they share what they have gained from the program and limit it to that, they carry the message quite well. Their own recoveries are the best tools they have in sponsoring newcomers.

It would be great to hear from other people about how you work as a grandsponsor.

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Just as a reminder to people who are working on Sponsorship-related activities or literature, or who have questions or comments sponsorship, please write to this column. We are happy to share with the rest of the fellowship what you are doing and we want to bring your questions about sponsorship to the rest of the fellowship.

Please submit sponsorship-related information to: [pbr@saa-recovery.org](mailto:pbr@saa-recovery.org), and the PBR Editor will forward your e-mail to me.

## From the Editor

By Mike L.

The last few weeks of my life have been interesting, to say the least.

February began with the second SAA Book retreat, which took place here in Houston. The first one took place a couple of years ago in New Orleans. I don't want to steal any thunder from Chris D., whose article on the retreat appears elsewhere in this issue of the PBR, so I'll just say that it was an exciting four days with the rest of the Literature Committee and the two authors of the SAA Book, and I came away from there feeling a great deal of enthusiasm for the book that is being generated, not to mention heaps of respect for the authors and the two members of the Literature Committee who have stepped forward to edit the book.

I also have completed a process that has occupied large amounts of my time and attention for the last several years of my life; at least I hope I have. Even though it was a process that I have not particularly enjoyed, when it was over I felt quite a bit of sadness, not unlike the way I felt at the end of the 1997 convention in Houston, for which I was part of the planning committee. This time I think I am handling the whole thing in a more healthy fashion, looking to some of the things that are in my outer circle and that I have not devoted nearly enough time to in the last couple of years. So I hope that the coming weeks and months will be at least as interesting as the last few weeks have.

For the last five and a half years I have been chairing a meeting based on the 12+12 at an alcohol and drug halfway house a few miles from where I live. Even though the meetings are essentially AA meetings, I occasionally own that I am also a sex addict. It's rare that somebody doesn't come up to me after the meeting or later in the week to let me know that he has issues around sex also. I was privileged to experience a moving example of this phenomenon recently. A few weeks ago one man in the group broke the news gently to me that he had had some issues with abuse when he was a child and today he told me the rest of the story and how it has affected his life. I mostly just listened and offered my encouragement as best I could, and it was wonderful to see the relief on that man's face and hear it in his voice after he had unburdened himself. It's for experiences like this one that I continue to own being a sex ad-

dict at this group when it is appropriate.

Similarly, it's wonderful to be the recipient of your stories and your experience, strength and hope as editor of the PBR. If you have submitted an article for the PBR and it still has not appeared, please do not fret. We have received such a wealth of material in the last few months that it is taking some time to get it all published. I have not forgotten you, and if you have a concern that I didn't receive your piece, please write to me at [moses80us@yahoo.com](mailto:moses80us@yahoo.com). It has been my intention to notify authors as I receive their material that I have it, and there are times when I forget.

Please also continue to submit your material, as we are indeed getting caught up on the backlog and I see a day in the not-too-distant future when I will be making more insistent requests for submissions than I am having to do now. You can submit your work through the website at [www.saa-recovery.org](http://www.saa-recovery.org) or directly to [pbr@saa-recovery.org](mailto:pbr@saa-recovery.org). If you are computer-challenged or prefer to stay away from the darn things, feel free to send it to me at Mike L., PBR Editor, P.O. Box 27544, Houston, TX 77227-7544. Just be sure to indicate on the envelope somehow that it is a PBR submission so that I don't fail to open it in a timely fashion. We do ask that submissions have a recovery basis and focus more on the solution than on the problem. If you have submitted your story for the upcoming SAA book, you might consider also submitting it to the PBR, modifying it as necessary to conform to our space restraints.

By the way, I've gotten a lot of very positive responses to the new PBR layout. As much as I'd like to take credit for this change, all the credit goes to Jonathan C., our hard-working layout editor, who also serves as news editor. If you have comments on the layout or news section of the PBR, please send them to Jonathan at [jonathan@saa-recovery.org](mailto:jonathan@saa-recovery.org).

So until next time, enjoy the PBR!  
And please keep those articles coming!



## So What's Different This Time

By Anthony H.

For me, to realize I am still powerless over this addiction is staggering. I have been in this program now for well over three years, and yet every day there is some element of powerless with me. I have written down my three circles of behaviors, but I don't necessarily read these on a regular basis, and that helps keep me in Step 1. Granted, I have had times of getting past this step, even as far as "giving it away" to another as in Step 12. However, the fact that my middle circle contains elements like HALT, not to mention the fact that I was 45 minutes late to group today, brings me back to the reality of not putting recovery as my primary goal.

In the past, I have learned to "talk the talk" but not necessarily "walk the walk." I tell friends and family about how 12-Step Recovery can make a huge difference for me, yet I still maintain my "regular" patterns of going to

group, addressing my spouse about the meeting topics, and not doing anything further to advance my recovery. The change needed for this to be effective for me just hasn't come yet. I have learned to

share with others in group, yet I don't make calls when I'm tempted to act out, or not, and I begin again to fall away from healthy recovery practices.

I do know these groups work. Even now as I'm writing I can feel something in me pushing these words out. Staying in the moment, I can focus

on healthy recovery practices such as being grateful to have these groups available, talking to others within group, journaling, even going so far as to chair these meetings next month. Someone call to wake me!! I need to get here on time!!

I am a recovering sex addict. I can be healed. I can work my program.





# ISO News



ISO Literature Committee, ISO Board, & Board Committees

## ISO Board Minutes

**The Board of Trustees of the ISO of SAA, Inc.,  
met via teleconference on March 22, 2003.  
The following is a report of votes taken.**

Accepted: The following Literature Committee SAA Book report for the month of March:

“Committee and the authors met in Houston from Feb. 4-7 to work on the SAA book project. The retreat was a very productive one. Topics that had been previously discussed in the 2000 New Orleans retreat were reviewed, with new input relevant to the second draft of the book. We also came to consensus on quite a few new topics relevant to the work. Finally, we put together an outline by which the material of both drafts will be structured into an edited text.

“Two members of the Literature Committee were elected as editors. They will present their work, along with a report, to the rest of the Literature Committee and the authors on a monthly basis for review, all of which will be subject to Litera-

ture Committee discussion, revision, and approval. The editors and authors will be talking regularly during this process, and the authors will continue to participate in the Literature Committee meetings pertaining to the book, and produce any new writing deemed necessary by the Committee. A section on the Twelve Traditions will be completed shortly.

“The sense of purpose and unity that we felt was very positive. Everyone showed great energy and cooperation in working towards the common goal of a book that carries the message of Sex Addicts Anonymous. With the help of a Power greater than ourselves, this long and arduous project is entering its final phase. As a motivational goal, the Committee is aiming to have a completed text by 2004. With patience, persistence and faith, this goal is certainly attainable.”

Accepted: The Financial Reports for January and February 2003, which were accompanied by the Director of Fellowship Services' explanation to the Board that, through the first two months of the year, donations were \$3,268 below budget, with the shortfall stemming entirely from the fact that individual donations were behind budget by \$3,778, and with the further notation that this shortfall in individual donations had contributed significantly to the ISO's inability to meet any of its obligation to deposit \$4,941 into its reserves as called for during the same two months.

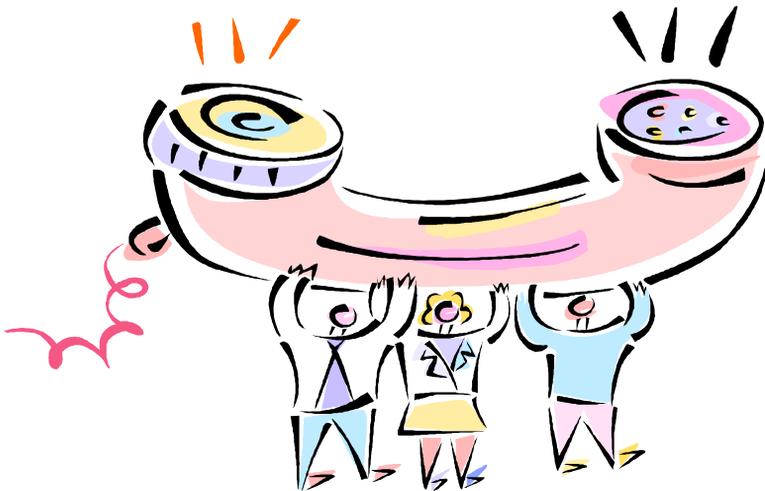
Approved: A Travel Reimbursement Policy revised to incorporate changes recommended by 2002 Delegates.

Approved: A raise of thirty-five cents per hour for Jonathan C.

Approved: A motion to raise the sale price of *From Shame To Grace* to \$12.

Approved: A revised Delegate Orientation booklet that is to be given to each Delegate Meeting participant upon registration.

Approved: A motion directing the ISO Office to pursue options for the 2004 ISO Convention.





## ISO Literature Committee Minutes

**The ISO Literature Committee met during the SAA Book Retreat in Houston, Texas, on February 8, 2003. The following is a report on votes taken.**

Approved: Chris D. and Elizabeth S. to serve as the two editors for the SAA Book.

Approved: To request from the ISO funding for a once-a-month conference call between the au-

thors and the editors and any additional conference calls that would involve the entire lit com, as the authors and editors deem necessary, to further or expand the project.



## Intergroup Communications Committee

**In addition to Committee reports, this section gives members, groups, and intergroups the opportunity to share ideas about topics such as how they communicate within their local SAA community, promote service work, support each other, or reach out to the addict who still suffers. Specifically, it is about ways to carry out these activities.**

The Indiana Intergroup of SAA will hold a Spring Workshop on April 26 in Indianapolis. The event, which has sponsorship as its theme, will feature workshops on the topic. Registration is \$15. Registration information is available at the IISAA website: [www.indiana-saa.org](http://www.indiana-saa.org).

Other intergroup plans to focus on sponsorship include soliciting articles on the topic of sponsorship for each issue of its statewide newsletter, the Indiana Check IN, suggesting particular aspects of sponsorship to all groups for meeting discussions, providing resources and training to sponsors, and making sponsorship the topic of its annual Fall Retreat.



## International Development

**We are reprinting this letter with the permission of Bertrand M., to share with you the good news of SAA's first meeting in Paris.**

Dear friends,

It is with considerable joy that I attach the completed registration form for the first registered Paris meeting of SAA.

I wish to thank you for the initial help you gave us over the telephone and for being so swift in sending us the Starter Pack. The meeting has been going about a month, and there were five of us last Saturday, from an initial 'core' of two—and we haven't even started our PI yet!

We would be extremely grateful if you would put the meeting up on the site as a matter of urgency, as we're confident that this will be a good way of attracting visiting SAA members to our meeting.

Finally, one of us is working on developing a Paris web page for the meeting. We will of course keep you posted on this development and make sure whatever we do is sanctioned and supported by ISO. I was reluctant to have my phone number listed on the web at this point, which unfortunately leaves us without a published contact for the group. We are looking into setting up an SAA Paris greeting + information phone line in the near future.

Again, many thanks for your support and encouragement. We hope to see some of you round our way soon.

In fellowship and gratitude.

Bertrand M,



## Prison Outreach Committee

by Mike L.

At Bridge to Freedom, the 2002 SAA convention that took place in San Francisco, I saw a lot of energy around prison outreach. Our focus meeting on Friday afternoon had the largest attendance I have seen in recent years, and likewise with the prison outreach workshop Tim E. and I held that weekend. In short, I was very heartened by the outpouring of interest in prison outreach during Bridge to Freedom.

I have been remiss in getting in touch with each of the folks who came up to me during the convention and volunteered to write to prisoners. In most of those cases, I got their contact information on scraps of paper, which I am still running across. If you volunteered to write to a prisoner and I have not gotten back with you, please contact me again. I'm always looking for new volunteers as well. You can write to me at my e-mail address of [elrojo9701@yahoo.com](mailto:elrojo9701@yahoo.com) or by snail-mail: Mike L., P.O. Box 27544, Houston, TX 77227-7544.

Our greatest need right now is for a prison outreach coordinator for the Southeast Region, as our

previous coordinator has stepped down for personal reasons. Despite the large number of states (8) in the South East Region, we only receive about five new letters a month from prisoners in this region, so serving as prison outreach coordinator for this region is far from being an onerous task, and the rewards far outweigh the work. If you are interested in doing this valuable service work, please get in touch with me at one of the above addresses.

We have an unofficial SAA prison outreach job description, which outlines the responsibilities of Prison Outreach Coordinator and discusses other opportunities available. It also sets forth some guidelines for writing to prisoners. If you are interested in prison outreach, I'll be happy to send you a copy of this material for the asking, either electronically or in hard copy. There is, as the TV ads say, "no obligation."

I am also looking for someone in the Bakersfield/Los Angeles area to write to or visit a male prisoner who is in a state prison in Tehachapi. Please get in touch with me if you have the time to help this man out.

Blessings to all of you for a wonderful spring.



## **Good News!! More Spanish Literature!!!**

We now have four of our pamphlets translated into Spanish. We already had *Sexo Adictos Anónimos* (*Sex Addicts Anonymous*). Now we have *Los Tres Círculos* (*Three Circles*), *Para Comenzar en Sexo Adictos Anónimos* (*Getting Started in Sex Addicts Anonymous*) and *El Primer Paso Para La Recuperación* (*First Step to Recovery*).

## **New Volume Discount On SAA Outreach Pamphlet**

At its meeting on November 9, the ISO Board approved a new volume discount on the outreach edition of the *Sex Addicts Anonymous* pamphlet that is widely used within the fellowship as an outreach tool.

The pamphlet that normally sells for twenty cents will now be sold by the ISO Office at cost plus shipping and handling when ordered by registered groups or intergroups in quantities of 500 or more.

## How to Submit a PBR article

### ***First:***

Write from your experience, strength and hope. Others may need to hear exactly what you have to say.

### ***Second:***

Send your article by e-mail to: PBR@saa-recovery.org

or mail to: ISO  
P. O. Box 70949  
Houston, TX 77270

### ***Third:***

Send the **Article Release Form** below. Download an extra from the SAA website if needed, or feel free to make copies.

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts...” Step 12

### **Submission deadlines:**

**Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15**

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**WITNESS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

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*Sex Addict Anonymous is a fellowship of men and women who share experience, strength and hope with each other so that we may stop our compulsive sexual behavior and help others to recover from sexual addiction and dependency.*

*Membership is open to all who share a desire to stop compulsive sexual behavior and are willing to follow this simple program.*

*Our program is based on the Twelve Steps and the Twelve Traditions of Alcoholic Anonymous, but we are not affiliated with A.A. or any other organization or agency.*

*We are not a religious organization or aligned with any sect or denomination.*

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