



The Act of Entitlement

A Member Shares about Giving up the Expectation of Sex



“Would you like a Diet Coke?” (Read the article...it'll make sense . Promise!)

and I pout. I am going to crumble. I am unloved. I am un-loveable. Nobody loves me... On and on it goes spiraling out of control. Then I feel miserable, I am tired of feeling this way. What can I do? What do I do? Why doesn't the line in the Solution: “...we found that sex was indeed optional” ever seem true to me?

I have to separate the act of making love with my spouse from whom or what I am. The only way I get there is by discovering who I am through the steps. It is not easy and I have so long equated love with touch that it is difficult to separate the two. I admit my powerlessness over it and try to surrender it by talking to others and turning it over. Each night when the idea pops into my head, I try to say the prayer: ‘God, I surrender the expectation of making love to (my spouse).’

My character defect of procrastination has caught up to me once again. I had volunteered to write this article way back in January. January turned to February and then it was announced that the deadline for submitting articles was February 14. Panic sets in, what am I going to write about? More importantly (like any good addict), what are you going to think of what I write about? No ideas, well I had some, but they were just not very good. I think (yes this is still a dangerous proposition) surrender and the answer will come. Finally it occurs to me to ask my sponsor: What can I write about? Without hesitation he says: “Write about giving up the expectation of sex.” **WHAT?** I say, not sure I have heard him correctly. He repeats: “Write about giving up the expectation of sex. You have a lot of experience in this area, he says with a laugh. I agree, but quickly add: ‘I do not have much strength or hope.’ Oh well, Good Orderly Direction now brings me to this place in the article where I actually write about the topic of Giving up the expectation of sex.

What is the expectation of sex? It is hard for me to explain, but I know it when I see it and I see it usually after I have been rejected. How many can relate to asking ones spouse to have sex, getting rejected and feeling like the five year old who was told they could not have dessert after eating their vegetables. My bottom lip sticks out

(Cont'd on other side)

The Act of Entitlement (cont'd from other side)

I also have to act as if it is no big deal. Because I have so confused my identity with sex, I make the rejection about me. Another tool I use is: Before asking, I repeat the phrase (in my mind); ‘Would you like a diet coke?’ then I try to ask for sex in the same tone and mind set. I typically do not get my feelings hurt when I am turned down on choice of drink.

Finally, I make commitments with others in the fellowship not to initiate sex. Sometimes I think I go through mini-withdrawal periods, other times I think it is the “love cripple” part of my disease flaring up. What ever the reason, in these moments, when I can commit to another person in the fellowship not to initiate sex then it can make it through without the expectation or resultant resentment that usually follows.

My experience, as my sponsor pointed out, does in fact tell me that if I use the tools I can give up the expectation of sex. Since the deadline for writing this was Valentine’s Day you can be sure that I either followed what I just wrote, or you heard me talking about my resentment in a meeting. - Alan H.

Service Bulletin Board:

There are lots of opportunities to serve in Nashville! Here are just a few:

Calling all Volunteers!!

Panel leaders are still needed for the following H & I meetings:

Johns School

Nashville Cares

Sobriety Requirement to lead these panels is 1 year, but just 6 months to attend!

See Ryan B. or Bob

The Man Behind the Curtain! (men and women actually)

Intergroup meets the
2nd Sat. of every month at 10:15 at
West End Church
of Christ.

We discuss how each group is doing, where we are financially, what our International Headquarters is doing and new service opportunities in Middle TN for SA. You are welcome to come and learn how SA functions. No Sobriety Requirement.

H & I

H & I is an outreach of our fellowship to Hospitals and Institutions to let them know about SA. We meet the 2nd Sat. of every month at 8:00 A.M. at Star Bagel to discuss how we are getting the message out to others.

You are invited to attend!

No Sobriety Requirement

Got something to say? Contribute to the NEWSLETTER.

The newsletter is looking for articles on SA related topics. So if you have something to share, submit it in about 300–500 words. See below for contact and email.