

12 Step Virtual Meeting (Please read first post)

Posted by Lizhensk - 29 Nov 2015 20:57

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Want to really start healing? Want to Break Free? Want to share your experiences on the 12 steps with others? Then join the

### **GYE Virtual 12 Step Meeting**

#### **Meeting Guidelines**

Copied from the White Book

*We can benefit from the unwritten guidelines that have contributed so profoundly to the success of other Twelve Step program meetings and have proven as valuable in our own.*

1. Leaders of meetings are servants of that meeting. They don't "carry" the meeting; they merely facilitate it. A common mistake of those who have no prior Twelve Step meeting experience is to feel they must comment on everything that is said or "help out" in some way by giving "the answer." The effective leader surrenders this impulse and lets the meeting work itself.
2. In line with our common tradition, a good meeting is one where the leader's presence is inconspicuous and non-controlling.
3. Most groups stick with a certain basic set of readings that are read at every meeting, adding to this to suit the particular meeting. A list of suggested readings from which to draw is included in the Suggested Meeting Format. We use authorized SA and AA literature only, both for use during meetings and for distribution on the literature table.
4. Participation guidelines:
  - There is no cross talk. We don't answer other people's shares. However, the leader has the right to remind the person sharing of guidelines, time consumed, etc.
  - We don't give advice. We talk in the "I," not the "we" or the "you," speaking from our own experience. If we want to respond to what someone has said, we do so only in terms of our own experience. "I can only speak for myself, but whenever I did such and such, this is what happened in my life ..."
  - We don't get carried away analyzing what caused our behavior or attitudes. If we were victimized in early life, we slowly learn to face and work through it in acknowledgment, acceptance, and forgiveness. We talk as those who are now

responsible for our attitudes and actions and are willing to take responsibility for our lives and recovery.

- In sharing, rather than displaying our knowledge or insights, we lead with our weakness and give of ourselves.
- We avoid politics, religious dogma, and other divisive issues. We also avoid explicit sexual descriptions and sexually abusive language.
- We avoid dumping, self-pity, and blaming others.
- We don't take the "inventories" of others; that is, we uncover and work on our own defects, not those of others. We refer to our own experiences.
- We do speak honestly of where we really are today. We try to develop transparent honesty of complete self-disclosure, letting the other members know where we are currently, regardless of length of sobriety.
- We do lead with our weakness and take the risk of total self-disclosure.
- By attending on time and sharing regularly, we give of ourselves to others in the group. We get back recovery.

**The schedule will work as follows:**

- On Sunday, we will start the meeting with the regular format from the White Book and have introductions.
- 24 hours later on Monday, the Serenity Prayer will be posted. At that point it is asked that nobody introduce themselves with a separate post. You may share based on the reading and introduce yourself there
- We will then post the weekly reading and share based on the reading. Please stick to the guidelines above when sharing. The focus is on healing and recovery.
- The sharing will last until Wednesday Night (48 hours). At that point we will open the floor to general shares on getting current and how we apply the 12 steps and 12 traditions in our daily lives
- On Thursday Night we will move on to finish the meeting with posts of specific readings and the 7th tradition
- The "Meeting" will end on Friday
- All times will go according to where the current secretary lives. (For now, It's Israeli Time)
- We have no affiliation to Sexaholics Anonymous. This is not to be used as a replacement for the real thing. This thread is for us to share our experience, strength and hope based on the Twelve Steps.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Lizhensk - 29 Nov 2015 21:02

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Good evening; my name is Lizhensk, and I'm a recovering sexaholic. Welcome to this Virtual 12

## Step Meeting

This is a closed meeting. Only those desiring their own personal sexual sobriety, please.

### **WHAT IS A SEXAHOLIC AND WHAT IS SEXUAL SOBRIETY?**

We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the sexaholic. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

Thus, for the sexaholic, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

This will and should discourage many inquirers who admit to sexual obsession or compulsion but who simply want to control and enjoy it, much as the alcoholic would like to control and enjoy drinking. Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this.

### **INTRODUCTIONS:**

Let's take a day to introduce ourselves by first name and state our length of sexual sobriety, and if we wish our MO. I'll begin, and we'll go around the room. My name is Lizhensk, I'm a recovering sexaholic, and I've been sexually sober with the help of God one day at a time for 150 days.

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Re: 12 Step Virtual Meeting (Please read first post)

Posted by Bigmoish - 30 Nov 2015 16:04

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My name is Moish, and I'm a recovering sexaholic. I've been sexually sober with the help of God one day at a time for 12 days.

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Re: 12 Step Virtual Meeting (Please read first post)

Posted by MBJ - 30 Nov 2015 18:45

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My name is Eli and I am an active lustaholic. I acted out yesterday, ending 40 days of sobriety.

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Re: 12 Step Virtual Meeting (Please read first post)

Posted by Shlomo24 - 30 Nov 2015 19:38

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My name is Shlomo and I am a sex addict. I have been sober for 105 days.

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Re: 12 Step Virtual Meeting (Please read first post)

Posted by Lizhensk - 01 Dec 2015 11:40

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Thank you all for joining.

Please join me in 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 PROBLEM:**

Many of us felt inadequate, unworthy, alone, and afraid. Our insides never matched what we saw on the outsides of others.

Early on, we came to feel disconnected-from parents, from peers, from ourselves. We tuned out with fantasy and masturbation. We plugged in by drinking in the pictures, the images, and pursuing the objects of our fantasies. We lusted and wanted to be lusted after.

We became true addicts: sex with self, promiscuity, adultery, dependency relationships, and more fantasy. We got it through the eyes; we bought it, we sold it, we traded it, we gave it away. We were addicted to the intrigue, the tease, the forbidden. The only way we knew to be free of it was to do it. "Please connect with me and make me whole!" we cried with outstretched arms. Lusting after the Big Fix, we gave away our power to others.

This produced guilt, self-hatred, remorse, emptiness, and pain, and we were driven ever inward, away from reality, away from love, lost inside ourselves.

Our habit made true intimacy impossible. We could never know real union with another because we were addicted to the unreal. We went for the "chemistry," the connection that had the magic, because it bypassed intimacy and true union. Fantasy corrupted the real; lust killed love.

First addicts, then love cripples, we took from others to fill up what was lacking in ourselves. Conning ourselves time and again that the next one would save us, we were really losing our lives.

**TRADITION OF THE MONTH:**

*Tradition Twelve*

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Lizhensk - 01 Dec 2015 11:44

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**THIS WEEK'S READING:**

We will be reading Step One from the A.A. 12&12:

Step One

*“We admitted we were powerless over alcohol—  
that our lives had become unmanageable.”*

WHO cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life.

The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted.

We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability. Our sponsors declared that we were the victims of a mental obsession so subtly powerful that no amount of human willpower could break it. There was, they said, no such thing as the personal conquest of this compulsion by the unaided will. Relentlessly deepening our dilemma, our sponsors pointed out our increasing sensitivity to alcohol—an allergy, they called it. The tyrant alcohol wielded a double-edged sword over us: first we were smitten by an insane urge that condemned us to go on drinking, and then by an allergy of the body that insured we

would ultimately destroy ourselves in the process. Few indeed were those who, so assailed, had ever won through in singlehanded combat. It was a statistical fact that alcoholics almost never recovered on their own resources. And this had been true, apparently, ever since man had first crushed grapes.

In A.A.'s pioneering time, none but the most desperate cases could swallow and digest this unpalatable truth. Even these "last-gaspers" often had difficulty in realizing how hopeless they actually were. But a few did, and when these laid hold of A.A. principles with all the fervor with which the drowning seize life preservers, they almost invariably got well. That is why the first edition of the book "Alcoholics Anonymous," published when our membership was small, dealt with low-bottom cases only. Many less desperate alcoholics tried A.A., but did not succeed because they could not make the admission of hopelessness.

It is a tremendous satisfaction to record that in the following years this changed. Alcoholics who still had their health, their families, their jobs, and even two cars in the garage, began to recognize their alcoholism. As this trend grew, they were joined by young people who were scarcely more than potential alcoholics. They were spared that last ten or fifteen years of literal hell the rest of us had gone



through. Since Step One requires an admission that our lives have become unmanageable, how could people such as these take this Step?

It was obviously necessary to raise the bottom the rest of us had hit to the point where it would hit them. By going back in our own drinking histories, we could show that years before we realized it we were out of control, that our drinking even then was no mere habit, that it was indeed the beginning of a fatal progression. To the doubters we could say, "Perhaps you're not an alcoholic after all. Why don't you try some more controlled drinking, bearing in mind meanwhile what we have told you about alcoholism?" This attitude brought immediate and practical results. It was then discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself, "Maybe those A.A.'s were right . . ." After a few such experiences, often years before the onset of extreme difficulties, he would return to us convinced. He had hit bottom as truly as any of us. John Barleycorn himself had become our best advocate.

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For

practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer? No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect—unless he has to do these things in order to stay alive himself.

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation.

Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Lizhensk - 01 Dec 2015 11:46

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In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery, and healing-how to apply the Twelve Steps and Traditions in our daily lives. **For the first part of the sharing, we will share based on the reading, and how we resonate with the first step.** This

will be until Thursday morning (afternoon in Israel). No cross talk, please. If someone feels another is getting too explicit, they may so signify by quietly clicking the "report to moderator" button.

For more explanation on the above, please read the first post of this thread, Thank you for joining me on the road to happy destiny.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by serenity - 01 Dec 2015 14:31

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Hi I'm Yakov and I'm definitely a sexaholic. I'm sober by the chesed of Hashem one day at a time and sometimes one hour at a time since March 18, 2015. In my recovery the 1st step is an essential foundation and is my go to place when complacency or worse starts to creep in. Who would have thought I would find recovery after admitting total defeat. For me I think it was more than admitting defeat. I think I probably admitted defeat many times in the past, but didn't receive any help as a result therefrom. When I walked into the rooms of SA a little over a year ago, I was defeated. That was the fact for me.

When I share my 1st step story in front of a group it brings my actions into the light and forces me to see the reality of them. The shame and embarrassment that I have when admitting my actions to a group is a striking dose of reality. It's hard for me to admit to what I have done and yet I was able to do those things in actuality. Friends, if I can't openly talk about something, how can I do it? The answer (for me) is that when I'm doing it, I'm not facing the truth of it. The truth is obscured by various factors and spiritual illness.

Thanks for listening.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Shlomo24 - 01 Dec 2015 18:57

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Hi my name is shlomo and i am a sex addict. I grappled with the first step for a while. While i knew that my life was unmanageable, i thought that i wasn't powerless. It was an issue of

willpower in my mind. After a couple of months in SA i realized that i am powerless. I also am in middle of doing step 1 work with my sponsor and i am seeing my powerlessness in writing.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Lizhensk - 01 Dec 2015 20:45

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Hi, My name is Lizhensk and I'm a sexaholic (I am using a fake name, because my real name is pretty unique. To date, I've met 2 other people with the same name in my life).

While reading, a few things stand out to me. Firstly, without admitting powerlessness, there is no way that this program will work for me. I've tried it. I've tried fighting while working this program. It doesn't work, not for me at least. Maybe for others it could, but not me. When I realize how utterly powerless I am to stop on my own, I am able to let God into my life and only with his guidance and help am I able to progressively stop lusting.

I also resonated with "raising the bottom". The last time I acted out was just like every other time I had. The difference was my attitude afterwards. I had this feeling that in 5 years, I would be known as the guy who couldn't stop acting out. So by the next SA meeting that I went to (which was the next day), I didn't ask the guys who I was comfortable with, I asked a guy who I knew would give me a hard time and not let me take advantage. That was the last time I have acted out. By raising the bottom, I was able to get the change in attitude I needed to stay sober.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Bigmoish - 01 Dec 2015 22:32

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Hi, my name is Moish and I'm a sexaholic. For me, the consistent ups and downs of lust, acting out, then picking myself up, without truly hitting a terrible bottom, prevented me from recognizing my addiction as the serious condition that it is. After a considerable amount of time putting real effort into quitting, and realizing that in all likelihood, I will lose my job, my family, and more if I don't stop, and still finding it difficult, I realized that I am truly powerless over lust. When the obsession strikes, the immediate or eventual consequences are of little concern to me. True, I can point to each time I acted out and say that technically my life is/was still quite manageable, but when I look at the whole picture, it seems obvious that that is honestly not the truth.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by MJB - 02 Dec 2015 11:40

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Hi I'm Eli and I'm a sexaholic. I just had a fall. If you asked me two minutes before if it would make me happy I'd have answered no. If you asked me if I would be satisfied after I'd have answered no. If you asked my what my mood wpuld be after I fell I'd tell you I would feel depressed, dejected and frustrated. I knew and know all that. I have all the information bit I still did not make the choice to stop. That is my powerlessness. The information does me no good. I still can't control myself. When the lust comes knocking I always open the door.

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Lizhensk - 02 Dec 2015 22:29

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***The floor is now open for general shares on how we apply the 12 Steps and 12 Traditions in our daily lives***

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Re: 12 Step Virtual Meeting (Please read first post)  
Posted by Shlomo24 - 03 Dec 2015 00:35

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I utilize surrender very often. I know that I am powerless and I will lose to lust if I fight so I surrender it to god. I let him deal with it, it's not my problem anymore and the weight is lifted off my shoulders.

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