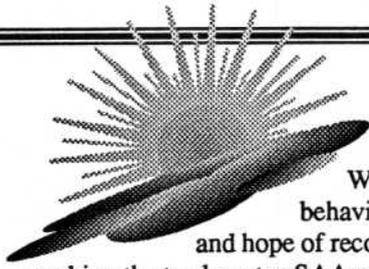


# THE *Plain Brown Rapper* The SAA Newsletter

50¢



September, 1990 Edition

The purpose of the Newsletter is to be a voice of the SAA membership. Written by and for brothers and sisters recovering from compulsive sexual behaviors; to be informative, sensitive and expressing the experiences, strength, and hope of recovering members. It is intended as an additional tool of recovery for those working the twelve-step SAA program.

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P.O. Box 3038, Minneapolis, MN 55403 — Telephone 612-339-0217

I like last issue's Thought for the Month: *Pain nourishes courage. You can't be brave if you've only had wonderful things happen to you.* I must admit sometimes I feel I must be a very brave person, indeed . . . until I see children in pain. In most cases, I am in awe of their ability to deal with tremendous amounts of physical and/or emotional pain. I can't grasp their ability to be served such grief, and yet have the capacity to go on living in meaningful, giving ways.

A recent movie, *Death Be Not Proud*, based on a book of the same name, deals with such a child. He is a young boy with what turns out to be a terminal brain tumor. Through his pain, fear, and aloneness in dealing with his illness, he reached out to his parents, his doctors, and others to show them how to live and how to die.

I believe we are all children inside. I also believe that as addicts, we have an illness that will be with us always. As adults, the illness is filled with pain, fear, and aloneness. But children have much courage and, through our child, we have the capacity to reach beyond our pain and touch others with the life, hope, and light of a child's courage . . . the courage to change the things we can.

## Step 4 presentation

Step 4 — Made a searching and fearless moral inventory of ourselves.

Step 4 can be broken down into seven parts:

*Made* — make, write it down

*A* — a, not the; one of many

*Searching* — word 'exhaustive'

*And Fearless* — not afraid of what might find; making inventory helps overcome 'fear' defect of character

*Moral* — your and others' meaning of right and wrong

*Inventory* — like a business to increase assets and decrease liabilities

*Of Ourselves* — ourselves, not someone else like in 'resentments' defect of character

There are many ways to make a Step 4 inventory. My inventory has two defects/assets of character which are:

1. Fear/faith (lack of fear)
2. Resentment/forgiveness (acceptance)

My fear and resentment come from my 'flee' or 'fight' response to stress. If I can't flee I fear, and if I can't fight I resent.

My fear and resentment work together, too. I fear what I resent (as in procrastination and perfectionism), and resent what I fear (as in intolerance). My faith and acceptance work together, too.

Continued on Page 2

### **Step Four Presentation (continued)**

**Fear** is my major defect. My fears are:

- Fear of abandonment by my wife and two daughters and by my SAA group.
- Fear of reinvestigation for child sexual abuse of our daughter. I was investigated and my family and I went through therapy, but I fear being investigated again.
- Fear I ruined our kids for life by the abuse. The abuse could cause teenage pregnancy, runaways, prostitution, and SAA addiction. But I will never abuse them again and I try to help them not to have that happen.
- Fear of failure as a husband, father, and worker at my job.
- Fear of rejection around sex with my wife.
- Intolerance. I am intolerant of others because I am intolerant of myself, and I resent what I fear. I'm intolerant of homosexuals (because I was abused by one when I was a teenager, and one who was an employee of mine at a shoe store stole money from me), my wife (I'm critical of her grocery shopping and other things), and others' habits (like smoking and drinking which I have done and quit).

**Faith** is a lack of fear.

**SAA Faith:** I've been in SAA for five years and have two and a half years of sobriety. My boundaries are:

*Don't:* incest, pornography, strippers, voyeurism, and exhibitionism.

*Do:* daily prayer and meditation, healthy sex, exercise, compliments and SAA meetings.

I've been the trusted servant, treasurer/librarian, and intergroup representative of my group and have 12-stepped others. I've given step presentations in my group on steps 1, 3, 4, 8, 9, 11, 12, open topics on healthy sexuality, and prayer and meditation. I've talked at a speakers meeting and this is my second article in *The Plain Brown Rapper*. I've given two Fifth Steps, too.

**Prayer Faith:** I am a Christian and my most important Do boundary is daily prayer and meditation. I believe God hears and answers my prayers. Through prayer, God helped me get married, have two daughters, get into SAA, and keep our family together through the trauma of child sexual abuse and investigation. Now I pray to keep sober in SAA, keep our family together, and find a new job.

**Resentments** which the AA Big Book calls the number one offender.

- Self-hate for abusing our daughter which can't ever be lived down completely, but I will always try to help her.
- My wife for refusing sex, walking out on me, and threatening divorce. But we are still married and working on our marriage.
- My work. I resent people at my work for being critical of me, ignoring me, and gossiping about me. I forgive them, but I'm looking for another job.

**Forgiveness** (acceptance).

- If I forgive others God will forgive me.
- If I keep resentments it hurts me the most and my resentments tend to multiply, unless I forgive all others and myself.
- I forgive and ask God to forgive and help me, my wife, everyone at my work, and everyone else.

I'd like to end with the serenity prayer:

*God grant me the serenity*

*To accept the things I cannot change*

*The courage to change the things I can*

*And Wisdom to know the difference*

*Anonymous  
Minneapolis, MN*

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# NSO REPORTS

## A Report from the National Service Office

On the Group registration cards we included two questions and this report attempts to report on some of the feedback we received.

### 1. What might the National Service Organization do to better serve your group?

To this question there were responses asking for the N.S.O. to help in several areas: literature, referral, regional, and general.

**Literature concerns:** There was interest in recovery tapes, literature focusing on solutions, literature focusing on healthy sexuality, and literature for newcomers. We are pleased to report that all of these things are now available (or will be available in the near future), either through the N.S.O. or through Twin Cities Intergroup.

Other literature requests called for gay recovery-oriented writings, multilingual availability of literature, a Big Book, and clarification on approved/suggested reading list. There was a call for more literature, and faster processing of orders. There was interest in literature for groups facing criminal/other harming behaviors.

The national literature committee is gaining its maturity and is working towards a revision of the group guide. They will be made aware of your concerns and will respond with projects aimed at fulfilling your needs.

**Referral concerns:** Many expressed an interest in the N.S.O. producing a directory, and it is now available for purchase. Some expressed the need for a 1-800 phone number. We currently have insufficient funds for an expense like this, but we are using an answering service during non-office hours (this is on a three-month trial basis).

**Regional concerns:** There were requests that the N.S.O. support the formation of Intergroups, and support regional conferences by lending information and by listing a calendar of events.

**General concerns:** Many wanted further cooperation with other sex addiction recovery fellowships. The N.S.O. has extended invitations to the other fellowships to begin a dialogue, but as of yet only S.C.A. has responded. Further efforts are likely to follow.

Other requests were for general guidance concerning helping to spread the message locally — so that growth can be facilitated in their groups.

### 2. What concerns or questions do you have about the National Service Organization which you would like addressed in *The Plain Brown Rapper*?

## What is the status of Hope and Recovery?

Many in S.A.A. use this book as their "Big Book." The office sells the book and it is on the current suggested reading list. The book is not owned by S.A.A.; it is owned by CompCare Publishers and the author of the book.

At one time the book was offered to Twin Cities Intergroup — the author asked the Intergroup to support the project of writing the book. At that time the Intergroup decided it would need to see a manuscript and read it before anything further could be decided.

*Continued on Page 4*

## July Donations to the National Service Organization

GROUP:	CITY:	STATE:	AMOUNT:
LOS ANGELES INTERGROUP	LOS ANGELES,	CA.	\$546.00
ROBIN S.		CA.	\$50.00
TOM O.		CA.	\$25.00
SAA OTTAWA	OTTAWA,	CANADA	\$50.00
ARVADA SAA	ARVADA,	CO.	\$35.00
SERENITY FELLOWSHIP,	ATLANTA,	GA.	\$100.00
SUSAN B.	ATLANTA,	GA.	\$20.00
MARTHA WASHINGTON HOSPITAL	CHICAGO,	IL.	\$50.00
SAA SPRINGFIELD	SPRINGFIELD,	IL.	\$15.00
SUPPORT ALWAYS AVAILABLE	BLOOMINGTON,	IL.	\$20.00
COURAGE TO CHANGE	S. BEND	IN.	\$20.00
THIS IS IT,	OPELOUS,	LA.	\$10.00
LINDA S.		MA.	\$20.00
SAGINAW SAA	SAGINAW,	MI.	\$20.00
HOPE AND RECOVERY	GRAND RAPIDS	MI.	\$20.00
SOUTHFIELD FRIDAY	SOUTHFIELD,	MI.	\$20.00
LANSING SAA	LANSING,	MI.	\$10.00
FLINT SAA	FLINT,	MI.	\$20.00
LAKESIDE	S. MPLS.	MN.	\$187.00
5:30 CLOSED MEN'S TUES.	ST. PAUL,	MN.	\$24.00
THURS 5:30 CLOSED MEN'S	ST. PAUL,	MN.	\$9.00
7:30 A.M. OPEN, MEN'S, TUES.	S. MPLS.,	MN.	\$10.00
LAKE HARRIET, SUN, BOUNDARY	S. MPLS.,	MN.	\$29.00
ANONYMOUS		MN.	\$10.00
MON MIXED GOLDEN VALLEY	GOLDEN VAL.	MN.	\$40.00
THURS. MEN'S 5:00 CLOSED	S. MPLS.	MN.	\$12.00
WED. BOUNDARY 7:00 MEN'S	S. MPLS.	MN.	\$7.50
TUES. GAY AND BI-SEXUAL MEN	MPLS.	MN.	\$14.00
WEDNESDAY 5:30 OPEN MEN'S	MPLS.	MN.	\$55.00
FREEDOM GROUP	TULSA,	OK.	\$10.00
ASHLAND	ASHLAND,	OR.	\$10.00
ROGER D.		SD.	\$5.00
HOUSTON INTERGROUP	HOUSTON,	TX.	\$38.00
SAT. TACOMA	TACOMA,	WA.	\$21.00
SPIRITUALITY FELLOWSHIP	MADISON,	WI.	\$20.00
	TOTAL		\$1,522.50

*Continued on Page 4*

**S.A.A. Financial Statement, Second Quarter 1990**

	LITERATURE	TC-INTER	NSO	TOTAL
BANK BALANCE AS OF 3-31-90	3,788.84	<186.53>	664.24	4,266.55
<b>INCOME:</b>				
DONATIONS		1,956.90	3,051.66	5,088.56
SALES	9,292.55	916.33		10,208.88
COST OF SALES	<5,473.69>			<5,473.69>
<b>TOTAL</b>	<b>3,818.86</b>	<b>2,873.23</b>	<b>3,051.66</b>	<b>9,743.95</b>
<b>EXPENSES:</b>				
RENT		375.00	375.00	750.00
PHONE		341.15	225.48	566.63
TELE-CONFERENCE				532.25
INSURANCE		56.25	56.25	112.50
COMMISSIONS	916.33			916.33
OFFICE SUPPLIES	205.87		277.41	483.28
POSTAGE	647.74		20.00	667.74
WAGES		1,908.75	1,908.75	3,817.50
PAY ROLE BENEFITS		115.50	115.50	231.00
PAY ROLE TAX EX. MISC.	30.25	146.02	146.02	292.04
EQUIPMENT EX.		105.67	105.67	211.35
PROGRAM EX.	691.59	45.00	60.00	796.59
BOARD EX.			658.62	658.62
MISC.	78.50	22.00	36.10	136.60
<b>TOTAL</b>	<b>2,540.03</b>	<b>3,115.34</b>	<b>4,517.06</b>	<b>10,172.43</b>
<b>JOURNAL:</b>				
ACCTS. RECEIVABLE	<262.83>	<916.33>		<1,179.16>
INVENTORIES	<817.26>			<817.26>
ACCTS. PAYABLE	1,224.73	507.50	867.91	2,599.94
PPD. EXPENSES		59.25	59.25	118.50
<b>TOTAL</b>	<b>144.64</b>	<b>&lt;468.08&gt;</b>	<b>808.46</b>	<b>485.02</b>
BANK BALANCE AS OF 3-31-90	5,212.31	<896.72>	7.30	4,322.89

**A Report from the National Service Office (continued)**

Here is a list of things you have said that you want addressed, and if they are not easily answered here, we will attempt to answer them in the coming months.

- What are the benefits of doing Twelve Step work, and how do we gain access to doing various types of Twelve Step work?
- Tell us what the N.S.O.'s needs are, the budget — where the money goes.
- Explain the status of Hope and Recovery. (see this issue)
- What is sexual sobriety? (see the definition in the new booklet "Getting Started in S.A.A.")
- What are the differing benefits of nonmixed vs. mixed groups?
- What are the differences between the sex addiction fellowships? And explain S.A.A.'s relationship with them.
- Explain why we need an N.S.O. and what does it do.
- Explain what groups can do when members are acting out with unsafe sex, when the person is H.I.V. positive, or if criminal behavior is occurring.
- What does the N.S.O. have to say regarding sex between group members?
- How do you intend to help groups in correctional institution?

**What is the Status of Hope and Recovery (continued)**

The author wrote the book over time and did not approach Twin Cities Intergroup with a manuscript; rather, it was published by Compcare. At some later point it was suggested to the Intergroup that the book should be adopted as the S.A.A. big book. At this time the Twin Cities groups were approached with a survey. Later, Twin Cities Intergroup voted that Hope and Recovery not be adopted as approved literature or as the S.A.A. big book because it was not owned by the fellowship. It was placed on the suggested reading list with other nonfellowship materials.

The position of Twin Cities Intergroup was and is that it would not be within traditions to adopt the book. This decision was not arrived at on the basis of the author receiving royalties, but on the basis of an outside entity (Compcare) having control and ownership of the book. The A.A. Big Book (as is similar with all recovery fellowships) is owned by that fellowship. A.A. derives revenue from the sale of their book, and it has control over word content. This is not the case with Hope and Recovery and S.A.A.

S.A.A. literature is processed and approved, where Hope and Recovery went through no such committee process. We now have a national literature committee and there has been discussion of writing a "Big Book," but an effort such as that will likely take years to arrive at a book which is of quality and is reflective of the membership of S.A.A.

Respectfully,  
Douglas P.  
Office Manager

**SAA ORDERING INFORMATION  
SUMMER 1990**

Mail to: S.A.A. Literature, P.O. Box 3038, Minneapolis, MN 55403; phone (612) 871-1520

Please send me the following materials. Prices include shipping and handling. (With overseas orders, please include an additional 20% to help defray the additional postage.)

**National Service Organization Approved Items**

QUANTITY		TOTAL AMOUNT
_____	S.A.A. Group Guide .....	@ 4.50 _____
_____	Abstinence and Boundaries in S.A.A. ....	@ 2.50 _____
_____	..... or 12 for 25.00 _____	
_____	First Step to Recovery .....	@ 1.25 _____
_____	..... or 12 for 10.00 _____	
_____	S.A.A. 21 Questions for self assessment, brochures .....	@ .10 _____
_____	..... or 12 for 1.00 _____	
_____	The Plain Brown Rapper (1 year) .....	@ 6.00 _____
_____	NEW The Plain Brown Rapper group subscription rates (1 year, each)	
_____	10 to 19 to the same address .....	@ 4.50 _____
_____	20 or more to the same address .....	@ 3.00 _____
_____	NEW S.A.A. Fellowship Directory .....	@ 3.50 _____
_____	S.A.A. Medallions .....	@ 2.50 _____
_____	Blank _____ 6 MO _____ 18 MO _____ 4 YR _____ 7 YR _____ 10 YR	
_____	1 MO _____ 9 MO _____ 2 YR _____ 5 YR _____ 8 YR _____ 11 YR	
_____	3 MO _____ 1 YR _____ 3 YR _____ 6 YR _____ 9 YR _____ 12 YR	

**"CARRYING THE MESSAGE" CONFERENCE - AUDIO TAPES**

QUANTITY	AMOUNT	
_____	1. The Founding of S.A.A., Pat C. ....	@ 6.00 _____
_____	2. Multiple addictions: Barbara B. ....	@ 6.00 _____
_____	3. Measuring and Celebrating Progress, Rich S. ....	@ 6.00 _____
_____	4. Exploring Healthy Sexuality, Douglas P. ....	@ 6.00 _____
_____	5. Sharing our recovery — Three stories: S.A.A., COSA, and a Couple .....	@ 6.00 _____
_____	6. Sharing our recovery Part Two .....	@ 6.00 _____
_____	7. Personal Stories, Gregory M., Linda M. ....	@ 6.00 _____
_____	☛ Order any six tapes for the price of five .....	@ 30.00 _____
_____	"Carrying the Message" T-shirts in _____ large or _____ extra large .....	@ 9.00 _____

**Twin Cities S.A.A. Intergroup Items**

_____	NEW! Getting Started in Sex Addicts Anonymous; a beginner's packet for recovering sex addicts .....	@ 2.50 _____
_____	.....	12 for 25.00 _____

**Other Recovery Items**

_____	Answers in the Heart (meditations) .....	@ 8.00 _____
_____	Out of the Shadows (Carnes) .....	@ 12.00 _____
_____	Contrary to Love (Carnes) .....	@ 11.00 _____
_____	Women, Sex, and Addiction (Kasl) .....	@ 10.00 _____
_____	Hazelden Collection of step guides .....	@ 10.00 _____
_____	Hope and Recovery (paper-back) .....	@ 12.00 _____
_____	Hope and Recovery (abridged, on tape) .....	@ 17.00 _____
_____	Hope and Recovery Workbook .....	@ 10.00 _____
_____	A Male Grief: Notes on Pornography .....	@ 4.50 _____

Mn. residents add 6.5% sales tax .....

Total Enclosed .....

Make checks payable to SAA literature

Ship to (please print clearly):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

## Literature Description

### N.S.O. Approved Items:

1. **Group Guide** — A complete guide including a suggested meeting agenda, the twelve steps and twelve traditions, tools of the program, the promises, How it Works, etc.
2. **Abstinence and Boundaries in S.A.A.** — A booklet of contributions made by S.A.A. members sharing their written sexual sobriety programs. This booklet is a helpful tool for individuals who are in the process of defining both abstinence and boundaries in their own program.
3. **First Step To Recovery** — A helpful booklet (guide) for preparing a first step presentation. The guide is useful in facilitating addicts in viewing the differing areas of their powerlessness and unmanageability.
4. **S.A.A. 21 Questions For Self Assessment** — This pamphlet is a tool for people seeking to find out if they have a sexual addiction.
5. **The Plain Brown Rapper** — The National Service Organization of S.A.A.'s monthly newsletter, filled with fellowship updates regarding upcoming events, and new projects. This newsletter is written by and for the S.A.A. membership, and includes recovery stories, insights, and poems. The P.B.R. will soon be available at group discounted rates.
6. **S.A.A. Medallions** — The S.A.A. "From Shame To Grace" medallions are both a keepsake and a staple of recovery, helping S.A.A. members build and honor a positive history.
7. 1990 "Carrying the Message" Conference audiotapes — A selection of powerful recovery presentations from the conference.

### Twin Cities Intergroup approved Items:

8. Getting Started in S.A.A., a beginner's packet for recovering sex addicts — This newcomer booklet offers a great deal of information which helps to ground people in the program of S.A.A. The booklet focuses on answering questions beginners often have about recovery from sexual addiction. Many people already in the program have found it very helpful to read this booklet.

### Other Recovery Items:

9. *Answers In The Heart*, Hazelden  
A daily meditation book written by a female and male member of S.A.A.
10. *Out Of The Shadows*, Dr. Patrick Carnes  
This was the first book explaining and detailing sexual addiction.
11. *Contrary to Love*, Dr. Patrick Carnes
12. *Women Sex And Addiction*, Dr. Charlotte Kasl  
This book looks at sexual addiction from women's perspectives.
13. Collection Of Step Guides, Hazelden  
Twelve separate step guides. These guides are well crafted and can be transposed for several addictions.
14. *Hope And Recovery*, Compcare/paperback  
A "Big Book" styled book for recovering sex addicts. Includes a section of personal stories.
15. *Hope And Recovery*, Compcare/cassette tapes  
An abridged version of the above.
16. *Hope and Recovery Workbook*
17. *A Male Grief: Notes On Pornography And Addiction*, David Mura.  
This booklet is a powerful essay on sex addiction and our sexual culture.

In keeping with the sixth tradition, S.A.A. offers no opinion on non-program materials. We choose to sell these items as a means of offering resource options, but they do not necessarily represent S.A.A. The conference tapes although put on by program people, are as of yet not approved.

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## **Cruise to Recovery!**

An SAA/CoSA recovery cruise is scheduled for January 20–27, 1991. Cost is \$1,200 per person, double occupancy, and includes airfare. Cruise line is the Norwegian Cruise Line. The vessel is the "Starward." The cruise begins Sunday at 10:00 p.m., January 20, in San Juan, Puerto Rico, and goes through the southern Caribbean, stopping at Barbados, Martinique, St. Maarten, Antigua, and St. Thomas before returning to San Juan at 8:00 a.m. on Sunday, January 27. Space has been reserved for 16 persons (8 double occupancy cabins). To reserve a specific cabin *and rate* requires a \$200 deposit per person, and selection is becoming limited rapidly.

I've spoken with the SAA group in San Juan and will be attempting to coordinate pre- and post-cruise meetings with them. I'm also hoping for two meetings on board during the week, both SAA and CoSA. My wife and I are eagerly looking forward to this and are hoping for a good turnout with a week of nothing but fun and recovery.

To schedule yourself, call Dawn Taylor at (517) 790-3240 or, if in Michigan, call 1-800-322-1120. This is AAA Travel and all actual arrangements should be made through that office. All I've done is request that eight cabins be held until November for a group, and I've put down a small deposit. Specify the "Cruise to Recovery" and give the specifics (dates, vessel, cruise line) noted above. Request "first seatings" for meals. As in everything, discretion is advised to protect our anonymity.

For more information, please call me at (612) 323-0922.

*Jeff W.*

## **Dear Arthur . . .**

*I am not a new person in the program, but I clearly remember my very first meeting: fear, doubt, and more fear. One of my worst fears had to do with not knowing what to do or say, or when to do or say it. Could you please comment?*

*Glad I'm Not New*

Dear Glad,

You brought up a very valid point concerning a person's first attendance at an SAA meeting. I also remember my first meeting. After being 12 stepped. I walked in with my sponsors (or was I carried in?) and immediately was fearful that I would shame myself because I didn't "act" right. After all, this was an anonymous program — meaning "secret" — and aren't secret societies filled with unknown, subtle procedures and hierarchies meant to trip up the unwary? Later, I learned that this fear came from my family; i.e., I had to guess at unwritten rules concerning behavior in my family (which periodically changed). From this I came to believe that unwritten, changing rules must be the norm.

Three actions helped me get through this period. First, in the 12-Step process, I was told how things were done, what the order of business was, and what was expected of me. Second, I was told it was okay to occasionally be different or wrong. There was no "correct" way of doing things in all cases. Of course the third — trust — was something to be cultivated before my fear in this area was totally removed. However, the fear was greatly reduced by the first two. That is why I believe it is important to "demystify" a group's process when 12-stepping someone new.

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## **Notice of The Plain Brown Rapper Policies**

The N.S.O. Board would like to announce several changes in the distribution of *The Plain Brown Rapper*.

First, each registered S.A.A. meeting will receive one P.B.R. at no cost.

Second, the P.B.R. is now available at group discounted prices. An individual yearly subscription to the P.B.R. will remain \$6.00. For ten to nineteen copies to the P.B.R. to the same address, the price is reduced to \$4.50 per copy per year. For twenty or more copies of the P.B.R. to the same address, the price is reduced to \$3.00 per copy per year.

Lastly, you may have noticed an expiration date which appeared on all mailing labels — except for those of registered groups. This date indicates when you will need to renew your subscription to the P.B.R.

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## Gifts

I came to SAA to stop acting out  
and I found the gift of friendship  
I came to SAA to stop acting out  
and I found the gift of a program that works  
I came to SAA to stop acting out  
and I found the gift of understanding  
I came to SAA to stop acting out  
and I found the gift of a safe place to talk  
I came to SAA to stop acting out  
and I found the gift of patience  
I came to SAA to stop acting out  
and I found the gift of listening  
I came to SAA to stop acting out  
and I found the gift of acceptance  
I came to SAA to stop acting out  
and I found the gift of hope  
I came to SAA to stop acting out  
and I found the gift of unconditional love  
I came to SAA to stop acting out  
and I found the gift of meditation and prayer

I came to SAA to stop acting out  
and I found the gift of a higher power  
I came to SAA to stop acting out  
and I found the gift of serenity  
I came to SAA to stop acting out  
and I found the gift of gratitude  
I came to SAA to stop acting out  
and I found the gift of abstinence  
I came to SAA to stop acting out  
and I found all these gifts  
And by the way . . . I stopped acting out!

*Don L.  
Wisconsin*

(Note: This poem was first read in public on Friday, May 25, 1990 at the SAA National Convention in St. Paul, Minnesota after 21 months of continuous abstinence.

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## **Recovering from Childhood Sexual Abuse — A Look at Both Sides**

Shame eats away at my soul  
Gnawing, twisting, oozing darkness  
Killing my spirit  
Destroying any chance for happiness  
  
Shame blackens my heart  
Distorting my vision of life around me  
Until I could no longer feel  
That life was worth living  
  
My powerlessness over my compulsive sexual  
behavior  
Stole my values, my career of choice,  
My friendships, my children's respect for me,  
And my believe in a Higher Power

I shared my deepest regrets this afternoon  
With my sisters and brothers in recovery  
And I found that I am **not** alone  
And I found acceptance and nonsexual hugs  
  
My shame is lessening . . .  
Each time I look another sex addict in the eye  
And share my story  
  
Thank you SAA

*Anonymous  
Minneapolis, MN*

*Do you have a story, a poem, an experience of growth, or would you just like to share your emotions and feelings? Please write The Plain Brown Rapper. Your brothers and sisters in SAA would like to hear from you. We have much to share with each other. Please write to PBR Editor, c/o SAA, P.O. Box 3038, Minneapolis, MN 55403. If you have a modem, or can submit your writing on a computer disk (either Macintosh or IBM), that would be greatly appreciated. For more information concerning telecommunicating your article, please call the NSO office. Please submit all writings for the October newsletter by August 23, 1990.*

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