

## Leader's Format: Thursday Night Men's Step Study

1. Good evening, my name is \_\_\_\_\_ and I am a sex addict. This is a closed meeting, open only to those persons wishing to deal with their own sexual addiction. Are there any other sex addicts present? Please raise your hand silently, remaining muted.
2. Someone has been asked to read [\*The Abstinence Statement\*](#).
3. Will you please make sure you are still muted and join me in the ***Serenity Prayer?***
  - a. *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.*
4. Do we have any newcomers, or visitors from outside of the area? Please introduce yourself so that we can get to know you after the meeting.
5. We also recognize progress in sobriety. Please raise your hand if you are celebrating any of the following sobriety milestones:
  - a. 24 hours?
  - b. Anyone recommitting?
  - c. 30 days?
  - d. 90 days?
  - e. Any SAA birthdays?
6. Would someone please read [\*The Twelve Steps?\*](#)
7. Would anyone with a year of abstinence or more, please raise your hand silently?
8. Leader reads from ***Answers in the Heart*** or ***Voices of Recovery***.
9. At this meeting, we read the ***Twelve Steps of S.A.A.***, as they are described in the ***Green Book***. Tonight, we will be discussing Step \_\_\_\_.

As the leader, I will read the Step aloud for five minutes. If unfinished, we will then bookmark the Step and pick up in the same place next week. After the Step has been read, I will share for a maximum of ten minutes. During my share, I will relate tonight's Step to my life and recovery. When my share ends, sharing by our Brothers will begin, as determined by the Secretary. Each person may share for a maximum of three minutes. All are encouraged to relate

tonight's step to their life and recovery during their share. If someone is getting too explicit with their share, you may signal by raising your hand or otherwise appropriately getting the attention of the Secretary. To avoid triggering your fellow addicts, we ask that you avoid mentioning specific acting out places, street names, websites or publications in your share.

The timekeeper will give you a hand signal or a verbal warning when you have one minute remaining, and when your allotted time has expired. If time allows, those who arrived after 6:00 will be invited to share after sharing is completed by those who arrived before 6:00. Sharing will end at 6:50.

10. Read tonight's Step, then share.

11. **(When leader's share ends)** It's now time for shares. You are encouraged to relate tonight's Step to your life and recovery during your share. If you are unable to relate tonight's Step in your life and recovery, feel free to share about how any of The Twelve Steps relate to your life and recovery.

12. **(6:50)** Discussion will now end, it is time for the Secretary to cover the business portion of the meeting.

13. If you see a brother in public outside of this meeting, please do not acknowledge him. Anonymity and confidentiality are essential to this being a safe place for all of us. Whoever you see here, whatever you hear here, let it stay here when you leave here.

14. I have asked \_\_\_\_\_ to read [\*the Prayer of Saint Francis\*](#).

15. We will now have a moment of silent meditation for the sex addict who still suffers, followed by the [\*Lord's Prayer\*](#). I will recite the Prayer aloud – please remain muted, and recite along with me. Keep coming back.

*Our father, who art in heaven, hallowed be thy name;  
thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, the power, and the glory, forever and ever.  
Amen.*

**Keep coming back, it works if you work it, and you're worth it!**