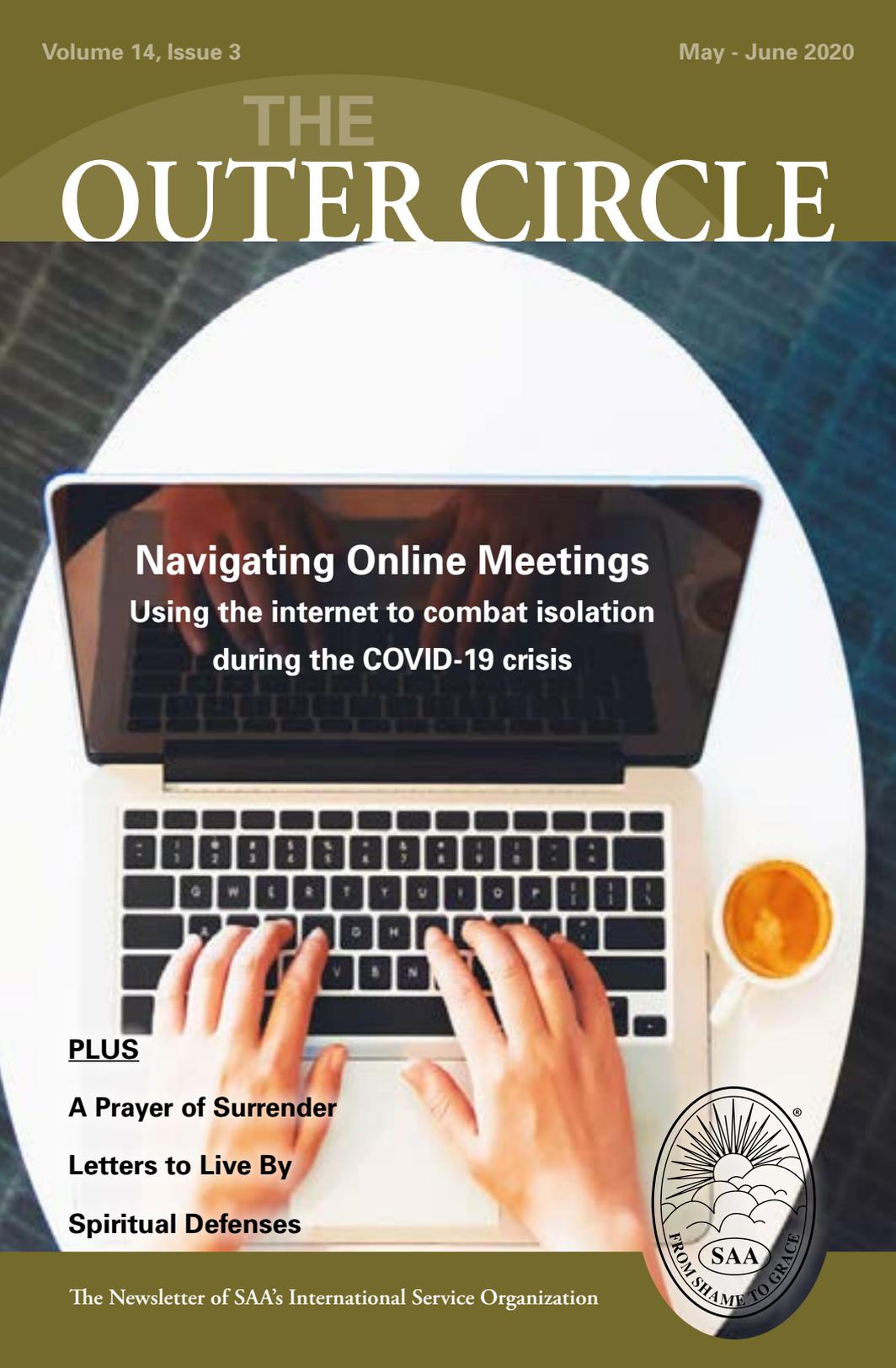


THE OUTER CIRCLE



Navigating Online Meetings
Using the internet to combat isolation
during the COVID-19 crisis

PLUS

A Prayer of Surrender

Letters to Live By

Spiritual Defenses





International Service Organization of SAA, Inc.

TOC articles contain the experiences and opinions of individual SAA members and do not represent the official views or positions of the ISO of SAA, Inc. or the SAA fellowship as a whole.

© Copyright 2019 International Service Organization of SAA, Inc. All Rights Reserved. Except for the purpose of redistributing *The Outer Circle* as a whole, *The Outer Circle* may not be downloaded, copied, reproduced, duplicated, or conveyed in any other way without the express written permission of the International Service Organization of SAA, Inc.

* Registered Trademark Sex Addicts Anonymous and the SAA logo are registered trademarks of the International Service Organization of SAA, Inc.

The Outer Circle Mission

The mission of *The Outer Circle* is to provide information from the ISO and to share the experience, strength, and hope members have obtained from working the SAA program of recovery. As the first iteration put it in 1998, *The Outer Circle* newsletter “carries the message of hope to the sex addict who still suffers” — especially prisoners and others who don’t have the Internet.

Through *TOC*, SAA members contribute articles and poems that focus on working the Twelve Steps and Twelve Traditions. It also communicates ISO news, regional activities, and other items of interest.

SAA meetings are encouraged to reproduce *TOC* at no charge and display it alongside other SAA literature. To keep costs down, please print out the online version.

If you have comments or suggestions, please see contact information on p. 30. To have an article considered for publication, see our Submission Guidelines on page 31.

To ensure that future issues can be offered without cost, please consider making a tax-deductible donation now to support publication of the newsletter.

May - June 2020

CONTENTS

Columns

- 4 From the Editor
- 5 From the Director
- 6 Dear Grace
- 8 Living in Sobriety
- 20 Dear Will
- 22 Stories of Service
- 23 From the Board

Departments

- 2 TOC Mission
- 25 ISO News
- 30 Calendar
- 30 Contact ISO
- 31 Submissions
- 32 Twelve Steps

Shorts

- 19 Serenity Prayer Formula

Articles



- 10 **Navigating Online Meetings**
Using the Internet to combat isolation amid Coronavirus



- 13 **A New Surrender**
A sincere prayer leads to powerful changes — and new gratitude



- 16 **Letters to Live By**
SCEN — sensuality, connection, empathy, nurturing are recovery keys



- 18 **Cures for the Virus Blues**
Six spiritual suggestions for trying times

FROM THE EDITOR

A Prescription for Pandemic Feelings

BY GARY T.

*Coronavirus has challenged everyone. But many members and groups are finding creative ways to work their programs. Please share your ideas with others by emailing them to toc@saa-recovery.org. You can also write to the office at the address on p. 30. Responses will be published in the next issue of the
TOC*

Growing up, whenever I came to my parents with feelings of sadness, fear, or discomfort, they were quick to remind me how much better I had it than other kids — especially the kids starving in Africa. The message? My feelings were selfish and shameful; I just needed to be more grateful. The only problem was, thinking about starving kids in Africa didn't make me feel more grateful, only more ashamed that my other feelings didn't go away.

I was reminded of this unhealthy dynamic the other day when I was talking with another fellow about my feelings of sadness, anxiety and fear around the coronavirus pandemic. After listening to me, he reminded me how many things I had to be grateful for. I wasn't facing financial hardship. I had a lot of support. I was healthy. I was alive.

As I listened to all of these reasons for gratitude, it wasn't gratitude I felt, but rather a familiar shame — shame for my feelings. And I realized that his attempt to force get me into an “attitude of gratitude” not only wasn't working, but it was also an unkind way to deal with my feelings.

Instead of being shamed into gratitude, I heard my Higher Power tell him that what really I needed was to be gentle with myself. I needed to remind myself that my feelings of fear, anxiety and sadness were natural reactions to something of this magnitude. Yes, I was in a better situation than many. But that didn't mean my feelings weren't valid. And just like that, I felt better.

As we continue to navigate through these scary, and anxiety-producing times, I hope we can all be just a little more gentle with ourselves. That way, when someone else comes to us with their fears and anxieties, we can be gentle with them, too.

FROM THE DIRECTOR

COVID-19 Creates New Funding Challenges — and Opportunities

BY PAUL M.

**Our group
donations have
decreased. Our
sales have gone
down as well.**

This is a challenging time for us, individually and as a fellowship. I hope you and your family are staying healthy and safe. I am very thankful for the electronic ways we can connect.

As you know, many face-to-face meetings have been suspended or moved to an electronic format. We also have 140 telemeetings a week in our fellowship. We have made telemeetings the default view on our meeting search page.

Our group donations have decreased. Our sales have gone down as well. Because groups meeting electronically cannot pass the basket, we have implemented a new text-to-donate feature that has already had a great response. If you have a United States based cell phone, just text SAA to 91999 and you will get a text back with a link to donate. More information can be found on page 25 of this issue.

The federal government has stepped up to help non-profits during this crisis. A new \$300 deduction from the CARES Act is specifically for those who don't itemize their deductions and would typically not get any tax benefit for donations. That means, if you donate up to \$300 to our fellowship, your AGI will be reduced by up to \$300, and you can still claim the standard deduction.

Due to the recent decrease in income, we have had to pause some work we were doing to improve our connection to the fellowship and the addict that still suffers. We may also see an increase in newcomers. If our income picks back up, we hope to avoid cutting any more programs and that we can reactivate others.

Thank you for your support and I hope you stay connected to your local fellowship and stay healthy.

DEAR GRACE

What to Do When Family and Friends Don't Support Recovery

BY WOMEN'S
OUTREACH COMMITTEE

You get to make
choices that
are healthy
for you. If that
means avoiding
certain people
you will get
encouragement in
SAA to do so.

Dear Grace,

The people in my life can't seem to accept that I am a sex addict. They question me on the need to make changes to my routine, like to avoid certain people, or not go to certain movies. They tell me I'm just over-reacting or that I'm being dramatic. How can I stay strong when my family and friends don't support my recovery?"

Dear Not Getting Acceptance,

Congratulations on making a choice to live in recovery! You are not alone in finding this choice a challenging one. Our culture seems to support addiction much more readily than it supports sane and healthy choices. It sounds as if your family and friends don't get triggered into unhealthy behaviors, or if they do, they've accepted that as part of life.

You, however, do get triggered by certain people and events. You get to make choices that are healthy for you. If that means avoiding certain people, you will get encouragement in SAA to do so. Perhaps you can phrase your response to the invitation in a positive light, "I'm going to be getting together with X (new friend) and won't be able to join you at Y's." This way you don't have to tell folks, "I'm not comfortable seeing Y anymore."

The same thing is true for movies. If the content of a movie is going to trigger you, it's wise to make other plans. Perhaps you could suggest the titles of movies you do feel comfortable seeing. If your friends don't want to change to a different movie, see if you can meet them for coffee or dinner ahead of the movie.



This may also be a good time to figure out what other kinds of things you like to do. This is often done when figuring out our three circles:

a) the inner circle – people, places, activities, and things we need to avoid; we must abstain from these to remain sober

b) the middle circle – things that may be slippery or triggering; we are still trying to discover whether we can do them safely

c) our outer circle – activities we love, enjoy, and find nurturing; activities that support our recovery journey and sobriety; we engage in these to take care of ourselves spiritually, emotionally, and physically.

The longer that we're in recovery, the easier it is to state the truth about what we can and cannot do. We also start to widen our fellowship of

friends. We can make plans with people who accept us as we are and who have similar values for things to do.

Talk to your sponsor. Ask your meeting members for suggestions on how they've handled this. Stay strong. You have a right to be in safe places and with safe people as you recover. The fellowship is here to help you and support you.

Blessings,

Grace

*Statement of Purpose for Dear Grace: to reach out to all women with a desire to stop addictive sexual behavior through this printed medium and share with the fellowship the types of questions the Grace e-mail (grace@saa-women.org) receives. *Names have been changed to protect anonymity.*

LIVING IN SOBRIETY

Discovering the Power of 'We'

BY FRANK D.

**Connection in
SAA taught me
that I had much
more to offer
others than sex.**

Today, I have nineteen years of sobriety from my acting-out behaviors, and I feel deeply connected with others. But I spent much of my life thinking of myself as a loner; “introvert” is the more politically correct term nowadays. I considered myself an introvert long before I became aware of being a sex addict. I would come home from school and go directly to my room, coming downstairs only for supper. My excuse was that I had lots of studying to do, but, even before my addiction caught on, I was living in my own fantasy world.

Part of the reason for my keeping to myself was that I couldn't bear being around my dysfunctional family. Nevertheless, I did have opportunities to engage socially in high school and college. One of my elementary school teachers asked me to help him with a high school team he coached. I did this for my entire three years of high school.

And as much as I couldn't wait to get away from my family after graduating high school and going to university, I was also afraid of the unknowns of dorm life. I remember staying in my dorm room, but leaving the door open in hopes that somebody would come in and talk to me.

I eventually discovered the thrill of a new connection: quasi-anonymous sex. I didn't see the fact that these folks weren't part of my regular social life as a drawback — quite the opposite. I also didn't realize the disadvantages to these sorts of connections. I lost interest in connecting with persons with whom sex wasn't a possibility.

Worse, these connections were not as satisfying as I imagined they would be. Most of my partners had no interest in pursuing any sort of relationship with me outside of the sex, and I couldn't maintain any

ongoing relationship with them. Still, I was living the life I thought I wanted.

I was basically a total loner when I came to the doors of SAA. If I got to a meeting early enough, I chose a seat that had empty seats around it. I didn't go out for fellowship after the meetings. I was in essence repeating my same behaviors from high school and college.

And yet, buried beneath those behaviors were the same hopes for connection that I subconsciously harbored when I was younger. I would hope that somebody would come and sit next to me, just as when I left my door open at the dorm. Almost always somebody would end up sitting next to me; and Higher Power always brought me the person I most needed to talk to that evening.

Even though I didn't think I was good enough to go out to fellowship with the others after meetings, I found a niche in service work, the same niche I found with the athletic team in high school. That service work helped me to learn to connect with others. I continued to come out of my shell and get to know others, and not just haphazardly or only through service work.

I remember celebrating at a birthday meeting in another twelve-step program and hearing several folks mention how shy I was. It caught me by surprise that people were mistaking my naturally quiet demeanor for shyness. Finally,

somebody said, "Frank's not shy at all. He's the first one to go up to the newcomer and introduce himself."

When I began to write this article, the theme was going to be "service work keeps me sober." However, I have come to realize that service work is the way Higher Power taught me to connect with others. Those connections in turn taught me that I had much more to offer others than sex — what a concept! It was worth it to me to remain sober just to keep enjoying those connections.

Now I am on the verge of proposing marriage to somebody I have known through recovery for more than ten years. The answer may be "yes" or it may be "no," and, yes, I am scared. Either way, even considering marriage is something I never thought would ever happen to me.

Step One says, "We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable." Thus the program introduces at the very beginning the concept that this is a "we" program. I have found a lot of comfort in that "we."

Reprinted from July 2015 TOC

If you have five or more years of sobriety and would like to write a Living in Sobriety column, please contact toc@saa-recovery.org.

Navigating Online Meetings

Using the Internet
to combat isolation
amid Coronavirus

Editor's note: The following is reprinted from March-April 2019 edition of The Outer Circle. At a time when so many meetings have moved online, it offers helpful guidance on how to navigate this new meeting format.

BY DEB W.

A

few years ago when a member suggested using the Zoom video platform for intimacy avoidance meetings, the ISA Outreach Committee members felt appalled and apprehensive. But we reluctantly agreed to test it out. We were pleasantly surprised at what a positive difference it made. We have been hosting video meetings for a few years, now — and lives are changing because of it.

Understandably, some SAA members have reacted strongly to the idea of video meetings. Many feared it would trigger desires to act out, or evoke shame or fear due to their past. Some cannot join video meetings because they have chosen to stop using the internet. However, for many of us, “Living without the internet need not be a permanent necessity or solution. Once we gained a significant amount of continuous sobriety from this kind of addictive behavior and had more experience working the SAA twelve-step program, most of us found we were able to use the internet again safely.” (Sexual Sobriety and the Internet)

Some of us were scared to be seen or preferred the invisibility of phone meetings. One member said she felt “outright dread and panic” at the thought of being on video, anticipating feeling “exposed and trapped.” Another described feeling unnerved by seeing his own face on the screen next to the others’ faces. Even some

members who have attended in-person SAA meetings for years have felt anxiety in regard to video recovery meetings. For some, it seemed easier to trust members of their own community SAA groups to respect their confidentiality and anonymity rather than members from different parts of the world, even though they're far less likely to bump into video meeting participants at the grocery store or church!

Even though many of us acted out with strangers in person or online without thinking about our anonymity or confidentiality, the vulnerability of allowing others to witness our thoughts and feelings feels threatening. However, other members — especially those from countries outside the US — were accustomed to video meetings for school or work, and they welcomed the opportunity to connect with SAA members from around the world.

Ultimately, nearly everyone who has regularly attended ISA Zoom meetings has felt changed for the better. To their great surprise, many who felt highly anxious were pleased to feel, as one person put it, “comfortable and at ease,” once the newness wore off. Nobody is excluded, since those without a working camera or internet may join by phone call. Video participants on ISA Zoom meetings can see other participants’ faces and the first names of non-video members who have introduced themselves. For many, seeing who’s in the meeting feels safer than the blind tele-meetings, and being seen is motivation

to be present instead of “multitasking” during meetings.

What’s more, many of us have found that attending video meetings with participants from around the world has been extremely beneficial. Our assumptions or things we may have taken for granted have been illuminated as we listen to the experiences of SAA members from many different countries. For some of us, our narrow-mindedness which resulted from lack of contact with SAA members beyond our own cities is expanding and opening. We’re finding ourselves thinking more inclusively and globally, and many of us are experiencing an increase in love for our brothers and sisters in recovery and appreciation for cultures and viewpoints different from our own.

Profound personal growth is happening, too — particularly in those who have worked the Steps together on intimacy avoidance. Some of the friendships that formed in the ISA Step Studies have continued beyond the conclusion of the meetings. Working the Steps has helped us learn to trust ourselves and our Higher Power, allow ourselves to feel our emotions, speak up for ourselves or set appropriate boundaries, and such practices have established the framework for deeper connection with self and others.

Working the Steps together and seeing the same people each week, we began to share more honestly. We practiced active listening and validating each other.

We bonded and connected, and began experiencing genuine intimacy.

Building on that foundation, some of us have experienced greater connection in our families and with our romantic partners.

For some of us, our step work helped us start to relax and be emotionally present during sexual experiences, allowing ourselves to be nurtured sexually. “Healthy

sexuality, we have found, is a by-product of a spiritual process, not the goal or solution in and of itself. Through applying the Twelve Steps of Sex Addicts Anonymous with guidance from a sponsor, our groups and our Higher Power, sex, and relationships [are slowly taking] their rightful place in our lives.” (Recovery From Compulsive Sexual Avoidance - A Return to Intimacy) ●

ISO Zoom Tips and Suggestions

- 1. Please mute your microphone when a member is sharing. The moderator may sometimes eliminate background noise by muting participants. This is to help maintain the safety and flow of the meeting and is not meant to be offensive. Participants can easily unmute themselves when they would like to share by pressing Star-6 (*6).*
- 2. If you're not on video but instead are calling into the meeting with a phone and would like to signal that you would like to speak next, Press Star-9 (*9) to “raise your hand.”*

During Zoom video meetings

- 1. Open up only relevant documents before the call and share only those during the meeting. Remember that whatever is open on your desktop will be viewed by everyone.*
- 2. Think about your actions on camera. Movements are distracting to others and can be disruptive to the speaker. Try to stay still and be attentive.*
- 3. Dress for your Zoom meeting the way you would for an in-person meeting. Note: Scant clothing can be triggering. Please be respectful.*
- 4. Your environment - Participate in meetings from a quiet, indoor location to control ambient noise. Please refrain from sitting directly in front or beside a very bright light source. Experiment with moving lamps and your camera until you can see your brightly-lit face on the screen.*
- 5. Think about the background behind you. Is it appropriate for service committee viewing?*
- 6. Practice speaking to the camera and not the screen. Our tendency is to look at the person on the screen, but it's preferable to look at the camera when you speak so the audience feels like you're talking directly to them.*
- 7. If you are wireless, try to remain close to the wireless router. When you have the option, choose wired (instead of wireless) for video conferencing.*
- 8. Unwanted interruptions. Zoom meetings can susceptible to unwanted visistors. Groups should think about security and put measures in place to eject unwanted participants or interruptions.*

A New Surrender

A sincere prayer leads to powerful changes — and gratitude



BY TOBY H.

They say we are only as sick as our secrets. Well, I had some pretty sick secrets. A few weeks ago, I had decided I wanted to change that. I had a sponsor who changed — and probably saved — my life. He guided me through the steps. He took my desperate phone calls when I was thinking of acting out. He took my even more desperate calls after having acted out. He helped me see that I was a good man with a serious disease, helped guide me through admitting out loud and accepting being bisexual, showed me that God was on my side and had a plan for my life, and so very much more.

But after four years, and after doing a long-distance sponsorship for a while, I decided to see if I might continue growing through a new sponsor. I was able to find someone whose story was a lot like mine and who I would be able to meet with once a week or so. At our first meeting we talked about sponsorship and we talked about more honesty with my wife.

Spoiler Alert! I will get to that. He also thought that I might be a man who could benefit from a bit more structure... If you know me, you are now inserting the word “duh.” Even with that challenging diagnosis I eagerly accepted his invitation of help and we put together a plan.

Some background: I did not start because I was discovered; I started because I

did not want to ever be discovered. I wanted to find out how to stop leading the dual life I was leading. I was depressed and suicidal. I hadn't hit bottom but I could see it somewhere in the murky depths of my mind and I was terrified, so I walked in on my own recognizance.

My wife knew very little about why I was in the program. I let her believe it was porn and strip clubs, but never mentioned acting out with anonymous partners, and I was determined that I could never tell her I was bisexual. She wasn't happy with just the parts I did let her know, but she was glad I was going.

The program helped me move toward recovery right from the start. I was learning so much. The foundation for me is honesty, vulnerability, refusing shame, and trusting God. The steps helped build all of that into my program.

Though I was not sharing much of my recovery story with my wife, I was doing a good job being honest with my fellows. I don't think I've ever lied in SAA, by omission or otherwise. I was learning vulnerability with my friends both in and out of the fellowship. Shame... I have made real strides. Trust... for me this is about letting go of control.

This story is about just that.

By the time I started working with my new sponsor, I was acting out way less, but still I struggled. And

when I struggled, I put myself and my family at risk. I could not completely stop. I was growing, but I had two weak spots that were keeping me from reaching strong sobriety.

The first, I was honest with you, but I was not honest with my wife. She thought our marriage was the best it's ever been, but only because we were not playing by the same rules. I wasn't even playing the same game.

The second was that I did not trust God with my recovery. I could not turn it over, I could not let Him be the power that He is. I tried, but I always held a little piece back. "I trust you, but only if you do it this way," I would say.

With a new sponsor, I was ready to do something different. I was ready to learn, dig in and rework my circles, do a version two of my First Step and make my calls.

I even prayed this prayer, "God, I will never attain true sobriety on my own. I know I have prayed this before, but today, I fully give myself to you and I ask that you do your work. I will forever be an addict, but please, free me from acting out. Ground my sobriety in your strength."

Good prayer huh? And I meant it! For the first time, I really meant it.

That was a Sunday, three weeks ago. The next night, I left my Monday night meeting for my ninety-minute drive home and called my wife like I always do.

We talked a bit, then she said, “I got some news that surprised me today. I went to the doctor and I have an STI. I guess we have some things to talk about.”

Immediately, I thought, “Well God, that’s not the plan I would have come up with, but this is you, I know it. Thank you.”

You heard that right. I said, “Thank you.” I was only able to do that because of the four years in SAA I spent getting ready for this day — and the step work I had already done.

It’s been a difficult few weeks. My wife has been angry, hurt, confused, and scared. She has also been kind, understanding, loving, and has offered more grace than I thought was humanly possible.

She has learned things about me that she did not think possible. She is having to rethink thirty-two years of marriage. She had to endure a humiliating doctor visit. She has a video playing in her brain of me being sexual with other people.

It seems like every single movie or TV show we watch together has some infidelity mixed into the story line. We used to watch the TV as a couple. Now there are three of us if you include the big awkward elephant sitting in the middle. I am in a state of wondering how I am supposed to be. Do I put my arm around her? Do I ask how she is? Do I not ask and hope she doesn’t tell me? We have a

lot of work to do. There is so much more that I don’t know than what I do know. Even more so for her.

I do know one thing though. My fears and assumptions about what would happen if my double-life crashed into this life were just that — fears and assumptions. I wish I had had the courage to go to my wife and tell her these things rather than having it crash out the way it did. But sometimes God does for us what we can’t do for ourselves, right?

I am free. That secret had to be set free or I would have been forever in bondage to it. I am, for the first time in my adult life, really happy, not because this is easy, and far from fun, but because I am living the authentic, real me — scars and all. It is a far happier place out in the light than it ever was in the dark.

Now, when I get scared, frustrated, or impatient, I think of that prayer that started all this, and I remind myself that if God went to the trouble of writing the first part of this plan, he has written the rest as well. ●

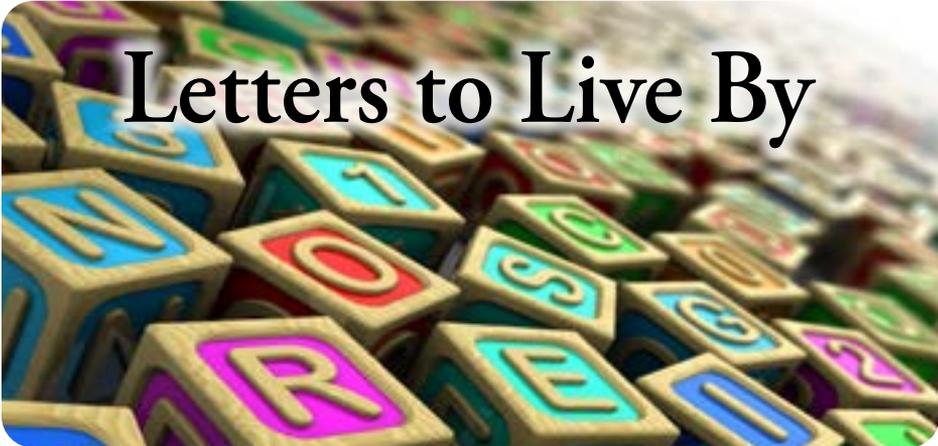
HELP WANTED!

Letter writers/sponsors needed!

Confidential program.

*Great way to serve & carry the
SAA message of recovery to prisoners.*

*Email: HarveyA@saa-iso.net
or call ISO at 713-869-4902*



Letters to Live By

SCEN — sensuality, connection, empathy, nurturing are key to recovery

BY MARTIN J.

Kee coming back! It works if you work it!” I heard this saying one hundred times in the last eight months. These two sentences contain two important pieces of learning for me: first, recovery is on-going — “keep coming back.” Second, “you work it.” This means I am accountable for my recovery and that recovery takes work. That means getting a sponsor and working the steps.

There is an old saying, “Opportunity is missed because it is dressed in overalls and looks like work.” Well, recovery is dressed in overalls and recovery is work! There is absolutely no way around that. If I put in work, recovery follows.

Through the help of the program and my sponsor, I have learned that I am intimacy avoidant and that my addiction thrives on isolation. I have also learned that, while I have to look out for my needs, I must also consider my betrayed partner. Lastly, the outer circle represents healthy ways for me to care for myself.

For me to continue in recovery, I need “SCEN” in the game — sensuality, connection, empathy, and nurturing. I used to equate sensuality with objectivity and sexuality. That perspective, sensuality=sensual=sex, is wrong! Sensuality means “of the senses.” In my acting out, my senses were dulled. Only my compulsions and my objectivity were fueled. In recovery, I ask myself, moment to moment, “what beauty is around me that my senses can feel?”

Sometimes my senses feel the cool on my skin. Sometimes my senses feel the warmth of the sunshine on my face and the squinting of my eyes due to the bright light. Sometimes I feel the dark and peace in a room with only the sound of the ceiling fan humming. The taste of a coated chocolate candy ranges from smooth to gritty to pasty and from sweet to salty to rich as the chocolate melts slowly on my tongue. As I focus on sensuality each day, the trees are greener, paper is whiter, butter tastes richer. Sensuality: healthy exploration of the world around me through sight, sound, smells, tastes, and touch.

In my addiction I isolated myself. I was afraid of failure, rejection, and being found a fraud. In recovery I find ways every day to connect with the world around me: texting my wife, emailing a colleague, calling a fellow, nodding at a passerby. If I'm connected, I can't be isolated.

Learning empathy may be the single greatest skill I've acquired in recovery. My addict was selfish and in life I loved telling people what I thought. My wife was traumatized by my acting out. It was a secret, there was nothing she did to influence me.

Most of my recovery work involves addressing my character defect of codependency. We learned rapidly that guiltting her into thinking she had something to do with my acting out only caused her to spiral deeper into fear and isolation.

The solution? Empathy: acknowledging my role in her pain and admitting my adultery and rejection; seeking to understand her perspective rather than to take my perspective. Those are the two most important things I did and continue to do.

Empathy saved my marriage and I'd go so far as to say it's made me a better supervisor, friend, colleague, person. Listening with genuine concern and not offering advice or solutions or judgment has turned my life around.

Being intimacy avoidant and an addict, my acting out may have felt good physically, but emotionally, it was unhealthy. Acting out leads to shame and isolation-disconnection from the world. I never knew how to love me let alone how to love others. Growing up, the cultural norm in my community was: "don't put yourself first, don't stand out." In recovery I've had to nurture myself.

Being in my outer-circle activities are often nurturing, but in recovery I have to remind myself, "where is your inner child that you lost over the years?" Dance like nobody's watching. Sing like you're the only one in the room.

Every day I try to find ways to reconnect with my inner child. Enjoy that run. Appreciate the skill of the writer of that novel. Breathe deeply and let go. ●



Cures for the Coronavirus Blues

Six spiritual suggestions for trying times

BY MELISSA W.

M

any of us are anxious about the current pandemic and how it has affected our recovery. But the best insurance (immunity) against relapse in times of crisis is helping another sex addict. Here are six other ways to work your program in a crisis:

- 1. Prayer.** Staying connected to our Higher Power allows us to express our fears, hopes, needs, and the needs of others around us. We can ask to receive peace, hope, love, courage, and grace to face every day sober and for the serenity to match the calamities facing us.
- 2. Do service.** We can help local meetings stay connected through conference calls and video conferencing, phone calls, texts, and emails in between meetings, especially reaching out to newcomers or those struggling. This work includes sponsors and sponsees continuing to work the steps, and serving the still suffering sex addict through intergroup, area, and international service. Find opportunities to serve those most seriously affected by the pandemic with whatever resources and skills we have. Use free time and physical distancing to attend virtual meetings.
- 3. Read recovery literature.** This is a great time to catch up on *The Outer Circles* we've missed, or even to prayerfully write articles for future *TOCs*; read the new and revised literature on the website, or even order some new literature or recordings.
- 4. Enlarge our spiritual lives.** Do more prayer and meditation. Unfortunately, watching the twenty-four hour news cycle does not usually enlarge our spiritual

lives, unless, of course, we are taking action on all the character defects that crop up while we watch it.

5. Practice gratitude. Reflect, write, share our gratitudes. For example, the amazing technology that helps us stay connected, grocery store workers and restaurants doing takeout and delivery, truckers who keep bringing food and supplies, factory workers putting in overtime to produce needed supplies, businesses flexing to adapt and meet needs, or stopping entirely to stop the spread; extra time with loved ones, sobering reminders about what's really important in life. For those of us who are actually busier and perhaps more exposed because of jobs and responsibilities, ask for help — first from Higher Power, then from trusted friends and family, recovery networks, and professional help if needed.

6. Enlarge our outer circle. A short list of ideas: exercises and walks keeping physical distance, relaxation/meditation, listening to music, playing musical instruments, quality time with partners, children, family members; organizing or cleaning, getting better quality sleep, improving nutrition. The list is different for each one of us. The more fulfilling and edifying our outer-circle activities are, the less room there is for hanging out in the middle circle of risky, slippery slope thoughts and behaviors, resentment, fear, dishonesty, selfishness, and all our other character defects that eventually will take us back into our addiction if we don't stay spiritually fit. ●

Serenity Prayer Formula

By Tim B.

Hidden in plain sight within the simple brilliance of the serenity prayer is a formula. Its core can be broken down into three elements: Serenity, Courage, and Wisdom.

I am starting to find that when I am struggling to feel one element, turning toward the other two helps me find the third.

When I feel a lack of serenity, pouring my energy into courage (perhaps having a conversation I've been dreading or bearing down on a difficult task) and wisdom (reading from the Green Book or talking to my sponsor) brings serenity to my doorstep.

When I am not feeling the necessary courage for something, focusing on serenity (meditating or doing an outer-circle activity) and wisdom, are often what builds the courage where it's needed.

When I seek wisdom that seems elusive, turning toward serenity and courage can open my eyes to insights I couldn't see before.

It's all right there in the Serenity Prayer. Three key elements that interconnect, and help us live better lives. It's easy to overlook its brilliance due to its simplicity. I am trying in earnest to turn to those core elements more in my life. Reminding myself of the simple formula in the Serenity Prayer is helping me maintain my recovery, and for that I am very grateful.

DEAR WILL

Clearing Up Confusion Around Sexual Avoidance

BY WILL

If meetings focus on the solution rather than the problem, we are all more similar than different.

Dear Will,

I recently attended an SAA meeting dealing with intimacy and sexual avoidance. While I related a fair amount to what was shared, I came away a little confused. Is this still a Sex Addicts Anonymous meeting? No one identified as a sex addict: they used terms like avoidant and anorexic. What's the difference between sex addiction and intimacy and sexual avoidance? Do I have to identify as sexually avoidant to attend? Is someone who identifies as a sex addict different than someone who identifies as sexual avoidant or anorexic? And what about the intimacy avoidant? I have heard many times that sex addiction is an intimacy disorder. I am confused.

Someone Asking about Avoidance

Dear S.A.A.

It just keeps amazing me how much our fellowship is growing. The questions you asked about the connection between intimacy and sexual avoidance (ISA) and sex addiction are not unique to you or this meeting.

To answer your question, you are welcome at a Sex Addicts Anonymous meeting if you have a desire to stop addictive sexual behavior. There is no other requirement (Tradition Three). You are welcome at an SAA meeting that intends to support its members in using the Twelve Steps and Twelve Traditions of SAA to deal with that addictive sexual behavior.

You do not need to identify as avoidant, anorexic, or sexually bulimic to attend such a meeting. You only need identify as a member of SAA who seeks a new way of life, according to these spiritual principles, keeping in mind we strive to focus on the solution, rather than the problem.

Sex Addicts Anonymous tells us, “An SAA group consists of two or more individuals who, using the Twelve Steps and Twelve Traditions of SAA, meet regularly for the purpose of recovering from their addictive sexual behavior. At our meetings, we read SAA literature and share our experience strength and hope with each other, focusing on how the SAA program of recovery works in our lives” (pg. 10).

So, according to our text, any meeting that meets this standard is an SAA meeting. In my opinion, some of the language used at the meeting you attended may not be fully consistent with some other SAA meetings.

I have attended SAA meetings that have an intimacy and sexual avoidance “focus.” I understand that for sex addicts, acting out and sexual avoidance or acting in can both be examples of compulsive sexual behavior. It is this sexual behavior that we, as sex addicts, may use to avoid intimacy, or possibly as false intimacy. Intimacy, intimacy avoidance, and compulsive sexual avoidance are issues that many in our fellowship have lived through or are just coming to terms with as aspects of their addictive sexual behavior.

It might be difficult to find an SAA meeting that does not, in some way, deal with recovering from sexual addiction and its impact on healthy

intimacy. I hold onto the belief that many of us in the rooms have acted out and acted in so to have a meeting that only deals with one aspect of the disease may be less than fully effective.

After all, the Twelve Steps of SAA lead to freedom from our addictive sexual behavior whether it is avoidant, solitary, or otherwise. If meetings focus on the solution, rather than the problem, we are more similar than different. I imagine that meetings may not seem welcoming to all in the fellowship when they focus on a particular aspect of addiction or behavior.

Our Green Book spells this principle out clearly in Tradition 5: “...we learn to be mindful of carrying the message of recovery at our meetings. By sharing the solutions we have learned through working the SAA program, we keep both our recovery and our groups healthy.”

I hope that our meetings, whatever the topic or format, continue to focus on the spiritual solution offered through the Twelve Steps of SAA.

Will

*If you have a question for Will,
please send an email to
Men4SAA@saa-recovery.org.*

STORIES OF SERVICE

Consider Writing to Prisoners

BY ALLAN O.

Sex addicts who are incarcerated need help working their programs.

In the Episcopal burial service, there's a prayer which includes “. . .grant that, increasing in knowledge and love of thee, he may go from strength to strength in the life of perfect service in thy heavenly kingdom.” Seeing death and service connected in this way makes me believe that recognition of our mortality motivates us to serve our fellows however we can.

I had a good experience with service in SAA corresponding with a fellow from the noon meeting when he was in prison, so I decided to sign up with the ISO inmate writer program.

Since sex addicts who are incarcerated can't attend in-person meetings or telemeetings and can't get sponsors, they need help working their programs using approved communication methods.

ISO receives names of inmates and assigns them to SAA fellows to answer questions, provide support and encouragement and even act as sponsors. Over the years, I've gotten invaluable experience sponsoring others in the program.

Being a sponsor has been one of the most important things I've done to maintain my sobriety. The variety of fellows I've worked with have provided me insights into our common problem. By working the program with others, I have enriched my program — and my life.

If you're interested in the inmate writer program contact HarveyA@saa-iso.net or call 713-869-4902. See p. 27-28 for info on May 13th Zoom forum.

Stories of Service inspire others to be of service. Send your 250-300-word story to toc@saa-recovery.org.

FROM THE BOARD

Individuals and Groups Must Help Carry the Message

BY BOB L., BOARD
CHAIR

While the board continues its outreach work, remember, it is the primary responsibility of each of us to carry the message.

In a previous article, I mentioned the Board of Trustees has been spending time in determining how to help you and the fellowship implement Tradition Five. We have a number of initiatives in place to help carry the message including numerous outreach committees such as Women's Outreach, Intimacy & Sexual Avoidance Awareness, Prisoner Outreach, and LGBT Outreach. In addition, the Board formed a new committee, Public Information and Cooperation with the Professional Community Committee (PI/CPC), dedicated to connecting with people who interact with and/or treat addicts to inform them about what SAA has to offer.

While the Board continues its work in this area, remember it is the primary responsibility of each of us to carry the message (Step Twelve). We can do this in several different ways.

One is the person-to-person method. When we know or have an intuition that a person is suffering, we can initiate a conversation with him or her from which we may sense a person's willingness to receive help. If the willingness is there, an introduction to SAA may result in a new SAA member seeking recovery. In a group meeting, we should all seek to welcome the newcomer. Do you remember how you felt at your first SAA meeting? A warm welcome and offer to be available to talk goes a long way to ensuring that person will come back.

The group itself, especially a large one, can be another source of carrying the message. Some groups do this by making direct outreach efforts, such as mailings to professionals in their area, giving literature to religious organizations and places of worship, and/or visiting jails and other agencies to

seek help in delivering the message to suffering addicts they encounter.

Individual groups may find it difficult to deploy the resources needed for substantial efforts to reach out. By joining with other groups in their area, however, such as through an intergroup, the combined efforts of the groups' members can result in an abundance of energy and even funds to support a substantial effort to reach a broad audience or a targeted one.

We realize that some groups or intergroups may experience inertia in attempting an outreach campaign. For that reason, one of the undertakings of the PI/CPC Committee will be to create new materials for groups and Intergroups to deploy for these purposes. The committee will also work on techniques groups can use to be successful in their outreach efforts. Armed with pamphlets, fliers, and other means of doing outreach, we hope you will see the value of carrying the message and working on efforts to reach addicts who still suffer and those professionals who work with them toward recovery.

Carrying the message to suffering addicts who are not in the SAA fellowship, who may not have heard of SAA or even the concept of recovery, is a more daunting challenge. Our outreach committees are working hard to bring the message to their target audience).

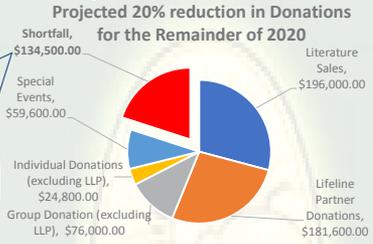
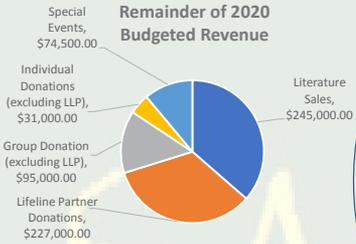
We realize, however, that there are many "audiences" we have not reached or we have difficulties in reaching. For that reason, last year the Board formed another new committee, the Diversity Committee, to focus on communities we may not be reaching and others where there may be barriers to our message.

These include, for example, geographic areas, especially international ones, where information about SAA is not known or available. Also included are religious, ethnic, or other communities where there may be cultural or other barriers to seeking help with the problem of sexual addiction. The areas the Diversity Committee will endeavor to reach present challenges beyond the typical ones we encounter day-to-day in communities from which we have drawn current members. It will take time and effort beyond what we are doing today to reach them, but it is our duty to carry the message wherever we can.

We encourage each of you to go beyond carrying the message on a one-to-one level. You are invited to participate in any of the various Board committees engaged in outreach. Send an email to info@saa-recovery.org to get more information on how you can help. You can also seek to motivate your intergroup to carry the message, as many have done.

ISO NEWS

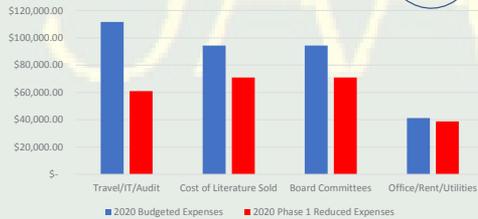
COVID-19 Financial Update



2020 Income:
An assumed fall of 20% in donations due to COVID-19

Would create a \$134,500 shortfall in our budget

Balance of 2020 Budget vs Phase 1 Reductions



To maintain the most critical services, the ISO is reducing or delaying some expenditures to offset this reduction of income.

- IT projects delayed: SAA connect, customer relations software and server upgrade: \$47,500.00
- Reduce literature costs due to slower purchase rate and delayed translation project: \$22,300
- Cooperation with the Professional Community is being deferred: \$40,700.00
- Office expenses have been lowered by reducing our space: \$2,600

Total Savings: \$113,100

Try the new way to “throw a couple of bucks in the basket.”
Text SAA to 91999 and follow the link provided.

It is fast, easy, safe and helps the ISO maintain services in this difficult time.

Coronavirus Causes Convention Cancellation, Financial Stress

Dear Friend in Recovery,

As we adjust to changes from the coronavirus (COVID-19) pandemic, we hope you, your family and your friends are staying healthy and connected. We have received many inquiries about the effects of the “Stay Home, Work Safe” on the ISO office.

The decision to have most of the staff work from their homes was made on March 13, 2020. This was done to ensure that the ISO continues to provide world class service to the still-suffering sex addict and SAA groups. Please continue to contact the ISO for any questions or assistance, we are here to help you in recovery.

Due to the uncertainty surrounding travel restrictions and personal safety practices, the Board of Trustees made the difficult decision to postpone the 2020

ISO NEWS

convention for one year. The locations are the same but have been pushed back a year. The new date for the next convention will be May 27-31, 2021. The 2021 convention will be moved to 2022 and the 2022 convention to 2023. If you have registered for the 2020 convention, you can choose to donate your registration fees, transfer them to the 2021 convention or request a refund.

Since most group face-to-face meetings are now convening in an electronic format, there has been a reduction in group donations and sales from the bookstore. In response, the ISO is reducing expenses.

We have put on hold all IT projects (e.g., SAA Connect, customer relations software and a server upgrade). We have also deferred the spending of funds which were allocated to Cooperation with the Professional Community work. These reductions in spending will allow the ISO to continue to serve the most important and immediate needs of our recovery community.

The changes brought about by the pandemic also have given all of us an opportunity to look at electronic or virtual ways to continue our recovery and service.

We can take advantage of the fact that electronic versions of all our literature are available for downloading from the bookstore. <https://saa-store.org/ebooks/>

The electronic equivalent of “throwing a buck in the basket” is here. The app is called Text-To-Donate and this is how it works:

- » In the U.S., text “SAA” to 91999. You will receive a responding text with a link to donate at a secure website. Alternately, you can donate at <http://igfn.us/form/GDovAg>.
- » In Canada you can donate at <http://igfn.us/form/foGy5A>.
- » Internationally, you can donate at http://igfn.us/form/Q_2d_g

Tele-meetings and Zoom meetings can be found at: <https://saa-recovery.org/meetings/>

Your support is very important to sustain ISO’s ability to provide critical services in this altered environment. Please also remember that your intergroup is an important resource as well. More information about group donations will be coming out soon.

Please stay connected with each other and keep safe. We will be providing you with frequent updates about the activities at the ISO.

ISO NEWS

CSC Continues to Help Areas Prepare for Conference

A big part of the work of the Conference Steering Committee (CSC) this service year is to help areas prepare for participation in the upcoming 2020 ISO conference. Here are some updates from the previous issue of *The Outer Circle*:

- » A draft “Area Assembly Handbook,” has been updated and sent to the Literature Committee for review. The draft is available on the ISO service website.
- » We have also been hard at work on a delegate service manual which will soon be sent for Literature Committee for review and shared out in draft form. This manual will be chock full of useful information for new delegates and seasoned veterans alike.
- » The CSC has hosted multiple “Let’s Talk” meetings via Zoom where members of up and running areas present some aspect of how they got started, followed by a sharing of ideas and best practices conversation open to all on the call. The calls have generated a lot of ideas for others to use in the formation of their area. The next such call will be held Thursday, May 28th at 8PM CT. E-mail info@saa-recovery.org for the call-in information.
- » We have received and responded to feedback from the fellowship at csc.feedback@saa-iso.org. We will continue to monitor this address and respond to comments, suggestions, and questions regarding forming an area, participating in the October ISO conference, and any other CSC related topics.
- » Finally, we are currently working on holding a Zoom delegate communication meeting later this service year, where lots of information pertinent to participating in the 2020 conference will be discussed and shared. We are diligently working on the details. We will share more details about timing and discussion topics soon.

The date and time of service committee meetings is listed in the back of the outer circle and all are invited to join and participate in any of the CSC subcommittees.

Members of the General Outreach Committee of SAA have been discussing “best practices” within our service work and how we can support the fellowship by encouraging service and presenting forums on topics of interest within the program. These forums will be monthly conference calls using Zoom format. Our hope is to present experience (and perhaps strength and hope) to members throughout the fellowship, discussing what we’ve learned and sharing suggestions to help avoid problem issues in future service work. Calls will be the second Wednesday each month 7-8 p.m. central time. Contact info@saa-recovery.org for call in info.

Upcoming forums:

ISO NEWS

- » May 13th, 2020: Prisoner Outreach and how members can be involved
- » June 10th, 2020 Intergroup Communications—how to form and sustain a local Intergroup
- » July 8th, 2020 LGBT Issues in recovery
- » August 12th, 2020 The *Group Guide*...a handbook of suggestions to keep your meetings healthy
- » Sept 9th, 2020 Sexual and Intimacy Avoidance—how to support members with these issues

Our hope is to provide these forums as an interactive format where any member could share experience, ask questions, solve recovery problems, and avoid pitfalls that some of us have survived. Each forum would be convened and facilitated by members of Fellowship Committee, and the presentation will begin once introductions are finished. Participation, feedback, questions, additional ideas....all are welcome. Join us!

Board Special Session Postpones 2020 Convention Until 2021

Here's a look at recent Board of Trustees actions:

February

- » Approved motion that non-board trustees may be appointed by the Chair of the Board as members of Fellowship ISC, Seventh Tradition ISC, Finance & Operations ISC, and Policy ISC, and such members shall count toward a quorum and have the right to vote on the Committee.

March

- » Approved motion to allow interested members of SAA who are not delegates to register for the conference, pay the registration fee, attend the delegate lunch, and be allowed to speak to the conference if and when delegates have finished speaking on a matter as time allows and at the discretion of the conference chair.

April (special session)

- » Approved motion to postpone the 2020 convention until 2021.

COVID-19 Creates Sales Declines, Budget Shortfalls

Due to the COVID-19 pandemic, the month of March was a tight cash flow month where we had a negative net income mainly from group donations and sales being lower than usual. We had a net income deficit of \$2,308.99. We had budgeted for a deficit of \$1,313; this decrease was mainly from sales being

ISO NEWS

\$5,986.11 lower than budgeted.

- » Our total income was \$6,575.37 lower than our budgeted income of \$69,076.
- » Our gross profit (total income minus cost of goods) was \$5,021.97 lower than our budgeted amount of \$60,207.
- » Our expenses were \$2,308.99 lower than our estimated expenses of \$61,520.
- » Our total SAA Green Book sales were below our estimate of \$8,325 by \$178.53 in March. Our HCI sales (February's numbers, a month behind) made up for the \$985.07 reduction in office sales. For the year we are at 97.86% of our estimated sales. Our Green Books sales from HCI are above the budgeted amount of \$2,500 by \$787.67. Findaway audio sales were \$18.78 above our budget of \$225.
- » Our book *Voices in Recovery* sales for March were \$1,141.93 below our budget of \$2,900 for March.
- » Our pamphlet and booklet sales were below our estimate of \$5,900 by \$2,301.40 in March. For the year we are at 60.99% of our estimated sales.
- » Our plastic chips sales were below our estimate of \$1,775 by \$524.75 in March. For the year we are at 70.44% of our estimated sales.
- » Our bronze medallion sales were below our estimate of \$2,700 by \$1,575 in March. For the year we are at 41.67% of our estimated sales.
- » Our total sales for March were below our estimate of \$21,951 by \$5,986.11 in March. For the year we are at 57.67% of our estimated sales. As the results of physical distancing in response to COVID-19, most face-to-face meetings going electronic have seemed to cause our sales to drop in March.
- » Our product inventory is valued at \$89,260.63.
- » Our operational reserve is funded at \$200,020. Our estimated four-month reserve is \$237,350.
- » Our total expenses were lower than our budget by \$2,712.98, and our Net Income was \$2,308.99 under our deficit budget of \$1313.

Individual donations were below our estimate of \$11,250 by \$3,137.26 in March. For the year we are at 110.46% of our estimated individual donations. The General Donations were higher than budgeted by \$12,244.60 and the shortfall of the Lifeline Partners was \$8,833.01. The positive number was mainly from two \$5,000 donations. Lifelines match is at \$5,177/month and we are at 67.41% of the match.

Group donations were above our estimate of \$11,250 by \$594.93 in March. For the year we are at 72.87% of our estimated group donations. Our total donations were \$403.83 under the budgeted amount of \$44,350.

CONTACT THE ISO

Want to connect with the International Service Organization website, staff, Board of Trustees, trusted servants, or special workers? Here's the contact info you need:

Office

ISO Office Mailing Address:
PO Box 70949, Houston, TX 77270

Phone: 713-869-4902
Fax: 713-692-0105

Office e-mail: info@saa-recovery.org
The Outer Circle e-mail: toc@saa-recovery.org
Website: www.saa-recovery.org

The Outer Circle

Editor: Gary T.: toc@saa-recovery.org

The ISO of SAA Board of Trustees also has an e-mail box, which may be used to register comments, positive or negative, from the fellowship about the ISO staff: board@saa-recovery.org

Board of Trustees and Literature Committee

Board

Bob L (Chair); Carl D (Vice Chair)
Bob H (Treasurer); Les J (Secretary)
Andy M; David H; Eddie N; Melissa W
Mike L; Mike S; Richard N; Richard S
Wayne B; Wayne K

Board: board@saa-recovery.org
CSC: csc@saa-recovery.org
LitCom: litcom@saa-recovery.org

Office Staff

Executive Director: Paul M.: director@saa-iso.net
Associate Director: Chris F.
Publications Manager: Cody S.
Public Information, Cooperation with the Professional Community, and 7th Tradition Manager: Phillip B.
Project Manager: Tracy R.
Information Technician and Prison Outreach Manager: Jonathan C.
Information Technician: DJ B.
Administrative Assistant: Jerry B.
Administrative Assistant: Evan E.
Administrative Assistant: Harvey A.

Literature Committee

Jim L (Chair); Doug S (2nd Chair)
Byard B (Secretary); Bruce M
Carole D; Carol R; Charlie K
Deb W; Don R; Gary T (TOC Editor)
Mike B; Neil W; Steven P

Calendar - All times are CST. To attend a meeting email info@saa-recovery.org or call the ISO

First Sunday of the month

CSC: Policy & Procedure: 2:00 p.m.
Intergroup Communications: 3:00 p.m.

First Wednesday of the month

Prisoner Outreach: 7:00 p.m.

First Saturday of the month

Intimacy and Sexual Avoidance: 9 a.m.
Author's Group: 4:00 p.m.

Second Saturday of the month

Women's Outreach: 10 a.m.

Second Sunday of the month

Literature Committee: 4:00 p.m.
General Outreach: 6:30 p.m.

Second Thursday of the month

Seventh Tradition: 6:00 p.m.

Third Saturday of the month

Area Coordinating Committee: 4:00 p.m.
CSC: Twelve Concepts Work Group: 12:00 p.m.

Third Sunday of the month

ISOP Committee: 2:00 p.m.
CSC: Communications: 2 p.m.
LGBT Outreach: 3:00 p.m.

Fourth Saturday of the month

Area Handbook Workgroup: 11 a.m.

Fourth Sunday of the month

Conference Steering Committee: 2:00 p.m.

SUBMISSION GUIDELINES

Get Your Story Published in *The Outer Circle*

The Outer Circle newsletter relies on submissions from the SAA fellowship. It's a great way to carry the message to other sex addicts in the spirit of Step Twelve — and be of service! Articles may be submitted to toc@saa-recovery.org or to the ISO office. Please submit articles via email in Microsoft Word format with the **RELEASE FORM** at the bottom of this page.

Deadlines for Submission and Topics		
Jan/Feb:	“Taking Action”	Nov 5
Mar/Apr:	“Healthier Sexuality”	Jan 5
May/June:	“First Three Steps”	Mar 5
July/Aug:	“Prayer, Meditation”	May 5
Sept/Oct:	“Steps Six and Seven”	July 5
Nov/Dec:	“Giving Back”	Sept 5

Here are some general writing guidelines:

Living in Sobriety: For those with five-plus years of sobriety. 750-900 words on how you got sober and what you're doing to stay sober.

Stories of Service: 300-500 words on why you do service and how it helps your recovery.

Feature articles: 650-1,200 words on any of the topics listed above. It may be helpful to think of your submission as a written form of a share you'd give in a meeting — something that's working for you or that you're struggling with in recovery as it relates to the steps or traditions.

General Release Form

In consideration of being reviewed for possible publication, I hereby transfer and release to the ISO of SAA, Inc (assignee) all legal rights to the publication of my submission(s) or any edited version thereof in any official ISO publication, including Sex Addicts Anonymous, The Outer Circle, the SAA meditation book, the SAA websites, or any other SAA program material, such as pamphlets, booklets and audio recordings.

With this submission, I transfer to the assignee without limitation the legal title and all literary rights, including copyright and/or trademark and the full right and license to reproduce, copy, edit for content, modify, distribute, and create derivatives from the submitted work. I understand that every effort will be made to safeguard my personal anonymity in the publication and distribution of this material. I also understand that I may or may not receive further communication regarding my submission prior to its publication.

I hereby further attest that I possess full legal capacity to exercise this authorization, and I hereby Release the assignee from any claim whatsoever by me or my successors.

Signed: _____ Date: _____

Printed name: _____

Witness: _____ Date: _____

Printed name: _____

SAA TWELVE STEPS

- 1.** We admitted we were powerless over addictive sexual behavior - 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 as we understood 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 God 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 as we understood God, praying only for knowledge of God's 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 other sex addicts and to practice these principles in our lives.