

## **WELCOME TO SAA**

Dear Newcomer,

Congratulations on taking a step toward recovery by attending this meeting. Be assured you are not alone; we are all here to support one another on this journey. You may speak out about your feelings, thoughts, behaviors and doubts with no fear of rejection or judgment. Please feel free to ask any questions you may have; answers may not be given immediately due to a tradition of not engaging in dialog or "crosstalk". We have all been new and understand there is a lot to learn. The Newcomer Packet is intended to help you begin recovery with suggestions and ideas that other members have found helpful and will also help you understand the terms and concepts you will hear discussed in meetings. We hope you will find this a safe and comfortable place to seek recovery, sanity, and serenity.

### **About SAA**

SAA is a 12 Step program adapted from AA for men and women who seek recovery from compulsive or inappropriate sexual behavior. We make no judgments about sexual preference and are not affiliated with any other group or organization. Though we emphasize the spiritual nature of recovery, we do not support or oppose any particular faith or religion. We maintain strict confidentiality and anonymity in order to encourage openness and honesty. You are not required to state you are a sex addict or to speak at all, though many find it freeing to do so. We recommend you attend this or other meetings six times before making a decision as to whether you will benefit from this program. A list of Toledo-area meetings is also in this packet.

### **During Meetings**

Each meeting has a different format. One member will chair the meeting, serving as a trusted servant. We use first names only to ensure anonymity, and do our best to respect everyone's right to speak at meetings. Because many of us have difficulty sharing our feelings, we have a policy of not interrupting anyone or commenting on what they say (this is also known as "crosstalk"). If someone requests feedback, we don't give advice but share from our own experiences in similar situations.

Again, questions are welcomed but due to the tradition of not engaging in dialog or "crosstalk", these questions may not be answered until after the meeting. Don't worry that you may have offended anyone; we have all been new and don't expect you to know everything about how the meeting works.

We usually close each meeting with the a closing prayer. This involves holding hands, but you are not required to, if you find it personally uncomfortable.

### **Between Meetings**

Most of us have found a common element in our addiction is our tendency to isolate. This isolation feeds our desire to "act out" sexually. We strongly encourage keeping in touch with other members of the program between meetings. For this reason, we've compiled a phone list, available to you during or after the meeting. This list is updated every so often, and if you so choose, you can be added to the list. It may be helpful to make practice calls to other members when you aren't in a difficult situation so it can be easier to call when you are in danger of acting out. You can also ask for numbers from members if they aren't on the list.

## Finding A Sponsor

We also suggest you seek a sponsor to help you develop a program of recovery. A sponsor is a person who has been in SAA longer than you who can answer questions, offer encouragement, and give suggestions on how to "work" the 12 steps. We encourage you to listen to others as they speak at meetings, then approach someone whom you connected with or whose ideas you find helpful. The phone list also indicates which people are willing to sponsor.

## Helpful Reading

You can read about sex addiction and recovery in the pamphlets in this Newcomer's Packet or in the following books:

- **Sex Addicts Anonymous** (SAA "Green Book")
- **Hope And Recovery** by Hazelden Publishing
- **Out of the Shadows** by Patrick Carnes
- **Don't Call It Love** by Patrick Carnes
- **Alcoholics Anonymous** (AA "Big Book")
- **Twelve Steps and Twelve Traditions** (AA "Twelve and Twelve")

The SAA Green Book can be ordered through the SAA website ([saa-recovery.org](http://saa-recovery.org)) or purchased from the group treasurer after the meeting. The other books are available in most major bookstores, either new or used.

## Serenity Prayer

*God, grant me the serenity  
To accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.*

Keep coming back -- it works if you work it 'cause you're worth it!

## Welcome Packet Contents:

Welcome Letter

Toledo-Area Meeting List

Thursday Night Phone List

*Sex Addicts Anonymous (A Pathway to Recovery)*

*Getting a Sponsor*

*Three Circles (Defining Sexual Sobriety in SAA)*

*Abstinence*

*The Bubble (A Metaphor for Addictive Sexual Behavior)*

*Sexual Sobriety and the Internet*