

Theory of Manageability

Member Share



Step 1: We admitted we were powerless over lust; that our lives had become unmanageable.

For some of us, this seemed a challenging first step in seeking help. Others of us tumbled straight into it as a runner does the finish line of a marathon: tired, defeated, and desperate for reprieve. Whatever the circumstances, it is the first step for a reason. We could no longer be willing to take the rest of the steps until we realized what refusing to do so would cost us. For me, this is what it came down to: realizing the cost of taking on recovery, or the cost of deteriorating further into the deep abyss of my sexaholism.

I have the facts of what my disease has cost me. I have the receipt from my insurance for my week at a mental hospital. I know what point on the Percy Priest Bridge I had planned to jump. I have old pictures of friends that no longer care to speak with me. I have memories of the danger I put myself in and the assaults already experienced from risky situations. But facts have only served to propel me so far, as most of us know that rational thinking always escaped the savage appetite of the Lust Beast.

My circumstances differ from the "usual" population that is seen in meetings. I am a young, single woman who came to the rooms not with an addiction to pornography, not with a penchant for masturbation, but because I used people and I let them use me. I had believed for a long time that all I was good for was sex and that, like I thought my culture was telling me, casual sex with strangers was normal for my state of life. "There is nothing wrong with satisfying a primal physical urge;" this was the voice that constantly tried to justify what I was doing. In search of this illusive suggestion, I saw it all as a scientific equation. I had my hypothesis, and I simply needed to experiment to reach the correct conclusion. Whenever I encountered an unwanted consequence, I simply needed to adjust the means of testing. Because this addiction to lust mingled with the obsession to find the rational in an irrational situation, this idea of manageability had to be wretched rather violently from my grasp. The first several months going to meetings, I had not given it up completely. My fingernails were still embedded in the idea that I was responsible for my actions, and I chose according to my own intent. I was not powerless, I was just a worthless person who made worthless choices.

The major problem with this conclusion is that it was not a conclusion at all. It was like testing gravity on the moon and wondering why the ball wouldn't drop. Metaphorically speaking, it eventually did, as I had to conclude that I wasn't bad making myself miserable. I was sick, and I was powerless to stop the symptoms of a disease I refused to treat. I made choices, yes, but there were also situations that when facing all the evidence in the world, I had no power to act to the contrary of what my lust screamed in my head. The Lust Beast was no longer the tiger in the cage stalking back and forth with eyes on its prey. It was out, and it was devouring everything and everyone in its path. It tore with massive paws and masticated with razor teeth the remnants of control. It had consumed my entire spirit, and I no longer recognized the thing staring back at me in the mirror. It was at this point that I could finally face the fact that any life entertaining so much as the thought of control over lust was a lie. It wasn't working, it never had worked, and I would do whatever possible to rid myself of the person I had become. I would never be cured, but I believed that there was a solution, and I was ready to take it.

Wisdom from the Literature

STEP 1

Arrest and surrender in order to be set free - what a paradox! But it was our self-proclaimed freedom that had been killing us, and we began to see that without limits we would destroy ourselves. But we were powerless to limit ourselves, and the more we indulged, the more unmanageable we became. Each lustful act or fantasy became another ray penetrating the nucleus of our psyches and loosening the forces that held us together. Thus, in time we came to the growing realization that we were losing control. It was to this truth that we surrendered - the truth about ourselves.

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Anonymous

Service Opportunities

- **The John School - Nashville, TN**
(Men Only) : 6 months sobriety required to share.
Select Saturdays, 1-2pm
Note: New Location: Nashville Cares, 633 Thompson Lane, Nashville
Jan 9, Feb 20, Apr 2, May 14, Jun 18,
Jul 30, Sep 10, Oct 22, Dec 3,
Questions?: info@sanashville.org
- **The Bridge - Bowling Green, KY**
(Men & Women) 6 months sobriety required to share. Select Saturdays 9:30-10:30am. Dates to be announced.
Questions/Info: info@sanashville.org
- **The Ranch - Nunnally, TN (Men)**
1st & 3rd Thursday 7:15-8:15pm (carpool leaves from the portable at 5:30pm). 6 months sobriety requirement to share.
Upcoming dates:TBA
Contact: info@sanashville.org
- **The Ranch - Nunnally, TN (Women)**
1st Sat of each month 7:15-8:15pm (carpool leaves from west Nashville). Upcoming dates: TBA
Contact: info@sanashville.org
- **Open Positions**
The Saturday 7:45/9:00 am meeting is in immediate need of a GSR and alternate GSR and will need a treasurer in January. Anyone who attends the Saturday meetings is welcome to attend the business meeting and serve even if this is not your home group.
- **SA Nashville Intergroup Open Positions**
 1. Vice Chair
 2. Regional Intergroup RepresentativeContact: info@sanashville.org for more information

Announcements

- **NEW MEETING LOCATION**
Tuesday Women's Group now meets in the Brenthaven Cumberland Presbyterian Church
516 Franklin Road
Brentwood, TN 37027
Contact: info@sanashville.org for more details

- **Holiday Party**
Join us Saturday, Jan 16th after the 9:00am meeting for treats, refreshments and fellowship.



Upcoming Events

- **SA Winter Weekend IV**
February 5 - 7, 2016
Location: Surside Beach SC USA
For More Information:
Phone: 803-900-5326
Email: SAColumbiaSC@gmail.com
Remarks: Winter retreat at the beach. No matter where you are in your recovery, there will be something you can use
- **SA One Day Workshop**
February 13, 2016
Location: Fort Myers, FL
Theme: A Spiritual Solution
For More Information:
Web: <http://www.swflsa.org/blog/events/>
Flyer available from saico@sa.org
- **Atlanta 2016 SA/SAnon Marathon**
Saturday, March 5, 2016
Our official flyer will follow shortly. Please let us know if you know of other fellowships who should get this.
- **SA/S-Anon International Convention**
July 8 - 10, 2016
Location: Denver, Colorado USA
Theme: Happy, Joyous and Free
For More Information:
Web: www.happyjoyousfree2016.org
Email: info@happyjoyousfree2016.org