



Step Study Meeting

Step 1

Telemeeting Version

v1.0.0.5



Tri County Recovery - SAA

of The Path to Healing and Recovery Group

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moderator

Week 1

We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

Volunteer reader

In our addiction we held on to the belief that we were in control of our sexual behavior and could successfully manage our lives. This kept many of us from seeing that we even had a problem. We told ourselves that if we had tried harder, we could have stopped. But our experience has shown otherwise. No matter how many promises or resolutions we made, no matter how strong our efforts and our determination, the behaviors eventually returned, along with their painful consequences. Only when we admit our powerlessness over these behaviors, and our inability to manage our own lives, are we able to begin walking a path of recovery.

moderator

In taking the First Step, we admit that our addiction is destroying us, and that we are unable to stop it. We surrender, raise the white flag, and accept that the battle is over. The principle behind this admission is honesty. For many of us, the first crack in our denial comes with hitting bottom, and the despair of facing an unbearable situation. The next breakthrough occurs when we are honest enough to take the First Step, acknowledging that we are powerless over the behavior that brought us to this point and that our lives are in shambles. We make this admission without excuses or rationalizations. With the First Step, we stop lying to ourselves.

Volunteer reader

As long as we can be honest, even a little bit, we can move forward in our recovery. Honesty is the foundation on which all further progress is based. We start by admitting that we are completely powerless to stop our addictive behaviors on our own. We admit that our lives are out of our control. This is enough for our recovery to begin.

moderator

Admitting that our willpower is insufficient allows us to be open to new ways of thinking and living. As long as we retain a belief in self-control as a remedy for our addiction, we will continue to fail. With this step, we recognize that we have a disease, not a mere weakness or character flaw, and that we are powerless to change this fact. We honestly admit that we don't have all the answers and that we need help. When we admit our powerlessness, we start letting go of control and become more open to receiving the help we so desperately need.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

First Step Prayer

I am but one, but I am one;
I can't do everything,
But I can do SOMETHING;
What I can do, I ought to do,
What I ought to do,
God helping me,
I WILL DO

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 2

We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

Admitting that our lives had become unmanageable allows us to honestly examine the painful consequences of our sexual behavior, consequences that affected every aspect of our existence. It is difficult to accept that we are unable to manage our lives, and even more difficult to admit this to others, but our experience has shown that we have no choice but to surrender, or else return to acting out, and all that follows from it.

Volunteer reader

Many of us have found it helpful to examine our sexual behavior in detail when working this step. Some of us write a history of our sex addiction, from as far back as we can remember up to the present, trying to leave nothing out. Looking at our own story helps us see how we were powerless over our addiction. In writing a First Step, we list examples of our powerlessness, including the progression of our acting-out behaviors, actions that violated our own values, efforts we made to stop, and occasions where we knew that these behaviors would lead to serious consequences yet did them anyway.

moderator

In a written First Step we also list the ways that sex addiction made our lives unmanageable. If we spent money on our addiction, we can try to estimate how much money we spent. If we spent time, we can consider how many hours we spent, including the time we spent in fantasy or obsession. If we took the risk of arrest, violence, or disease, we can examine each specific risk we took. We also write about the specific ways our behaviors affected our physical and mental health, our work, the lives of those we love, and any other consequences, internal or external, that we experienced.

Volunteer reader

Our disease left us with little time, energy, or money for anything else. Our fantasies and obsessions distracted us from the things we needed to do. We often neglected our responsibilities and put off doing things that we didn't want to face. Many of us had a number of simultaneous problems. We had relationships that needed mending, we had financial crises, and we sometimes faced legal problems. The consequences to our inner life were just as serious. Addictive sexual behavior increased our loneliness and insecurity, damaged our self-worth, estranged us from our spiritual nature, and often resulted in emotional trauma. All of these consequences add up to an unmanageable life.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

First Step Prayer

God, grant me

The Serenity to accept the things I cannot change;

The courage to change the things I can;

The wisdom to know the difference;

Living One day at a time;

Enjoying one moment at a time;

Accepting hardship as the pathway to peace;

Taking, as He did, this sinful world as it is
not as I would have it;

Trusting that He will make all things right if I surrender His
Will;

That I may be reasonably happy in this life,
and supremely happy with him forever in the next.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

moderator

Week 3

We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

Volunteer reader

We get help from someone in the program, usually our sponsor, to work the First Step. We need support while facing our addiction. A sponsor can also help us face those parts of our disease about which we are in denial. We may think, for example, that the risks we took were not that dangerous, or that the consequences were not that severe. Our sponsor can help us see more honestly and clearly what our situation was really like. If we choose to do a written First Step, we usually share what we have written with our sponsor. For many of us, this is the first time we've told the whole truth about our addiction to another person.

moderator

In some SAA groups, members share their First Step at a meeting. With help from our sponsor and others in the group, we select the most important parts of our story to tell. These include the most significant examples of our powerlessness, and the worst moments of unmanageability, no matter how much shame we may feel about them. We also share critical points in our addiction story, illustrating the progression of our disease. We tell how we finally sought help, and what it has been like to recognize our powerlessness and unmanageability. Our sponsor can also help us decide beforehand whether certain details of our story are too intense to be shared with the group..

Volunteer reader

The group needs to make sure that we are supported before and after a step presentation. Sharing our story in a group can bring up intense feelings. We feel very vulnerable. But it can also help break the bonds of shame and isolation, deepen the process of healing, and increase our commitment to recovery. Sharing a First Step in a group creates an opportunity to connect with other members. We allow ourselves to be known when we take this risk. And when we hear others share their First Steps with us, we are reminded of similar aspects of our own addiction. Experiencing the common bond of our powerlessness promotes the healing of every member.

moderator

Each of us chooses to work this step in the way that is most effective and meaningful for us. Not everyone works Step One in written form. What is important is that we get honest about our addiction, and let go of the idea of controlling our behavior with our willpower or managing our lives without help. We cannot change the fact that we have an illness. By practicing rigorous honesty and giving up the dream of overcoming our addiction by ourselves, we become open to the spiritual solution offered by the Twelve Steps.

Volunteer reader

We also begin to learn how to ask for and receive help from other recovering sex addicts. Asking for help releases us from the toxic isolation that drives our addiction. As we receive help, we learn to let the walls down and to accept nurturing and care from others. Learning to be vulnerable, admitting that we don't have all the answers, and asking for and receiving help are all essential to our recovery. As we fully admit our dilemma, and our inability to find a way out, we find that we are now ready to hear the solution. We are ready for Step Two.

moderator

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

First Step Prayer

God, please help me set aside everything I think I know
about myself
my addiction, the steps, the fellowship,
and especially you;
for an open mind and a new experience with myself,
my addition, the steps, the fellowship
and especially YOU.

"Amen"

Return back to main script "Sharing section of the main script" for the conclusion of the meeting.

Week 4

Week 4 will always be the week we have a brief business meeting at the beginning.

Business Meeting

- * Finances
- * What is working well, what isn't work well for people.
- * Is the current format still working for people
- * Workshops
- * Study Groups

Volunteers

- * literature
- * meeting facilitator/key holder for the next month
- * greeter for new people
- * Room/signs setup/teardown

Return back to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Week 4/5

At the discretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Moderator - if you choose a Step based discussion format, read the section below on the step of the month and then proceed to the step discussion questions and choose a few for the group to think about, other wise skip down and select a few of the non step specific questions for the group to think about and discuss.

Week 4/5 Step Reading

moderator

We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

What Is the Purpose of This Step?

Step 1 is about letting go. You admit you have a problem and begin to seek out assistance. It isn't easy, but admitting powerlessness allows you to break the cycle of addiction that you've been stuck in. Sex Addicts Anonymous believes that admitting you can't control your acting out is a necessary first step on the path to recovery.

How Do You Complete This Step?

Accept that something is wrong in your life and that you no longer have control. You must accept complete defeat before building a new life.

Embrace the truth and want to make an honest change.

Understand that recovery can't be done alone, and acknowledge that you need help.

What Are Some Myths About This Step?

Powerlessness means you're weak: Admitting powerlessness is a crucial step on the pathway to independence and strength. It requires honesty and courage to accept that alcohol and/or drugs have taken over your life.

You have to hit rock bottom before you're able to find support: It doesn't require a major life event to open your eyes to your addiction or a developing addiction. Sometimes all it requires is a realization that your problematic behavior with sex related behaviors is causing you more pain than the pain you aim to escape from.

If Step related discussion questions format selected start here

Step 1 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. Have you ever tried to stop acting out on your own? What was the result.
2. What losses have you imperiled to enable/support continue/maintain your addictive activities.
3. What consequences have you suffered as a result of putting your addiction ahead of the important people/relationships/other etc in your life.
4. What is the history of addiction in your family? These can be other addictions or addictive behaviours (think alcohol, narcotics, workaholic or dry drunk syndrome).

5. Discuss how you obsess or fantasize, plan, ritualize your acting out behaviour.

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.
3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

I will read the prayer and would all who care to, join me in saying Amen at the end of the prayer.

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