

# The Check N

Volume XI

“... *Spiritual Progress Not Spiritual Perfection.* ...”

Summer 2004

## Indiana Fellowship Awarded 2006 ISO Convention

Now the work begins! The Indiana fellowship of SAA has been selected to host the 2006 ISO of SAA International Convention.

It is the fellowship, *not the Intergroup*, which hosts the annual ISO convention.

Experience has demonstrated that it is critical to separate the work of the Intergroup from that of the Convention Committee. Common sense would dictate, of course, that the Intergroup could play an instrumental role in helping the Convention Committee to communicate with the members of the fellowship throughout the state. IISAA has indicated that it will work closely with the Convention Committee to help facilitate the convention.

The committee that completed the groundwork and won the bid will now be dissolved and a new Convention Planning Committee will be formed. This committee is “formed by and accountable to the ISO of SAA, Inc., Board of Trustees.”

While the Convention Planning Committee will coordinate all convention activities, volunteers from the fellowship, working on a variety of subcommittees, will bear the major workload in producing and staffing the convention.

It is *not* too early to set aside the Memorial Day weekend 2006 and to commit to the twelfth-step work that will be needed to host a successful convention.

The Convention Planning Committee is currently seeking members. Subcommittees will be formed as needed. *You* will have the opportunity to serve on those committees. Groups and individuals will have the chance to share their time, talent and treasure to foster the growth of SAA at the local, state, national, and international levels.

You may contact *Dale W.* at (317) 545-1128 to indicate your willingness to be a part of this project.

*Healing at the Crossroads*  
*May 26-29, 2006*



## Picnic Planned for August 29

The 2004 Summer Picnic will be held Sunday, August 29 at the Strahl Lake Shelter in Brown County State Park.

IISAA will provide the meat and drinks. Each family that attends is asked to bring a covered dish to share.

The shelter area is complete with modern restroom facilities and features a large expanse of open space that is conducive to volleyball, bocce ball, Frisbee throwing, etc.

Fishing (with a valid license) is available on Strahl Lake. An easy trail, accessed by several sets of stairs, surrounds the lake.

For a fun afternoon of good food and good fellowship in the hills of scenic Brown County, please plan to attend the annual IISAA Picnic.

## A Reflection on Step Three

by Rich W.

Step Three: *“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

Step Three: The principle of this step is ACTION.

Step Three: Definitions:

To decide is choosing to resolve, determine or settle a question, in this case, who is in charge. What is the future direction of my life?

To turn over is to surrender, transfer or relinquish authority. My will is in part my selfish willfulness, a desire to over-control, not my free will except to allow my free will to become more like God’s will for me.

My life is my entire life, not just my addiction or just my sexuality.

My Higher Power, previously described in Step Two, now becomes my caretaker and guide.

Step-Three Paradox: We gain control by letting go. Step Three is an unfolding of the bud of early spiritual growth. It requires the willingness to give up independence. In fact, it is a declaration of dependence. For the grandiose, it involves a process of reduction of the ego. The effect is changing from selfishly over-controlling toward increasing faith in others.

Step-Three Prayer: God, I offer myself to Thee--to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love and Thy Way of life. May I do Thy will always! (The AA Big Book, page 63.)

An average day in my life as a sex addict.

I awaken before anyone else, already self-centered. During my morning routine, I indulge myself with obsessive sexual thoughts about women I know or imagined. I feel smug, resentful, sad and lonely. I kiss my family goodbye and leave early for work.

Upon occasion, I purchase pornography and act out with that at my place of employment. I allow myself to dwell upon obsessive sexual thoughts throughout the day. I objectify women I meet and sexualize encounters with them.

I waste hours daily with various aspects of my sexual addiction. Many times, I met a lover for sex in a park over lunchtime or at my office after hours. I became aroused during professional encounters with women while at work.

Back at home in the evenings, it is pretend-normal time. I am there physically but not emotionally for my family. At bedtime, I engage in euphoric recall. I fantasize about sex with other partners during sexual relations with my wife.

*See, Step Three Reflection, page 4*

From the Editor

## Handouts Included

Two handouts from the 2003 retreat have been included in this issue of the Check-IN. The inserts describe ways to work Steps 4-10. They are a follow-up to the handouts in the last issue of the Check-IN that highlighted Steps 1-3.

The fall issue of the Check-IN will contain two more handouts that will address Step 12. (Step 11 was not discussed at last year's retreat because it was the topic of the 2002 retreat.)

Hopefully, those of you who were unable to attend the 2003 retreat will benefit from the information contained in these handouts. Sponsors and sponsees, who are looking for guidelines in their work, can certainly use the forms. And, the topics discussed are good ones for use at any meeting.

As useful as the handouts may be, they are no substitute for attending the retreat and sharing in the discussions and interaction that accompanies the various presentations.

There is an article on page 5 previewing this year's retreat, *Three Circles, Targeting Recovery*, to be held on October 22-24. Why not place the retreat on your personal calendar now? I think you will be glad that you did.

Mike C.

## Twelfth Step Opportunities

### Clubhouse Possible?

by Ray B.

I would like to report that the IISAA Clubhouse committee now numbers three; myself, Mark T. from the Sunday Men's Meeting, and Brad S. from the Friday Morning Meeting.

Brad has graciously agreed to utilize his knowledge to get the paperwork started for establishing a non-profit entity that could eventually seek, purchase and manage a clubhouse under federal charitable organization guidelines and in accord with SAA traditions.

I wish to make a plea thru Intergroup and in the Check-IN for more volunteers and ideas. No expertise is necessary, although it would be helpful. All that is really needed is a desire to get an infant idea crawling.

Call **Ray B.** at (317) 251-4094 with any questions.

## Webmaster's Request

Your Indiana Intergroup maintains a presence on the web at: <http://www.indiana-saa.org/>.

The primary purpose of this web site is to reach out to addicts in our area who still suffer and to serve and support the groups and members of IISAA. It includes information about SAA and sex addiction, the steps and traditions, a schedule of meetings in Indiana and various pieces of literature relevant to SAA and 12-Step work.

I would like to begin expanding the literature section. If you or your group has worksheets, meeting formats, handouts, or other documents that deal with 12-Step work in SAA, please send them to me at

[iisaa@indiana-saa.org](mailto:iisaa@indiana-saa.org).

I will compile these and make them available on the web site. Please send documents in PDF format if possible. I can convert some other formats, if necessary.

In service, your web lackey,

Mike M.

The Check-IN is the newsletter of the Indiana Intergroup of Sex Addicts Anonymous (IISAA) and is published quarterly.

The Check-IN is provided free of charge to SAA members and others upon request.

Material for inclusion in the newsletter, permission to copy all or part of the newsletter, or comments for improving this publication may be addressed to:

Mike C  
4238 S. Randolph St.  
Indianapolis, IN 46227

E-mail: [cecilmrc@aol.com](mailto:cecilmrc@aol.com)  
Phone: (317) 784-2180

*Step Three Reflection, from page 3*

Question: How have I demonstrated resistance to letting go?

I have remained focused on career and relationship issues. I have pitied myself when separated from loved ones. I believe I know what is best for me. I fear feeling weak and vulnerable if I have to ask for help. I quickly abandon listening to others so that I may speak my opinion. I invoke a filter so that I tend to hear only what I wish to hear. I become defensive when I perceive criticism. I intellectualize rather than allow intuition to sense emotions and feelings. I love my own selfish willfulness too much and am reluctant to give it up.

Question: How have I demonstrated willingness to let go?

I have sought mental health counseling and complied with my therapists' advice. I have attended 12-Step meetings and tried to share my experiences. I pray daily. I have called people in the program. I selected a sponsor and sought his advice. I have admitted my powerlessness and acknowledged the unmanageability of my life. I have come to believe my Higher Power can restore me to sanity.

Question: What did I give up to remain active within my sexual addiction?

Healthy and pleasant social interactions with friends and family. Time to study and advance my career and hobbies. The ability to express emotions. The ability to experience intimacy. Close friendships, both male and female. The opportunity to nurture others close to me. Enjoyment of life and nature. Happiness and joy.

Question: What must I give up to recover from sexual addiction:

The illusion that I am in control of my life. My attitude of superiority and self-sufficiency. Those preliminary thoughts or actions that lead me toward acting out behaviors such as obsessing about sex, euphoric recall of past sexual experiences, objectification of women, sexualization of encounters with women, a fascination and urgency to leer at women.

Question: What have I gained so far from my recovery from sexual addiction?

Integrity, a courageous inner child, creativity, expressiveness, a more whole self image, improved listening skills, improved physical health, some empathy, less narcissism.

Question: How can I use the 12-Step program to become free of obsessive sexual thoughts?

I remember the losses and consequences of my similar behaviors upon hearing the stories of other sex addicts. My own honest disclosure of my thoughts diminishes their power over me. My higher power will remove these thoughts from me if I ask. A daily moral inventory of myself, sobriety, and concrete actions to prevent relapse help me to avoid the temptation to allow obsessive sexual thoughts to persist.

Question: What else can I do to enhance my recovery from sexual addiction?

Daily prayer and meditation, attend men's group, care for my dog, Winston, pursue healthy and fun hobbies, healthy diet, weight control measures, exercise and recreation, creative writing, maintain friendships, practice intimacy with my wife.

Question? What do I believe?

I believe my higher power is always there, forgives me, is more powerful than my addiction, is able and willing to help me if I surrender and ask for help.

*See, Step Three Reflection, page 6*

## Workshop Wrap-Up

A large group of SAA and COSA members took the “First Step to Freedom” at the ninth annual IISAA spring workshop.

The underlying theme of the day was that truly working Step One requires addicts to go to their bottom—the depth of their brokenness—and to stay there—until their Higher Power lifts them up.

The first promise states, “If we are painstaking about this phase of our development, we will be amazed before we are half way through.” Before this promise can be realized, the pain that we have attempted to numb with our addiction must be faced and felt.

The various presenters led the workshop participants through strategies, exercises, and handouts designed to help them begin the process of identifying the pain that defines their “bottoms.”

One of the handouts reminds us that: Unfortunately, it is not enough to pay a brief visit to our bottom. We have found that we need to stay in touch with the pain for extended periods of time (and to remember it always).

Fortunately, resources such as using our sponsors, program literature, meetings, Step work, prayer, etc. are available to help us through this critical process.

One of the speakers noted that, “I am out of Step One and into Step Two when I am abstinent and not fighting it.”

## 10th Annual Retreat October 22-24



### *Three Circles Targeting Recovery*

Members of the Indiana SAA and COSA fellowships will soon be packing their bags and heading to beautiful Camp Pyoca in southern Indiana for the tenth annual IISAA fall retreat, *Three Circles, Targeting Recovery*.

The three circles approach to developing a recovery program, as it is explained in the SAA pamphlet, *Three Circles*, will be the focal point for a variety of sessions and activities throughout the weekend.

Many of us first start out in SAA with “The Three Circles,” as a basic tool for identifying addictive behaviors and defining abstinence. Yet this topic is valuable for sex addicts at any stage of recovery, from the newcomer who has yet to define his/her circles, to the old-timer who may be considering moving a behavior from one circle to another as his/her sobriety grows.

Most of us have questions about the circles, and many of us have experience to share.

As a retreat theme, “The Three Circles” is flexible enough for us to offer both workshops addressing nitty-gritty topics of concern to all of us in recovery, and workshops focusing on exploring new outer circle activities with each other.

The goal of the retreat is to offer an experience that balances focused recovery work with relaxation and self-care, along with sufficient flexibility and options for each participant to design his/her own ideal retreat.

Some suggested topics for retreat sessions include:

- ⊙ Three Circles – Personal Stories
- ⊙ Defining Abstinence
- ⊙ What about masturbation?
- ⊙ The Middle Circle – Identifying slippery behaviors
- ⊙ Three Circles for Co-dependents
- ⊙ Three Circles for anorexics
- ⊙ Healthy dating
- ⊙ Healthy sexuality
- ⊙ Staying in the outer circle

Additional topics and volunteers to present them are being sought.

Contact Mike C. at (317) 784-2180 or [cecilmrc@aol.com](mailto:cecilmrc@aol.com) to serve on the retreat planning committee, to offer suggestions, or to volunteer. The planning committee will be meeting in August.

*Step Three Reflection, from page 4**A Letter to My Higher Power**Dear God;**Somewhere out there I lost my way along the path you had selected for me.**Remember those guideposts you erected upon my heart?**I ignored them.**I chose my way,**the way of selfish willfulness**the way to fulfill my needs without respect for others.**My faith was my own grandiosity.**You witnessed with sadness my subsequent suffering**and the suffering of my victims.**I choose now to concede.**I have regained my faith in you and your way.**I have the willingness to surrender my life to you.**I will do the simple human things,**and allow you the divine ones.**Guide me throughout each day**in my personal relations,**in my decisions regarding how to behave,**and in my sexuality.**I will try to keep still for a change**so that I may listen and hear you.**Thanks.*

Step Three Affirmations: I choose to give up to get better.  
 I leap and the net appears.  
 I let go of my broken toys so God can repair them.  
 I choose to risk letting the walls fall, inviting others to know me.  
 I surrender my obsession to solve the puzzle.  
 I accept who I am, where I am and when I am.

Step Three Prayer: *Oh, God, who I thought I was, strengthen me for I thought I was strong.  
 My awesome intellect has been in error. I worshipped the golden calf, Ego.  
 Help me center myself with daily listening. Show me your will.  
 Lead me toward the way of total surrender, so that I may open myself up to receive  
 the power to let go, to remain sober and to tell my story.  
 Though strained, my growth's empiric, through prayer I grow in spirit  
 With humility I pray the hardest for those I resent the most.  
 Grant me the freedom of being human. Amen. (a.k.a. Scasobs' Prayer)*

## My Worst Moment

In the addict's active, sexually addicted life-style, he rarely thinks of the pain he is causing himself or anyone else.

In recovery from sex addiction when the addiction "talks to you" it will try to convince you that, "A little bit won't hurt," or "Who will know? You can act out just one more time. You are sober enough. It won't affect your recovery."

These and many other lies try to maximize the current benefit to you (i.e. it feels good) and minimize the long-term negative effects (i.e. this could be the beginning of a two to ten year binge, you could lose your marriage, lose your business and possibly get a sexually transmitted disease). This addiction is very crafty!

A tool that has helped recovering addicts maintain recovery is having a negative experience locked in, almost memorized, that maximizes the pain and minimizes the pleasure to act out.

For some sex addicts this picture could possibly be,

getting picked up by the police. For others, their worst picture is getting kicked out of the house for good, seeing their child's face when they leave, seeing their spouse cry, hearing a judge say, "No visitation privileges," the loss of a job, a flirt with AIDS, or abortions.

These are only a few experiences. You may be able to visualize one or more painful moments that would minimize the pleasure of acting out. You may want to write down these experiences to remind yourself of them when you are tempted to relapse.

After you write down these experiences, picture them in your mind as vividly as you can and *feel the feelings*.

Practice using this tool in a public place (where you are not as likely to act out) two to three times a day for three days.

Being able to recall this image and the feelings that go with it will give you another tool for overcoming your addiction.

*Adapted from a handout of unknown origin.*

## Sponsorship Training September 18

The SAA groups meeting at St. Luke's United Methodist Church in Indianapolis are offering a one day *Sponsor Training Seminar*. Experienced sponsors will share their philosophies and tools for helping sponsees develop abstinence-based recovery and work the Twelve Steps.

Attendees will learn about:

- Setting up an effective sponsor-sponsee relationship.
- Helping sponsees hit bottom and achieve abstinence.
- Suggestions and materials for guiding a sponsee through each Step.
- Ways to make sponsorship a more integral part of your meetings.

The next Sponsorship Training Seminar will be held on Saturday, September 18 at St. Luke's United Methodist Church, 100 West 86<sup>th</sup> Street, Indianapolis, Indiana.

The \$15.00 registration fee covers all materials needed and includes lunch. Registration brochures are available at most Indiana SAA meetings.

For additional information and registration, please contact *Chris C.* at (317) 414-1296.

***From a short pleasure  
comes a long repentance.***

*French Proverb*

Ziggy



## This Day

Finish every day and be done with it.

You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can.

Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.

“This day is all that is good and fair. It is too dear with its hopes and invitations to waste a moment on the yesterdays.”

Author Unknown

## Acronym Alley

**ASAP**

=

A lways

S ay

A

P rayer

## Revisions to Sponsorship Materials Sought

During the IISAA “Year of Sponsorship” in 2003, two draft publications were published and provided to the Indiana fellowship of SAA for examination.

The first publication entitled, “SPONSORSHIP, Questions and Answers”, is a three-fold brochure printed on salmon colored paper. It was included as a handout in the Summer 2003 issue of the Check IN.

The second publication, using the same title, was distributed to the IISAA meeting representatives at the August 2003 IISAA meeting. It is a 16-page booklet, printed on white paper, that discusses the same issues as the pamphlet, but in more detail.

Both publications have had wide distribution throughout Indiana and to fellowships in other states.

Now, it is time for a final draft of each document to be brought before Intergroup for adoption as “IISAA Approved Literature.”

If state approval is received, both pieces of literature will be submitted to the ISO of SAA Literature Committee for review. The Literature Committee can reject the submissions, ask for changes to be made, or send them to the delegates at the International SAA Convention for “conference approval.”

The first step in the process of seeking state and or ISO approval is to make any changes or corrections that have been identified.

To date, there have only been a few comments received. These have dealt with the need to eliminate the word “should” in several places so that the ideas presented are properly understood to be suggestions and not rules.

Additional recommendations for changes will be accepted until **October 1, 2004**.

If you or your group has any improvements to be incorporated into the documents, please forward them to Mike C. by way of your Intergroup Representative.

## 2004 Calendar

### July

**17** IISAA Meeting, 4 p.m.

### August

**14** IISAA Meeting, 4 p.m.

**29** Picnic, Noon – 6 p.m.

### September

**11** IISAA Meeting, 4 p.m.

**18** Sponsorship Training

**30** Check **IN** Deadline.

### October

**9** IISAA Meeting, 4 p.m.

**22–24** Tenth Annual Retreat,  
*Three Circles,*  
*Targeting Recovery*