

## **Self Sabotagers and Misery Addicts Anonymous Phone Meeting Format Customized for the Tuesday Morning Emotional Sobriety Meeting**

Rev. 04/06/18

Welcome to the Emotional Sobriety phone meeting of Self Sabotagers Anonymous. If you are interested in more information about Self Sabotage or Misery Addiction, please visit the Self Sabotagers Anonymous website at [selfsabotagers.org](http://selfsabotagers.org).

My name is \_\_\_\_\_. I am the leader for today. This is an open meeting, and we are glad that you are here, especially newcomers.

Please join me in a moment of silence to reflect on the reasons we are here followed by the 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.

Some details about how we conduct this meeting:

- We are protected by the tradition of anonymity. People in recovery know we must speak the truth to get better. Please do not reveal the identities or stories of the people who are here.

Self Sabotagers Anonymous is a fellowship of people who share their **experience**, **strength**, and **hope** with each other that they may solve their common problem and help others to recover from misery addiction. It is for anyone who is addicted to self-sabotage which results in unhappiness, sadness, joylessness, isolation, avoidance, rebellion, or resistance, or anyone who is fearful of joy, success, happiness, intimacy, or well-being.

The only requirement for membership is a desire to stop self-sabotage. Our primary purpose is to stay in recovery and to help other misery addicts find recovery.

Would someone please read "How It Works"?

*The meeting leader might want to walk someone thru accessing this reading prior to starting the meeting. Here are the instructions:*

*The Emotional Sobriety version of How It Works is available on the selfsabotagers website in Meeting Schedule section. Click the big green button directly under the information for the Tuesday Morning Emotional Sobriety Meeting.*

*The document is titled Emotional Sobriety Meeting Guide.*

### **How It Works for Emotional Sobriety (12 Steps)**

*Many Twelve Step meetings include a reading of "How It Works," which is taken from chapter 5 of Alcoholics Anonymous (the Big Book.) The principles in that chapter still work, making a powerful statement about what is required for recovery.*

*What follows is a translation of "How It Works" for compulsive self-sabotagers.*

- 1. We admitted we were powerless our emotions - 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 Our God, to ourselves, and to another human being the exact nature of our wrongs.*
- 6. Were entirely ready to have Our God remove all these defects of character.*
- 7. Humbly asked Our 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 our 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 misery addicts, and to practice these principles in all our affairs.*

*Many of us exclaimed, "What an order! I can't go through with it!" Do not be discouraged. No one among us has been able to maintain anything close to perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.*

*Our description of the Self-Sabotager and our personal adventures before and after starting recovery make clear three pertinent ideas:*

- That we were addicted to self-sabotage, misery and avoidance and could not manage our own lives.*
- That probably no human power could have relieved our self-sabotage addiction.*
- That a Higher Power could and would relieve us of this addiction if that Power was sought.*

The Tradition of the Month is: *<Leader reads the tradition with the number that matches the number of the month>*

## **The Twelve Traditions**

1. *Our common welfare should come first; personal recovery depends upon SSA unity.*
2. *For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*
3. *The only requirement for SSA membership is a desire to stop self-sabotage.*
4. *Each group should be autonomous except in matters affecting other groups or SSA as a whole.*
5. *Each group has but one primary purpose - to carry its message to the self-sabotager who still suffers.*
6. *An SSA group ought never endorse, finance or lend the MAA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*
7. *Every SSA group ought to be fully self-supporting, declining outside contributions.*
8. *SSA should remain forever nonprofessional, but our service centers may employ special workers.*
9. *SSA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*
10. *SSA has no opinion on outside issues; hence the MAA name ought never be drawn into public controversy.*
11. *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and other media of communication.*
12. *Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.*

Are there any visitors or anyone here who considers themselves new to SSA/MAA. If so, please introduce yourself by your first name so that we can welcome you.

*If there are any newcomers, the leader can read the following Welcome Reading for Emotional Sobriety or can ask an experienced member to share a 5 minute version of their story.*

### **WELCOME READING for Emotional Sobriety**

The following is an excerpt from the book *12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action* by Allen Berger. The reading starts on page 2 and has been edited to reflect the "inclusive We" of the 12 Steps.

Emotional Sobriety can be defined as having a *healthy dependence* on people, places, and things. It is not about being free of emotions. We will always have

our emotions. Rather, it's about freeing ourselves from bondage to our emotional states.

Emotional Sobriety is a state in which we experience our emotions, respecting and responding to them the way we would respond to other kind of information. We don't act out in a knee-jerk response to every passing emotional state as if it were our life's rule—or our drug. Nor do we blame our emotional responses on other people. We take full responsibility for our emotions and our choice to act—or not—on the information they provide.

When we are living in a state of Emotional Sobriety, we are able to cope with life on life's terms.

We:

- Hold on to ourselves in relationships, are emotionally balanced, and maintain a healthy perspective on things that are upsetting
- Keep the focus of our emotional center of gravity within us and stay grounded during turbulent times
- Focus on the things that we *can change*, and accept and let go of what we can't
- Accept our imperfections, and have faith in the “process of recovery”
- Know a new level of emotional freedom and peace of mind; we look at life with a sense of wonderment
- Have an illuminated gaze and vision

Are there any SSA/MAA birthdays for the month of \_\_\_\_\_?

Are there any SSA/MAA announcements? *<pause and let others respond>*

Verify who is on the call

Please feel free to give out your phone number before or after your share. Please also indicate whether you are able to sponsor or are looking for a sponsor.

Emotional Sobriety is about living the solution not the problem. Only one of the 12 steps deals with the problem, the other 11 steps focus on the solution.

Anyone wanting to share a second time please wait until everyone else has had a chance to share.

The phones are sensitive and background noise is distracting, please use the mute button on your phone or press \*6 until it's your time to share. Thank you.

In this Emotional Sobriety meeting we work with the book *12 Smart Things to Do When the Booze and Drugs Are Gone: Choosing Emotional Sobriety through Self-Awareness and Right Action* by Allen Berger. We will also bring in literature from other sources that apply to Emotional Sobriety.

Today we are on page << insert information here>> You are invited to share on today's topic or anything else that is important to you.

### **Closing the meeting:**

*<Start closing the meeting five minutes before the ending time.>*

Does anyone have a burning desire to speak another time?

Thank you all for being here. We hope to see you next time.

For a schedule of additional MAA/SSA meeting, please visit our website. Click on the picture of the clocks above Meeting Schedules.

Remember that just by attending a meeting, you do a service to others. We couldn't have a meeting if you weren't here. Remember, too, that anonymity, like recovery, is a treasured possession. What we say here, what you hear here, when you leave here, please let it stay here.

Would someone please read the SSA Promises?

*The meeting leader might want to walk someone thru accessing this reading prior to starting the meeting. Here are the instructions:*

*The Emotional Sobriety version of How It Works is available on the selfsabotagers website in Meeting Schedule section. Click the big green button directly under the information for the Tuesday Morning Emotional Sobriety Meeting.*

*The document is titled Emotional Sobriety Meeting Guide.*

### **The SSA/MAA Promises**

As we work The Twelve Steps, we learn to trust our Higher Power.

We find freedom from misery addiction and discover our true selves.

Compassion increases as we love and accept ourselves and others.

Self sabotage, avoidance, and fear leave us.

Authenticity, intimacy and trust grow.

We are more accepting of human frailty in ourselves and others and enjoy healthier relationships.

Our vision clears and we discover the courage to seek out what we truly long for.

As we release the desire for perfection and control, we find ourselves relaxing and having fun.

We now feel comfortable giving and receiving love, and intuitively know how to handle situations that used to mystify us.

We are open to security, stability, success and happiness.

Let us now form a virtual circle. I put my hand in yours and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now reaching out our hands for power and strength greater than ours. And as we join hands we find love and understanding beyond our wildest dreams.

In closing, I invite those who would like to join me in the We version of the Serenity Prayer.

**We Version:**

God, grant Us the serenity to accept the things We cannot change,  
The courage to change the things We can,  
And the wisdom to know the difference.

Thank you for joining us. Know that without your presence there could be no meeting.

**Remember that it works!**