

Unity

FROM THE TOOLKIT...

OVERCOMING LUST AND TEMPTATION

5: SURRENDER

Every time I was tempted from within or without I would say, "I surrender the right to lust after this person; please take it away." And like it says, "God could and would..." and did. I may have had some discomfort or fear and may have had to repeat the surrender over and over again, but it worked. It felt scary at first, but I was staying sober, and it was slowly getting easier, one temptation at a time.

Sexaholics Anonymous, p. 159

THE HONEST TRUTH

In our meeting this afternoon we read the passage in the Big Book on page 78 that starts with "We must be entirely honest with somebody if we expect to live long and happily in this world."

As the shares started pouring in I started noticing a trend. It was amazing to me how many of the shares were about lying: either times when we told a magnificent lie, how much we lie, or what I make up as "glamorizing" the lie. Very few of the shares were about what it means to be "entirely honest," and I started thinking to myself, "Why is that?"

It is easy for me to talk about my lies. It is easy because I have done it for so long; it is comfortable. It is a place that I know very well and, for the most part, I feel defines who I am or who I was. It is much harder to talk about honesty as it relates to the 4th step. It just isn't very fun and exciting.

In the passage it talks primarily about finding

somebody, one person to be honest with. It doesn't say that I need to or must be honest with everyone from now on. I am so thankful for that, because there is no way I could do it. However, it wasn't until working the 4th and 5th steps that I realized I could be honest with another person. It took courage to do the work, to open myself up and to admit my faults to my sponsor to realize that it was in me to speak the truth about me.

You see, my disease is about intensity. It's about the adrenaline rush. It's about secrets. It's about what I can do that no one else knows I'm doing. It's about getting away with it. It is about lying to others and lying to me. When I got into the program and started working on not acting out, the intensity started to diminish but the need for intensity did not. I wasn't masturbating as often, looking at porn as often or in an affair as often, so the intensity wasn't the same. However, the one thing that always kept the intensity alive was when I would tell a lie. It is the one thing

cont. page 2

HIDDEN PROMISES

On Sunday morning, I was with my small children during weekly visitation, when out of my 4-year old daughter's mouth, a crass word came flying. This word has been a source of family conflict before. Her guardians use the word and feel it is appropriate for children to hear. I do not. In my irritation, I made an off-handed, snarky comment about her language, falling short of a mature response.

Our program has a lot of promises. Some are positive and some feel more like threats, but promises they all are. In the 12 and 12 on p. 90, it says "a burst of temper could spoil a day," and wow did that promise ever come true that morning. The adults there were quite irritated with me for the remainder of the hour. I had acted poorly when emotions were high. On my 10th step inventory that evening, resentment, shame, and fear all showed up. Instead of allowing God's Will and gently guiding my daughter and making a request of her guardians, I had forced my will and acted in an unbecoming manner. When any of those character defects show up in my day, I work a mini-inventory on each. When resentment crops up, I work a 4-column inventory as laid out in the AA Big Book on pp. 65-67. When fear crops up, I work a four row inventory as detailed in Step Into Action

cont. page 2

that can easily cause the adrenaline to spike. I also realized that I was always afraid. I was most definitely afraid to tell the truth. For if I told the truth, people wouldn't like me. If I told the truth, then I may get in trouble. If I told the truth, there would be dire consequences. The truth is that none of that was actually true. Yes, there were consequences but not dire ones; I'm still alive today to testify to that. I wasn't trust worthy at first, but gradually, as time passed, I began to gain a little trust back. I lost a few "friends" but gained a new set of real friends. I started to like myself more.

Does all this mean that I always tell the truth? Absolutely not! If I said it did, I would be lying. But what it has helped

me believe is that my acting out, my character defects, do not define who I am today. My faults don't define who I am today and the many untruths I have told and will continue to tell don't define who I am today. Working the fear inventory in the 4th step helped me to come to that realization.

Prior to this program I told myself I would go to my grave with my secrets. Thanks to the steps, a good sponsor, and lots of tools I don't have to now. Today I have LIFE. Today I have a good life. And, by being entirely honest with "somebody" I have come to realize I can also be entirely honest with others.

-Member Share

A N N O U N C E M E N T S

- Register for SA International Convention, "Gateway to a New Freedom," July 13-15
<https://www.gatewaytoanewfreedom2018.com/>
- Every **Saturday**: Coffee and Fellowship **8:45** between the 7:45AM and the 9AM "There is a Solution" meetings at West End Church of Christ
- "Getting Traction" Breakout Meeting, **Fridays, 6:30 AM at the Portable, 1568 Grand Avenue**
- Need a meeting on Thursday evening? Women's 12 & 12 Step Study Meeting at West End Church of Christ, **Thursdays at 6:30pm** is going strong and needs your support
- New Meeting at Brentwood Hills Church of Christ, 5120 Franklin Pike, **Fridays, 6:30 AM**

H I D D E N P R O M I S E S , C O N T . . .

p. 72. And when shame appears, I work a line of the 8-column, 4th step shame inventory published in Essay in 2011 (available at www.tinyurl.com/shamerecovery and on the back page). After completing my inventories, I saw that my resentment toward my daughter's guardians for not using cleaner language was rooted in a situation long ago - a family feud over appropriate use of language in the presence of children that resulted in years of silence between sides. I saw fear that I will never have influence over the moral and character development of my children. I saw shame that I am not the one providing day-in/day-out guidance to my children. When I invited my Higher Power to direct me toward what He would have me be instead of carrying around my fear, resentment, and shame, God said that I need to be *steady, kind, fun, patient, grateful, and pure*.

As part of my 10th and 11th steps, I get on my knees after completing my 10th step each evening and ask God for His help becoming willing to grow toward what He wants me to be. One of my favorite promises in the Big Book comes after the description of how to do an inventory of fears on pp. 66-68. It reads "At once, we commence to outgrow fear." As a fear-driven person, I am willing to put in the work for that promise! My experience is that promise holds true for resentment and shame as well. When I do the 4th and 10th steps' inventory work, which includes prayer asking God to remove my anger, shame, and fear, it begins to lift almost immediately. When the emotion subsided and I was spiritually at rest, I saw how wrong I was to make a sarcastic comment instead of either holding my silence or asking the adults directly to support me in keeping the children's language clean. Is that something I can do going forward? On my own, there's not a chance. With God's help, absolutely!

- Member Share

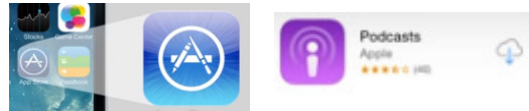


THE DAILY REPRIEVE

MAINTAIN YOUR SPIRITUAL
CONDITION WITH THE UNOFFICIAL
SEXAHOLICS ANONYMOUS
PODCAST

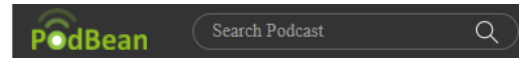
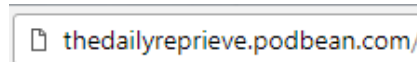
How do I get a Podcast?

Option 1. Smart Phone



The Daily Reprieve
Preston D
Subscribed

Option 2. Computer



Most frequently downloaded from PodBean

- For the Newcomer* — Jesse L. (<http://thedailyreprise.podbean.com/e/newcomer-talk-jesse-l/>)
- Absolute Surrender* — Roy K. (<https://tinyurl.com/ycrcpkf8>)
- Learning to Lighten Up*—Harvey A. (<https://tinyurl.com/yablzjua>)
- Shame Inventory* — Mark V. (<http://thedailyreprise.podbean.com/e/shame-inventory-mark-v/>)

May Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/29	4/30	5/1	5/2	5/3 Ranch (men)	5/4	5/5 Hiking at Percy Warner* Ranch (Women) The Bridge
5/6	5/7	5/8	5/9	5/10	5/11	5/12 Intergroup West End Church of Christ at 10:15
5/13	5/14	5/15	5/16	5/17 Ranch (men)	5/18	5/19
5/20	5/21	5/22	5/23	5/24	5/25	5/26
5/27	5/28	5/29	5/30	5/31 Ranch (men)	6/1	6/2 Ranch (Women) John School

The John School

Rob W. 615-513-7118

The Bridge

Brad M. 615-944-3373

The Ranch (men)

Jeff H. 615-294-5660

Allen C. 615-480-1120

The Ranch (women)

h-and-i@sanashville.org

Details about events marked *

Dennick 714-318-2626

4th Step Shame Inventory (Adapted from Essay, 2011)

The Event (< 19 Words)	The Cause (I am _____)	Affects my	Does this shame help me carry out my Higher Power's Will for me?	What does my Higher Power want me to be instead of carrying this shame?	Am I willing to become what my Higher Power wants me to be?	Harm done to others by carrying around this shame?	Prayer
Mr. Brown at Party. Paid attention to my wife.	I am weak.	<p>X SE (how I think of myself) ___Pride (how I think others think of me) ___Pocketbook (desire for things) ___Personal relations (relationships) ___Ambitions (goals, plans, hopes) ___Emotional security (sense of well-being) X Sex relations (drive for sexual intimacy)</p>	No (if "Yes," 2 nd step work to do)	Trusting Attentive Loving	Yes (if "No," 3 rd step work to do)	If Yes, then revisit in steps 8 & 9 with your sponsor	Create one of your one, or use the one from Essay: "God, you have given me courage and clarity to open a place in my heart to receive your presence. The shame of [this event] helps me to realize how sick and cut off from you I was. I am ready to let you change me into what you want me to be without this shame. God, I need mercy and forgiveness. I believe You give it freely, and I will receive it gratefully. I also know that I need to forgive myself. Whatever you want of me, I am willing to do."