

Plain Brown Rapper

THE SAA NEWSLETTER



The purpose of the Plain Brown Rapper is to be a voice of the SAA Membership, published by and for those recovering from compulsive sexual behaviors. We strive to be informative, sensitive, and responsive in expressing the experiences, strengths and hope of recovering sex addicts. Unless otherwise noted, the content of the PBR reflects the opinions of the writers and editors and not necessarily of the National Service Organization, the Literature Committee, or Sex Addicts Anonymous as a whole.

"Loved" into Recovery

I'm writing to share my thoughts, feelings and experience concerning being gay and going to mixed meetings (ones with homosexual and heterosexual members). The reason I go to meetings is because I'm a sex addict. I happen to be gay and my primary acting out behavior is anonymous sex with men.

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When I recognize that I can only be as *entirely ready* as I can be on a given day, and that each day affords a host of new possibilities and opportunities to make decisions about, this triggers a new train of thought for me. I have come to learn that there are many facets of my inner self, some of which seem to consistently struggle against one another. Therefore, I can only be as *entirely ready* as different parts of myself are open to be. My adult seems to understand and see things long before my inner child does or can.

PERSONAL APPLICATION

For a long time, I have embraced the intellectual acceptance of belief and faith in God's mercy, love and forgiveness. Nonetheless on some subconscious level, there has been a wall which sustains my belief that I am somehow beyond the reach of God's love — that until I can get my life straightened out, God couldn't or wouldn't really want to help me out.

On the other hand, I scold myself for lack of faith because I really don't believe Biblically or in my heart that this is how God operates. I find myself in some kind of war between my child, whose fears and

Step Six

doubts I cannot instantaneously alter, and my spiritual adult who supposedly knows better. As I have accumulated seven months of sobriety, I somehow imagined that time would unquestionably carve a path of greater closeness to God. I thought the sacrifice of abstinence from my sexual addiction would inevitably spawn the greater sense of closeness and intimacy that I always wanted with Him.

I had no real concept of being entirely ready to let God remove these defects by turning them over to him in some childlike act of readiness and surrender. And I was shocked to find that after beginning to disarm my addictions in therapy and my S.A.A. group that I seemed to feel worse than ever! I felt enormous pain, grief, confusion and couldn't understand why.

REALIZATIONS

Working on this step at this time, in this backdrop, fueled some intense self-realizations and an element which seemed to be characteristic of all my relation-

Were entirely ready to have God remove all these defects of character.

ships. I felt close to my mom when I told her I was bad. I felt close in friendships and in my family relationships when I took all the responsibility and blame. And I even felt close with God when I would tell Him how I hated myself in the aftermath of my addictive behaviors. So any feeling of intimacy with God or people has always been predicated on the belief and admission of my own badness and worthlessness.

Now, with the introduction of a measure of sobriety, self-loving and nurturing skills into my life, and given that my addictions were held in place to medicate pain, it seems only logical that their absence would precipitate the re-experience of much deferred pain and grief. I can also see how addiction fed my shame, locked me inside and insulated me from even the remotest possibility of healthy relationships. I believe that my relationships with God, myself and others form an arena for one of the most

profoundly difficult undertakings of my life, and yet one of the most precious parts of my life. And as I work these steps, I begin to approach new horizons and possibilities in relationships. Helen Keller, who was deaf and blind, once write, "Sometimes, it is true, a sense of isolation enfolds me like a cold mist as I sit alone and wait at life's shut gate. Beyond there is light, and music and sweet companionship, but I may not enter." I realize that we who see and hear are not so very different. Perhaps when it comes to relationships, because of my woundedness and inability to trust, I have felt that I too must somehow remain alone at life's shut gate, outside the reaches of sweet companionship. But time is tempering my outlook to include the vision of healthy people who neither need others to take all the blame nor wish to assume they are always at fault. Eventually, my healthier inner child might even be able to experience God's love as a gift of goodness, rather than a businesslike trade for constant self-denigration. So for me, *entirely ready* must begin with asking God to teach me how to feel close to him without these conditioned self-hateful behaviors.

It's very hard, but I realize that a loving, trusting, truly intimate relationship has to start with my child as

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"I was 'loved' into recovery"

Continued from Page 1

I have struggled all my life with the issue of being gay. When I finally started looking at my behavior, I assumed it was because I was gay that I acted out the way I did. One of my sponsors helped me see that being gay and a sex addict had nothing to do with each other. I acted out to numb out, feel in control and be powerful. I'm gay because I am sexually attracted to men. It has been a struggle to untie the tie that binds me. I've gained the gift of acceptance about being gay and this has given me freedom to focus my energy on my addiction.

When I go to meetings, I feel at home. The members of the group have varied lifestyles and acting out behaviors but we share the same feelings and solution. It is a place where I can get my needs met in a healthy way. There are male members who father me, females who mother me and both sexes who are my friends. I don't think I would be alive today had it not been for the men and women (both gay and straight) of the groups that I attend.

Another very important discov-

ery I made at mixed meetings is that I can develop and maintain relationships with people and not sexualize the friendship. This has been a most wonderful blessing in my recovery. I have found it very beneficial to have a sponsor that is straight. He offers me a point of view that is different and helps me put things in perspective. I find that my relationship with my sponsor is not sexually charged as were other relationships I've had with sponsors who are gay. I feel safer and am able to trust more.

I feel very grateful that God has put people in my life to help show me the way to recover. The action part is up to me but I can't do it alone. I've experienced so much love and acceptance at my "mixed meetings" that I've literally been loved into recovery.

Morris L. • New Orleans, LA

Don't Act Out—Reach Out!

This regular feature of the PBR needs your input. Twelve step outreach experiences from individual or group perspectives may be sent to PBR P.O. Box 3038 Mpls., MN 55403

Working the Recovery Line helps me reach out; I break my silence. Even though sometimes, it is still hard for me to return calls and ask someone to listen to me, because they beg to hear from me and openly bleed their pain to me, I am encouraged. This honest contact encourages me to share the strength I gain from them. When I hear myself say, "Hello, this is Joni R. I'm with the S.A.A. Recovery Line, returning your call. How can we help you?", I hear in my mind and how will you help me? Each call is like every meeting I attend in that I always take something away with me.

With up to thirty calls a day, it can be overwhelming. This teaches me to ask for help from other members. Most people that call are at rock bottom with holes in their boat. This one call which may have taken months or even years for some people to make, is reaching for a rope—the rope of the Recovery Line. I try to offer some "corks" to help plug up the

holes in their boat. This sharing always comforts me in my disease.

While I mostly return women's calls, when necessary I do answer men's calls. Only once did a man's addict come out. Just like the promise says I "intuitively knew how to handle what used to baffle" me.

I feel greatly rewarded when I meet someone that I have spoken with although I have also learned to let go of those I do not see. I especially remember meeting Marv at the 1990 Convention. Hearing of the work he'd done on the Recovery Line up in the Twin Cities. I wondered how many "boats" he had helped keep afloat by sharing this program. I am so grateful to be able to reach out in this program. •Joni, Houston•

(Ed.: Copies of the helpful flow-chart-answering system used by Houston volunteers available from the SAA office..

RAP•AROUND

S.A.A. Gatherings

Fourth Annual Iowa Retreat,

Sept 11-13, 1992

One person who attended shares his views including a description of the scheduled structure, which might be useful to other prospective retreat planners .

I found the program entitled "Twelve Steps to Freedom", focused on the actions of admitting, submitting, committing and transmitting in 12 step recovery. The format provided for a presentation to the whole assembly on each step by a recovering member, followed by small group discussions. Upon registration, each person was randomly assigned to one of eight core groups for the duration of the weekend. The core groups were paired for small group discussion in such a manner that everyone ended up in discussion groups with each of the other participants during the weekend. No outside speakers were utilized as the emphasis was on sharing the experience strength and hope of our brothers and sisters in recovery.

Borrowing from the experiences at national S.A.A. conferences, Saturday evening we engaged in several affirmation exercises. These included participants stating affirmations for themselves which the community then confirmed, and members whispering affirmations to one another. This was a deeply moving experience for many of us. The weekend included lots of singing and shared recreation. A real sense of fellowship was created among us. Throughout the weekend a candle burned in memory of those who have lost their lives to this addiction, and for those who have been injured by it, those who have fallen off the recovery path and those unfortunates who still suffer, At the conclusion of the retreat a chrysanthemum, which had symbolized us as "hardy survivors blooming in our own season," was planted on the grounds of the retreat center, with our prayer that we all continue to grow and blossom in recovery.

Gary• Iowa

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The Integrity of Selfish Selflessness: (Or DOING SERVICE WORK FOR FUN)

Twelve Step or service work should not be at the sacrifice of our well-being and it shouldn't leave us feeling drained. Difficult as it may be, it is important to find the balance between self care and service.

So many kinds of service are needed in this program there is bound to be a niche of joyous service for each of us to uniquely fill. We don't all need to be good at the same thing. Some of us are tremendously sensitive and helpful to newcomers, others of us are excellent with logistics, organization and planning, still others of us function best on committees.

Although we all may share certain roles of service such as presenting a step or twelve-stepping a new person, we can also focus our energy on specific tasks which match our strengths, interests and talents. Finding what and how we can give something back is surely one of the greatest gifts we can give ourselves and others. Think of how uplifting it is to see someone doing something they really

enjoy. After all, part of what it means to say "this is a selfish program", is that we give the program away not just to keep it and not just because we recognize that our lives depend on it, but because it feels good. Our frankness about this kind of 'selfishness' gives the program (and us) integrity.

For a long time, when I first came to the program, I thought that by missing a meeting I only deprived myself. I failed to grasp that just as I needed the presence of others, my presence was a contribution too. Perhaps it is partly our addiction which makes it hard for us to recognize and accept that our presence is appreciated, that our recovery and service have a value beyond our own estimation. After all, no one else can bring just the same thing as we can to the situation, because no one else is us. Each of us has unique qualities and gifts, utilizing them is a wonderful way to counter those messages from childhood about not being important. • Kathy (& Lisa)

SAA LITERATURE ORDER FORM – Summer 1992

National Service Organization Approved Literature

| <u>QUANTITY</u> | <u>TOTAL AMOUNT</u> |
|---|---------------------|
| _____ S.A.A. Group Guide | @ 4.50 |
| _____ Abstinence and Boundaries in S.A.A. | @ 2.50 |
| _____ First Step to Recovery..... | or 12 for 25.00 |
| _____ S.A.A. Self-Assessment Brochures | @ 1.25 |
| _____ NEW! The Bubble – A Metaphor that describes what it is like to be in the addiction | or 12 for 10.00 |
| _____ NEW! Three Circles – Defining Sexual Sobriety | @ .50 |
| _____ The Plain Brown Rapper (1 year) | or 10 for 2.00 |
| _____ The Plain Brown Rapper group subscription rates (1 year, each) | @ .35 |
| _____ 10 or more to the same address (Minimum Order \$30, ie. 10 Qty) | or 10 for 2.50 |
| _____ S.A.A. Fellowship Directory | @ .35 |
| _____ S.A.A. Medallions | or 10 for 2.50 |
| _____ Blank _____ 6 MO _____ 18 MO _____ 4 YR _____ 7 YR _____ 10 YR | @ 6.00 |
| _____ 1 MO _____ 9 MO _____ 2 YR _____ 5 YR _____ 8 YR _____ 11 YR | @ 3.00 |
| _____ 3 MO _____ 1 YR _____ 3 YR _____ 6 YR _____ 9 YR _____ 12 YR | @ 4.00 |
| _____ Aluminum S.A.A. Medallions (available only with blank sobriety date)..... | @ 2.50 |
| _____ | @ 1.50 |

AUDIO TAPES

| <u>QUANTITY</u> | <u>TOTAL AMOUNT</u> |
|--|---------------------|
| _____ 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 |
| _____ 8. Prison Outreach, panel | @ 6.00 |
| _____ 9. A Woman's Story, Jill's S. | @ 6.00 |
| _____ 10. Healthy Sexuality & Aging,, Kevin O. | @ 6.00 |
| _____ 11. Sponsorship, Jeannie O. | @ 6.00 |
| _____ 12. Long-Term Sobriety, Francie E. | @ 6.00 |
| _____ 13. Adult Children, Grant J. | @ 6.00 |
| _____ 14. The Illusion of Control, Gary L. | @ 6.00 |
| _____ 15. Keynote Speaker: The First Woman in SAA, Jean O. | @ 6.00 |
| _____ ★ Order any six tapes for the price of five! (please indicate choices) | @ 30.00 |

Twin Cities S.A.A. Intergroup Literature

| | |
|--|--------------|
| _____ Getting Started in Sex Addicts Anonymous; a beginner's packet for recovering sex addicts | @ 2.50 |
| _____ Exploring Healthy Sexuality | 12 for 25.00 |
| _____ | @ 3.50 |
| _____ | 12 for 35.00 |

NON-N.S.O. Approved Literature

| | |
|--|---------|
| _____ DRAFT Edition: Promises of Grace | @ 10.00 |
|--|---------|

Other Recovery Literature

| | |
|---|--------|
| _____ AA Big Book (Alcoholics Anonymous)..... | @12.00 |
| _____ The Twelve Steps and Twelve Traditions (Alcoholics Anonymous) | @12.00 |
| _____ Answers in the Heart (meditations)..... | @ 9.00 |
| _____ Out of the Shadows (Carnes) | @11.00 |
| _____ Hope and Recovery | @15.00 |

ORDERING INSTRUCTIONS:

Allow 5 weeks for delivery. Overseas orders add 20% to Total. US orders over \$35, please use a non-PO Box address so we can ship UPS.
Make all checks payable to N.S.O.

Mail Payment to:

S.A.A. Literature
P. O. Box 3038
Mpls., MN 55403
Phone: (612) 871-1520

Shipping and Handling Fees:

| | |
|--------------------------|--------------|
| Order Amount | Add to Order |
| \$ 0.00 to 25.00 ----- | \$ 3.00 |
| \$ 25.01 to 50.00 ----- | \$ 4.50 |
| \$ 50.01 to 100.00 ----- | \$ 5.00 |

Ship to (please print clearly):

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____

| | |
|---|-------|
| 1. Total price of order | _____ |
| 2. Add Shipping and Handling (See directly above) | _____ |
| 3. Minnesota Residents: Add 6.5% Sales Tax | _____ |
| 4. Additional Donation for S.A.A. | _____ |
| 5. GRAND TOTAL (payable in US funds) | _____ |

I'd Soon Get Amnesia

At the age of fourteen, my parents sent me to a private boys' school 1500 miles from home. I struggled for three years having very few friends, and developed a strong attachment to solitary masturbation. With this as my way of comforting myself, I became so depressed during my final term that I failed to graduate due to my lack of concentration. Confused and directionless I drifted—trying college and jobs. I ended up dropping out and quitting. Having to depend on friends left me feeling guilty. I believed that masturbation was the only good thing in my life. I was king of the world, when I masturbated feeling wonderful and without problems. Yet, between periods of sexual escape I could not ignore the feelings of inadequacy and self hatred. In a deep depression at age 20, I attempted suicide by drinking iodine and was admitted to a psychiatric ward.

Leaving the hospital against medical advice and convinced that I was utterly useless, I developed a habit of complete dependency on others. For much of the next six years I was a homeless person living in public buildings, stealing food, hitchhiking across the country. My life was filled

with stealing cars and valuable merchandise, a conviction for trespassing and shoplifting, and a month in jail. Though feeling resentful and blaming toward my parents, I asked them for help. They agreed to pay for my return to college and my rent. I attended classes for three years while continuing to suffer the unmanageability of my still unrecognized addiction. I began to spend thousands of dollars on pornography, expensive vibrators, and other sex toys.

One night I traveled miles through a cold, autumn rain to buy a sexual device. I arrived home feeling only the rosy glow of excitement though I was soaking wet and dangerously chilled. This vacuum device was so powerful it caused small blood vessels to burst leaving me swollen and sore for days. Yet, I would soon get amnesia and do it again. In my quest for sensation I used electricity on myself. I miscalculated numerous times. Only by sheer luck did I avoid blowing myself up though I once gave myself a third degree burn that took months to heal.

It was hard to believe I did not know that I was an addict at the time. Yet,

...And Do It Again...

I thought I was just an unhappy, lonely person with unusually strong sex needs. I also became attracted to stimulant drugs. When I combined these with my sexual acting out I soon found that I was addicted to chemicals as well.

Exhausted, after a year and half of chemical addiction, I willingly entered a chemical dependency treatment program. Not long after finishing treatment, an acquaintance told me about a twelve step program for people with sexual addictions. Something clicked for me and I had an instant feeling of recognition and hope. Attending several S.A.A. meetings, convinced me to enter a sexual dependency treatment program. Treatment taught me abstinence and boundaries which began to comfort my huge fear and loneliness. I attended regular S.A.A. meetings and experienced a vast improvement in all areas of my life. I held a job for three years and ventured into a long term relationship with a woman.

During a time when I gradually stopped attending meetings I had a long, slow and severe relapse—first with sexually compulsive behavior

and then chemicals. Today, I regularly attend groups and make support calls. I work the twelve steps. I have boundaries around masturbation of any kind and around having sexually-oriented materials in my house. I do not use any drugs including caffeine. I am presently celibate and choose not to be in a relationship. I choose as little contact with my family as possible. I limit the amount of radio, TV, movies and magazine media that I take in. I am careful with my diet, take care of my health, exercise plenty, and do lots of fun, relaxing things (with others if possible).

I believe that the strength of my compulsive behavior is tied to positive instincts for survival and fulfillment. It is not my fault that as an addict, I have developed a very defective strategy for self-care however, as a recovering person, I am responsible for making sure I learn skills so all my needs can be met in healthy ways. I am grateful to my Higher Power for my life and my recovery. •David B., MN•

and Again.

**CROSS
TALK**

A forum for response and opinion on issues that do not tend toward a single fellowship-wide resolution, so relegated to group autonomy.

Through prayer and meditation I have sought the courage to share my beliefs on the issue of what SAA as a fellowship-or I as a member-ought to do when another member is continuing to engage in illegal sexual abuse. I acknowledge that my opinion is influenced by my own experience of childhood sexual abuse and by the fact that although the abuse was known to many people, no one intervened on my behalf. Their indifference reinforced my belief that even as a little boy I was worthless.

No child deserves to be sexually abused; no child's suffering should be ignored. No sex addict deserves to be lost in the dark world of this addiction; no sex addict's suffering should be ignored. Saying "No" to sexual abuse is also saying "No" to the addiction. Many of us have found that it was only when confronted by the real consequences of our behavior that we were able to find healing and recovery.

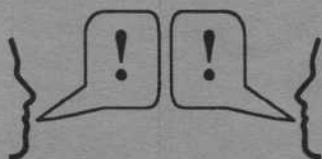
I believe as addicts we need-I need-to be told the truth. In the matter at hand, the truth is that this behavior causes serious harm to others who are helpless. It cannot be ignored. It can be

stopped. I do not believe that acts of child sexual abuse are no worse than any other than any other sexually addictive behavior. That is just not true and we should not be afraid to say so. To say that some acts are worse than other acts, is not to say that some of us are better or worse than others. We are equal as people, but all of our activities and their consequences are not alike.

"God grant us... the courage to change the things we can..." I believe that taking action to end the abuse would be a courageous though difficult act of love for both the victim and the offender. I doubt that it would be immediately appreciated by the addict but I trust my Higher Power to

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{ All three of these articles, and any more that are sent in, will be added to the resource packet, available from the S.A.A. office for anyone who wants it. This action is a result of discussion and decisions in the delegate business meetings, from which it became apparent that we would not arrive at a unified position. The packet of views is for assistance to individuals and each autonomous group, who are faced with the issue. (Ed) }



Cross Talk:

Your meeting may
not allow cross talk
but we do.

(From a member in Louisville, Ky.:) ... on the issue of reporting felonious behaviors. Our group stands united on this subject. SAA should be a safe place where our stories remain confidential. We have no moral or legal obligation as a 12 Step recovery group to report incidences of felonious behavior to legal authorities. The program is not a forum to exercise a judicial process. Our literature and our traditions support this position, as did Louisiana Intergroup as well.

(Ed. Excerpted from the suggested guidelines Madison gives out to members going on a 12 Step Call.) Members should be aware of the Wisconsin law which mandates the reporting of any known child abuse by members of certain professions..... Unless it has been reported to the proper authorities previously.....failing to report such a crime is subject(*could lead*) to loss of their license to practice that profession. If anyone were to report a sexual crime which came to their knowledge due to their activities in S.A.A., that person could eventually be compelled to disclose where they learned about that crime. This would break the anonymity of the person making the report, and could lead to loss of anonymity for other members of the group. Prospective members should also be cautioned not to mention any unreported incidents of child abuse at meetings. Instead they should be encouraged to discuss any such incidents with a sponsor or other member who is not obligated to report them. This does not mean that we as a group wish to harbor child abusers, it simply means we don't want any group members to become obligated to make such a report, thereby compromising their anonymity. A sponsor or other member who hears about any child abuse would usually counsel the abuser to turn themselves in. Facing up to the consequences of our actions and making amends to those we have victimized is an essential part of our program.

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bring about positive good from it.

Such intervention is also consistent with our traditions of putting our common welfare first and placing principles before personalities. Our meetings are not safe places if they become a dumping ground for guilt without affecting change in our lives. They are not safe places if we sacrifice principle and stand silent while harm continues. Indeed, if our meetings become known to law enforcement agencies as places where persons admit serious criminal behavior while otherwise avoiding detection, we are at risk of the meetings being monitored by law officers and of being subpoenaed to testify about what is said there. This would hardly promote our common welfare.

I believe that we have a moral obligation to ask the offender to report the behavior to the appropriate authorities and to offer our assistance and support in the process. If the person will not do so I believe we must. I have made a commitment to myself to follow this course. I believe SAA should adopt it as a recommended procedure for the fellowship. And finally, I agree that we should continue to pray for knowledge of God's will for us and the power to carry that out.
Gary (Iowa)

More SAA Gatherings

(Ed. Notices needed about other SAA retreats. Use the PBR to get the word out.)

Sixth Annual New Year's Eve Retreat

Dec. 31- Jan 2, 1993

Wisconsin

1993 National SAA Convention: Steps of Faith

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Leaps of Courage

May 28-31, 1993

Louisville, Kentucky

Request for speakers and presenters. The Convention Committee is currently seeking volunteers and recommendations for presenters, panel participants and speakers. New and past presenters are welcome. The committee suggests that the presenter have a year in the fellowship as well as the support of a sponsor or group. Proposals should be sent to the program committee before January 15. Calls can be directed to (502) 266-0757, letters or requests for proposal form sent to P.O. Box 4864, Louisville, KY 40204-864.



*Articles from or about
those of us who have been
imprisoned
on account of
our sexual addiction, with
the understanding
that...*

We're All Doing Time

I'm writing to someone in prison,
Writing emotions strong and writing well
Hurt that my brother was torn from me
When he had the courage to tell
Learning of my loneliness, old loneliness,
Hurts left from when other friends were left behind
Fearing that I'd never find another friend
Or that no one else will be that kind.

I've been writing often to a brother in the program who is now in prison. He is there because of his acting out and he broke the secret in his amends. I've had my own fears broken open by his actions. My acting out was in a very similar pattern. So, seeing him get sentenced to many years filled me with fear. Yet, I will write and I have travelled to see him. My recovery has been helped by seeing the complete cost of acting out. I can't afford to let any part of my addiction remain in secret.

Dave R. Plano, Tx

CHANGE ...

...the word strikes fear into the heart of many of us, even though recovery and life itself is deeply rooted in change. Like most of us, I find myself still doing behaviors that I wish to change, including my masturbation and fantasy habits. For me, writing down those things about myself that I want to change is the beginning. It is important for me to describe the problem, the consequences of not changing, and the benefits of changing but I mustn't stop there. It was my sponsor who helped me see that I need to form a clear, precise plan with specific actions I can begin that very day. Change starts with me and starts now. For me, one of the biggest blocks to change is not recognizing that each day can be a new beginning. No matter what the habit, no matter how long I've been doing it, I can only change it by doing something about it now.

For myself, the motivation to change doesn't usually get strong enough until I've felt a lot of pain because of the habit. I tend to wait until the pleasure pool is completely dry before I stop

drinking. I tend to wait until the fear of not changing is greater than the fear of changing.

More than pain, more than fear, I have come to see that there can be a more effective motivating factor, known as love. Out of concern for my care and my own well-being I am now beginning to change old habits before they get totally out of control. It is a sign of self-love for me to find this gentler, kinder reason for changing.

Yours in change, Jason F. •

**For the many of you
who have decided
– up till now –
to give the PBR
"a miss",
THE
NEW
PBR
COMMITTEE
would like
to encourage you
"to have another
look-see."**

Dave, Jason, Joe, Fred & Lisa
Send articles to P.O. 3038 Mpls. MN 55403