



Welcome to the *Sex Addicts Anonymous* Fellowship

Welcome to Denton Hope & Recovery, a Denton based chapter of Sex Addicts Anonymous, (SAA). Sex Addicts Anonymous (SAA), is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

We are glad you're here. We recommend that newcomers try six meetings here or at other locations before they decide if the program is right for them. Inside the newcomer's packet you will find information on how the program works, and some of the steps to take to achieve the serenity you have sought. We hope it will answer your questions and help you ask questions of us. We developed this to help you open the door to recovery from a life of compulsive sexual acting out.

Name	Phone	Name	Phone

How to Get Your Recovery Going

1. **Go to meetings.** In AA, there is an old expression that says, “There are three times when you should go to a meeting: 1) When you don’t feel like going to a meeting, 2) when you feel like going to a meeting, and 3) at 7:30” It is not a matter of how you feel about it... It is how you behave about it. From our brothers in AA, we have learned that the best way to fight back against addiction and the power of that addiction is to give yourself as many meetings as possible, as soon as possible. This is a process of reframing our thinking. The recommended number is 90 meetings in 90 days. To answer your questions about this process, speak to a meeting chair or another member who has sobriety. There are daily SAA and SLAA meetings to help.

2. **Use the phone.** When we are in situations that baffle us, rather than trying to go alone as we have so often have done, the strongest tool we offer is the SAA phone list. You now have many names on the newcomer packet plus the phone list available in the tool kit passed around at meetings. Take one and circle the names of people who have what you want. If you want what they have, are you willing to do what they did to get “it”? We recommend that newcomers make at least three phone calls a day.

3. **Get a sponsor.** The key in getting a sponsor is seeking someone who can help you with your recovery. Nothing else. This should be someone of the same gender and not of the same acting out patterns as yours so they can have objectivity in helping you. Speak with those who raise their hands at the end of the meeting as available to sponsor to see if they may be a good fit for you.

“A beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more.

Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.”

-Bill W., Twelve and Twelve, page 35

4. **Use the tools.** Many topics raised above are tools of recovery. Simple yet helpful tools that we can use to help us when we are afraid, lonely, hungry, angry, and/or tired. If one of these categories is at work in your life right now, then use the tools above or below:

- **Prayer** – Many members with sobriety recommend prayer upon rising and then also at bedtime.
- **Telephone** – See above.
- **Literature** – SAA has books for sale to aid in your recovery available at most meetings. The basic SAA text is the book Sex Addicts Anonymous, also known as the green book. Many sponsors suggest the Big Book of Alcoholics Anonymous, the original Twelve Step recovery book from which our program was developed. One daily meditation book is called Answers in the Heart, another is Voices of Recovery. Read literature daily as a habit so it will be part of your life and thinking when you need it most.
- **Meetings** – Many members say that going to a meeting has really helped them clean out their crazy thinking and got them back on the path.
- **Written Sex Plan** – This is a written personal guided to how you want to live your life from today on. Ask the meeting leader for help on this after the meeting.
- **Service** – Step 12 is about helping others find recovery and helping ourselves get out our head at the same time. Volunteer to help now.
- **Writing** – Get your feelings down on paper. Sort them out. Think about starting a daily journal.

The Twelve Steps of Sex Addicts Anonymous

1. We admitted we were powerless over our compulsive 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.

THE PROMISES

"If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others

That feeling of uselessness and self-pity will disappear

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could do for ourselves.

Are these extravagant promises? We think not.

They are being fulfilled among us – sometimes quickly, sometimes slowly.

They will always materialize if we work for them."

-pages 83-84 in The Big Book after working steps 1-9

The meaning of **Abstinence**

Our primary purpose is to abstain from sexually compulsive behavior and help others achieve abstinence. In line with this purpose, we feel that a brief statement regarding the meaning of abstinence is in order.

First, we define abstinence in terms of behavior rather than mental states. We do not focus our efforts upon abstaining from mental “lust,” but from compulsive behavior. Just as AA focuses on the need to stop the behavior of drinking and as OA focuses on compulsive eating as the point of abstinence, so SAA focuses on compulsive sexual acting out.

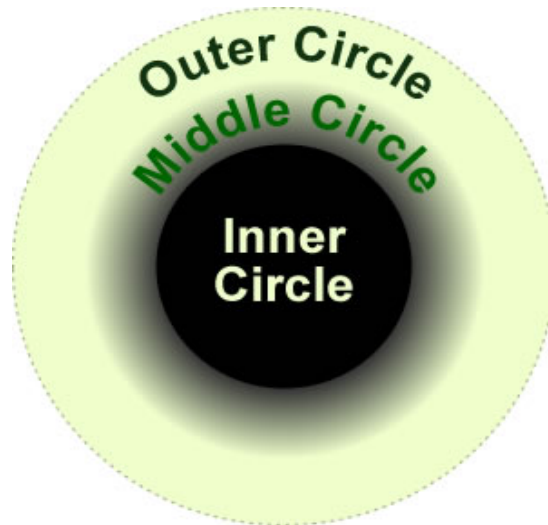
The lust of the mind may take years to drain away as one works the 12 Steps of recovery. However, abstinence from the destructive and addictive behaviors can begin today. Progress, rather than perfection, is the atmosphere for growth that we seek to promote.

Next, abstinence will be different for each member of SAA, depending upon what behaviors are compulsive and lead to pitiful and incomprehensible demoralization. Some addicts can engage in sexual behaviors from which other addicts find they must abstain. In SAA we leave the choice up to the individual.

Finally, abstinence does not imply the complete elimination of sexuality from the addict’s life whether married or single. Rather it lays the foundation for learning a new approach to the experience of sex and relationships, which is non-compulsive and non-destructive. Such an approach is possible to all who earnestly desire it.

The Serenity Prayer

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



The Three Circles of SAA

To help us define our sexual sobriety, many of us use a tool developed within SAA called The Three Circles. We draw three concentric circles, consisting of an inner, middle, and outer circle. With the help of our sponsor or others in recovery, we write down various behaviors in each of the three circles. In the inner circle we put the sexual behaviors we want to abstain from, the ones we consider “acting out.” These are the behaviors that we identify, with our sponsor’s guidance, as addictive, harmful, or unacceptable for us. In the middle circle we put behaviors that may lead to acting out, or that we are not sure about. In the outer circle we put healthy behaviors that enhance our life and our recovery.

The Inner Circle

In order to start a 12 step program with SAA, it is necessary to define for yourself (with the consult of your sponsor, others in recovery, and trusted advisers knowledgeable in sex addiction) what your definition of “acting out” is. To assist in recovery, it is also beneficial to identify triggers to this behavior and identify those things that you can do which replace addictive behaviors with more positive things.

Many of us may list behaviors such as: anonymous sex, voyeurism, masturbation with [or without] pornography, prostitution, sadomasochistic behavior, manipulative or angry sex within a relationship, phone sex, cross-dressing with masturbation, exhibitionism, child sexual abuse or incest, Internet chat sex, and bestiality.

The Middle Circle

We call these “boundary behaviors.” Some examples of actions which may be defined as boundary behaviors are: cruising for prostitutes or for a place to practice voyeurism, acting seductively in an inappropriate situation or contacting an old acting out partner in order to renew an addictive sexual relationship. Crossing a boundary is engaging in a ritual or slippery behavior that may result in acting out. Engaging in boundary behaviors does not change our sobriety date, but because we recognize that our sobriety is jeopardized, we take action to re-connect with the program.

The Outer Circle

The outer circle consists of behaviors that enhance one’s life, and moves him or her away from their addiction. Examples of this could be attending meetings, seeing a therapist, exercise, calling a sponsor and working the 12 Steps.

Denton Hope & Recovery Meeting Schedules

Mixed Meetings

Mondays at 7 pm In person meeting at Trinity Methodist Church, 633 Hobson Lane,
Denton.
And Zoom meeting in Zoom room 718 530 2958, passcode 522975

Tuesdays at 7 pm Zoom meeting in Zoom room 718 530 2958, passcode 522975

Wednesdays at 6 pm In person meeting at Trinity Presbyterian Church, 2200 N. Bell Avenue
Denton
And Zoom meeting in Zoom room 718 530 2958, passcode 522975

Thursdays at 7pm Zoom room 718 530 2958, passcode 522975

Fridays at 6 pm Trinity Presbyterian Church, 2200 N. Bell Avenue Denton or Zoom
Zoom room 718 530 2958, passcode 522975

Saturdays at 10 am Zoom room 718 530 2958, passcode 522975

Sundays at 1:30 Step meeting, Zoom room 718 530 2958, passcode 522975

For information on Women only meetings Saturday at 12:30 please ask.