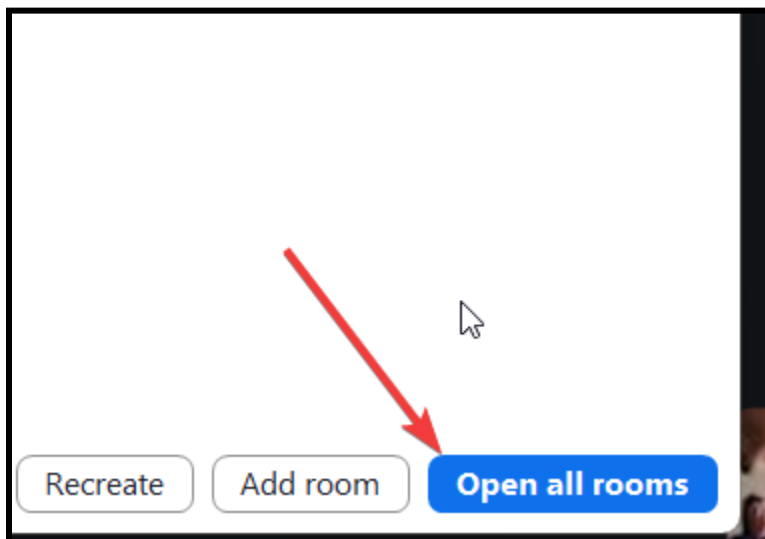
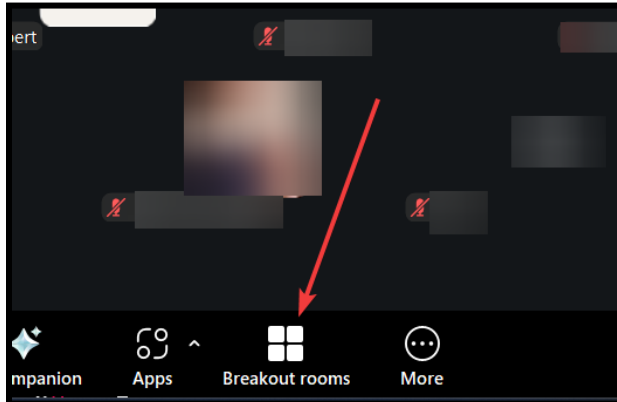


SAAPP Nordic Breakout Room

Admin

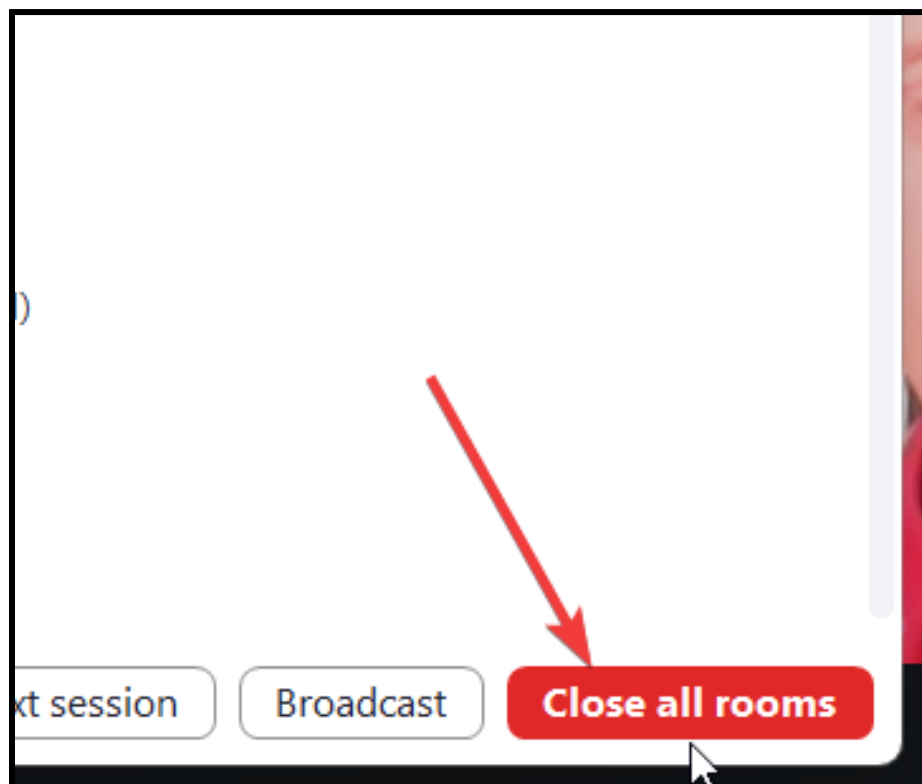
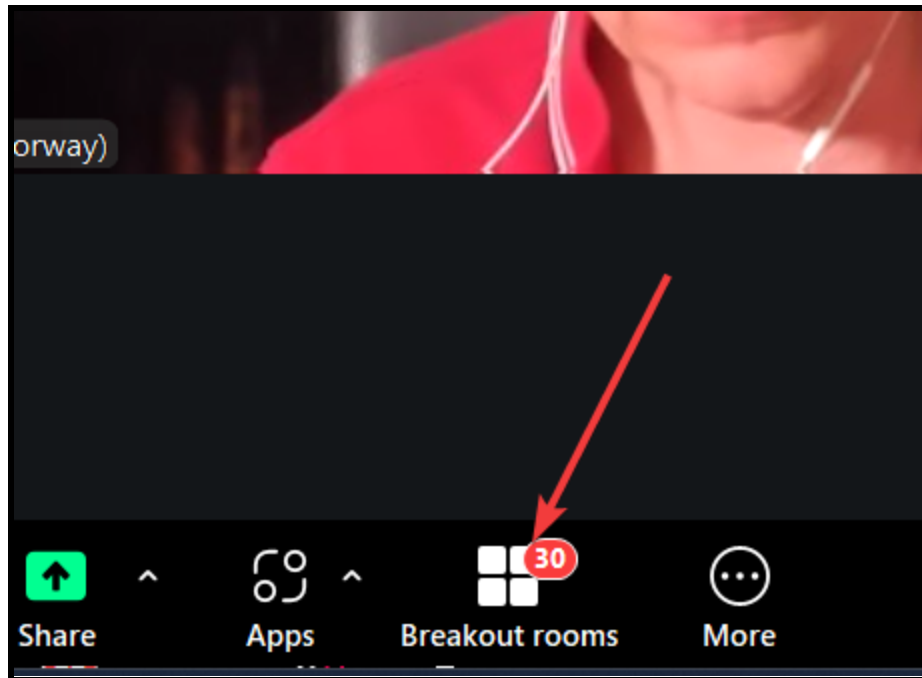
Starting the Breakout Room

- Ask the Zoom Host to make you a cohost



Shutting Down the Breakout room

- At 11 minutes before the hour shut the room down
- If no one shows up by 15 past the hour shut the room down



- The room will now close in 60 seconds

Script

Step 1 - We admitted we where powerless over our selfish sexual behavior - that our lives had become unmanageable.

In this step 1 talk we are going to go through and point out;

- **The hopeless cycle of sex addiction**
- **The physical craving**
- **The mental obsession**
- **The unmanageability**
- **The Lack of Power**

I will be going trough paragraphs in the Big Book of AA. These have been changed to fit our addiction.

The purpose is to make sex addiction so clear and understandable to you so you can make your own decision if you are a hopeless sex addict or not.

P. xiii - WE, OF Sex Addicts Anonymous, are more than one hundred men and woman who have recovered from a seemingly hopeless state of mind and body. To show other sex addicts **PRECISELY HOW WE HAVE RECOVERED** is the main purpose of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary.

Hopeless cycle

P. xxviii - Men and women act out essentially because they like the **effect** produced by selfish sexual behaviors.

The sensation is so elusive that, while they admit it is injurious, they cannot after a time **differentiate the true from the false**. To them, their sex addictive life seems the only normal one.

They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by starting to act out - acting out which they see others do with impunity.

After they have **succumbed to the desire again**, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to act out again.

This is **repeated over and over**, and unless this person can experience an entire psychic change there is very little hope of his recovery.

Physical craving

P. xxx - All these, and many others, have one symptom in common: they cannot start engaging in **selfish sexual behaviors** without developing the phenomenon of craving.

This phenomenon, as we have suggested, may be the **manifestation of an allergy** which differentiates these people, and sets them apart as a distinct entity.

It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is **entire abstinence**.

Mental obsession

P. 30 - MOST OF US have been unwilling to admit we were real sex addicts. No person likes to think he is bodily and mentally different from his fellows.

Therefore, it is not surprising that our acting out careers have been characterized by countless vain attempts to prove we could act out like other people.

The idea that somehow, someday he will control and enjoy his selfish sexual behaviors is the great obsession of every abnormal sex addict. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were sex addicts. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

Unmanageability

P. 24 - Our lives had become unmanageable because of the physical craving and the mental obsession and that we have lost the power to choose.

At a certain point in the acting out of every sex addict, he passes into a state where the most powerful desire to stop acting out is of absolutely no avail. This tragic situation has already arrived in practically every case long before it is suspected.

The fact is that most sex alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering

*and humiliation of even a week or a month ago. We are **without defense** against the first drink.*

We don't have any defense against suddenly.

Lack of Power and the solution

P. 44 - In the preceding chapters you have learned something of sex addiction. We hope we have made clear the distinction between the sex addict and the non-sexaddict. If, when you honestly want to, you find you cannot quit entirely, or if when acting out, you have little control over the amount you take, you are probably a sex addict. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.

To one who feels he is an atheist or agnostic such an experience seems impossible, but to continue as he is means disaster, especially if he is an alcoholic of the hopeless variety. To be doomed to a sex addicts death or to live on a spiritual basis are not always easy alternatives to face.

P. 45 - **Lack of power, that was our dilemma.** We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously.

But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will **solve your problem.**

Original PDF Script Put Together by Richard

- <https://drive.google.com/file/d/1MHRCvruMF4Ixnir8YZUgPGgHVnrUltQZ/view?usp=sharing>