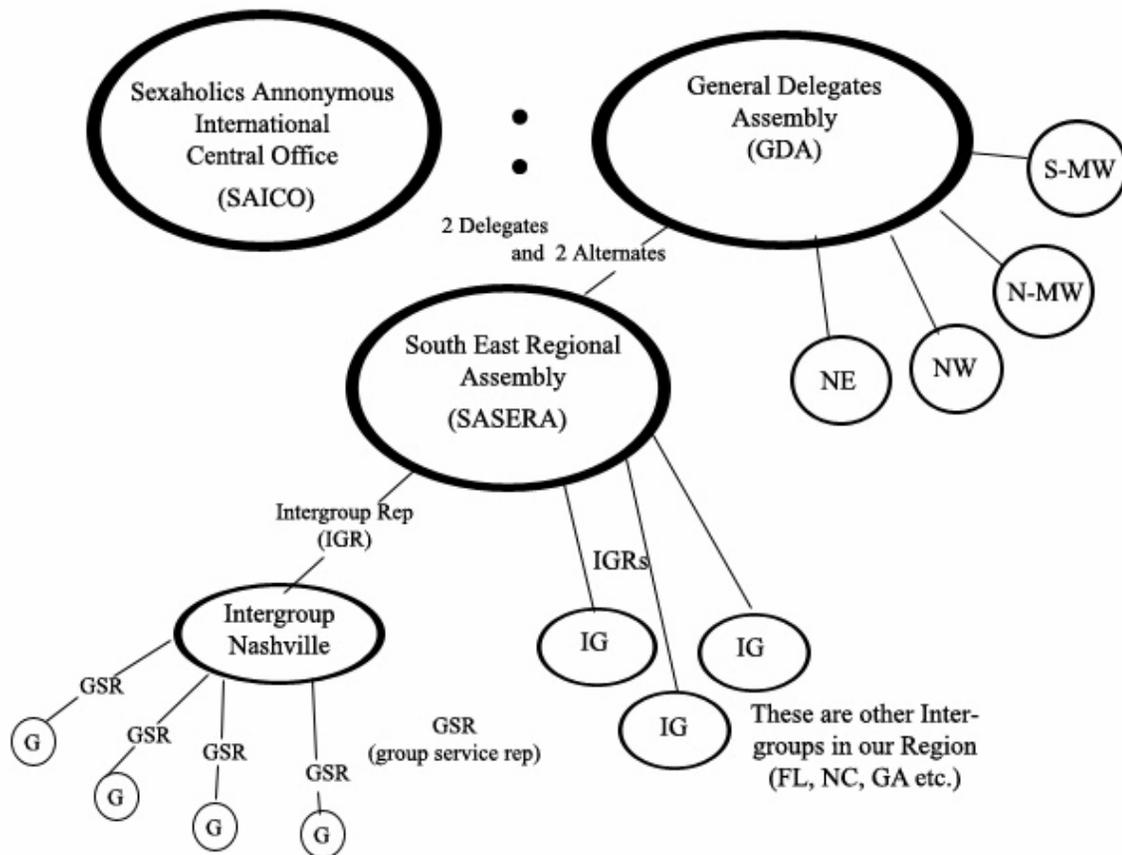


Behind the Scenes: How SA Works for You



Action!

We Are Only As Sick As Our Secrets

Because I was obsessing about a topic, I called my sponsor and he reminded me that this is not a school assignment. With that being said I can utilize the 12th step, which will help me stay sober today. I normally have fear of taking action in the fellowship because you guys and girls will find out I have no idea what I'm talking about. That's why you taught me to share from my experience. That's one thing I am the most qualified to do,

(Cont'd on other side)

Action! Continued from front

because it's my experience. Well to start, what I don't want to share with you is that I obsess about women and having sex with women. Now, discussing that with another person terrifies me. My "uniqueness" used to be stealing, and having sex with, women's shoes. If you have been in a meeting with me, I'm sure you have heard me share. With the fetish, shame says, "Man, that's so weird to talk about; people are going to get grossed out." Well, I share it with my sponsor and the obsession lessens. In this case, shame's message is that you are not worthy or good enough. You are not man enough to talk to a woman or ask her out on a date, much less have sex with a woman. And you want to share that desire and terror with another sexaholic who has had sex with "lots" of people? You better not!

Guess what? I just did!

So coming into the fellowship I automatically feel unique and different than everyone. But we all have the obsession of lust and the craving of the body, regardless of how our disease manifests. So through taking action in the fellowship, the STEPS, sharing in meetings, getting involved in H&I, sponsorship, and leading meetings, I am able to lift my head and look the world in the eyes and stand free. To put it simply, I share my story with the sexaholic who still suffers and my shame lessens. When going to an H&I meeting and sharing the many ways my disease manifests, my shame lessens. The key to my SA recovery so far has been action. Sometimes the best thing I can do that day is to not masturbate. However, the more service work, guys I sponsor, meetings I go to, and the steps I use throughout the day, the more action allows me to get out of self. When asked to be the panel leader at DCIV, I called my sponsor hoping he would see it my way, and he tell me it's not necessary for me to get involved, but he's a good sponsor. He said that perhaps you aren't ready for it, but asked me to be aware that I am not turning away from it because of fear. My disease feeds on shame, fear, and other negative emotions. So just like lust, I would share my fear of causing a fire or someone stabbing me. Again, I take an action and the fear lessens. The fellowship allowed me to experience something at DCIV I wasn't expecting and that was actual gratitude and joy. As a result, a kid that felt more comfortable in a closet or hiding in a toy box, I was standing in front of 20 or 30 guys telling them that my name is Ryan and I am a sexaholic. I am able to truly look the world in the eyes and stand free.— Ryan B.

Service Bulletin Board:

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

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!

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.