

# Out of the Fog

An update on events, outreach, and other news of the Bay Area Fellowship.  
Available online at: [bayareasaa.org/newsletter](http://bayareasaa.org/newsletter)

A Quarterly Newsletter

Issue N° 15- Spring, 2016

## What Is SAA?

Sex Addicts Anonymous (SAA) is a fellowship of men and women who share their experience, strength, and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

## From the Green Book

“In our groups, there is a collective wisdom that has grown and been handed down over the years. We learn many new solutions to old problems. Central to these are the Twelve Steps. Following these steps leads to freedom from addictive sexual behavior and to the healing of our minds, bodies, spirits, relationships, and sexuality.”

## Save the Trees!

Sign up to receive this newsletter via email.  
Send your request to:  
[newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org)



## Looking for a meeting?

A complete list of all current Bay Area SAA meetings can be found at:  
<http://www.bayareasaa.org/meetings.php>  
If you can't make a meeting in person, a complete list of electronic meetings can be found at <https://saa-recovery.org/Meetings/ElectronicMeetings/index2.php?timeOffset=-480>

## Inspirational Words

“Humility is the true key to success. Successful people lose their way at times. They often embrace and overindulge from the fruits of success. Humility halts this arrogance and self-indulging trap. Humble people share the credit and wealth, remaining focused and hungry to continue the journey of success.”

- Rick Pitino

## “Not My Life”

It's been a phrase that I've had to repeat to myself over the last few weeks, followed by some self-encouragement. My inner circle is searching for pornography or anything sexual in nature. Even so, nowadays our environment bombards us with videos, media, songs, billboards, and ads that make it really easy to go down the rabbit hole. For me, it's really difficult to turn away or stop staring. As a sex addict, I crave that sexual stimulation, something to temporarily get my mind off stress, anxiety, and uncomfortable feelings. I've been working with my therapist

to curb this behavior not only because it's short-sided satisfaction, but also because it is distracting, especially when I'm with loved ones or at work. We've been working on ways to identify my anxieties and my feelings so that I can address them head-on. For the anxiety, I've learned that the majority of my fears are irrational fears, so there's no point in worrying about them. As for the rational fears, there's always something I can do to minimize the chances of it actually happening. Regarding my feelings, I've learned to keep a journal in order to identify and accept the feelings. I've been amazed at how effective it is to just identify the feeling.

That edgy, unsettling feeling is diminished, and I'm able to be serene and content until the next feeling comes up. Before recovery, each and every feeling used to be an episode of acting out. Nowadays, I've been working on retraining my brain. While I can't always control what I see around me, I can turn away. Instead of giving into the temporary urge to indulge and fantasize, I've learned to be gentle on myself, to accept that I am a sex addict, to ask for help, and to remind myself it is not my life anymore. It's easier said than done, but the little phrase helps me get back on track, which makes all the difference in how I behave. Not my life.

## Meditation Writing Teleconference Workshop

All those interested in contributing to the Meditation Book are invited to attend one or more tele-workshops. We will go over the guidelines and process for submission; there will be ample time for writing, and time for sharing as well. Please consider

All workshops are the 4th Sunday of the month at 5:00 p.m. Central Time and last until 6:30 p.m.:

Sunday, June 26, 2016

Sunday, July 24, 2016

Sunday, August 28, 2016

To register, call 1-800-477-8191 or email [meditation@saa-recovery.org](mailto:meditation@saa-recovery.org).

## SAA History Project

Volunteers are gathering data for a history monograph, chronicling the beginning and growth of the SAA fellowship. If you have information, insights, or historical perspectives on the early days or more recent expansion of SAA around the world, please let us know. Members who wish to volunteer for phone interviews and possible follow-up questions, can send their contact information to [director@saa-iso.org](mailto:director@saa-iso.org).

## Closer to Closure

"Hello, my name is L. and I'm a sex addict," the speaker introduced himself at the Saturday night meeting for the San Francisco Sex Addicts Anonymous' annual spiritual retreat. L was older, but most of the men here were, mind you I was only 26. Not only was I young, but I was one of the less than a dozen women to the over 150 men in attendance.

L began his share. Very figurative, and quite comical; he quickly had me in stitches. I was caught off-guard when the room erupted in laughter; sex addicts tend to be an awfully serious lot.

And then I heard it, "prostitutes." This guy had been hiring prostitute in his inner circle—now I knew things were going to get interesting. He said he was going to go into his bottom tonight—now here was something I could really relate too. Into the story I heard the pain I knew so well: the unmanageability; the inability to stop. "Violence against property; they believe their own propaganda." The message seemed cryptic at best, but it was about prostitutes; about me. Suddenly the objectified hookers I had always been in shares had a face. Soliciting was a violent act, damaging the woman working the field. The clients were blind, feeding their addiction with their own lies on how harmless it all was. The

working girls were the victims, were abused, and were the daughters, mothers, and sisters of people we could all know. They were, we were people, and we had been all along.

My eyes welled up with tears. This man got it, this man, this ex-john knew. All these years prostituting, I had failed. I thought it as was a quest to prove myself, but I was wrong. I thought I was fighting, numbing my abandonment issues, but I wasn't. I thought I was on a journey to prove to countless men that I did exist in this world, but I was as good as invisible at the end of the day. All I did was push myself into nothingness, as a nonentity, and I finally found loneliness in addiction. My head was a whirl of thoughts, years of self-prejudice melted before me. This ex-john, this man, he knew. The room clapped, some stood, and tears filled my eyes.

There where now to be shares on the speaker's message. I drew a breath hard. A few men shared briefly, I couldn't even hear what they said. My head was humming as all the blood in my body rushed between my ears.

"I'm Kristina and I'm a sex addict." I was standing, dizzy and light headed, but I was standing. "As sex workers, we are underrepresented in Sex Addicts Anonymous," my voice cracked as I stumbled and stuttered over the "r" in represented. I had two minutes, and I was terrified. My whole body shock as I

summarized the pain and loneliness that is working as a prostitute. Then finally, my mind blanked from there, "I'd just like to thank L tonight for representing us, not objectifying us, and giving us all a voice."

The room was silent except for a few scattered claps.

The meeting changed. Over a half dozen men got up and thanked me. After the meeting, men pulled me aside and shook my hand in gratitude. They had no idea that for the first time in my life, I "existed."

That night I, and all my shattered emotions did exist. I was whole. I was validated by recovering sex addicts, some men that were once johns, during that meeting. These recovered men now cared for me as a person, and they weren't here to abandon me like so many before them. I was no longer in loneliness, I was somebody. All these years I searched for men to validate me. I thought I found them in hotels from coast to coast, but they didn't validate me. They didn't fill the void. But now years later, these same men that had once used girls like me became my greatest allies. I saw in them true friends and comrades; together fighting the very addiction that has twice brought us all together, first in bedroom, now in the meeting rooms of Sex Addicts Anonymous.

-Kristina N., 26, Concord, CA

## The Step Corner

Every quarter we'll publish experiences, hope, and hints about completing a step. If you have suggestions, please drop a note to: [newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org).

**Step 7:** Humbly asked God to remove our shortcomings.

### Principle: Humility

**"The preceding steps gradually bring us to a realization that our character defects, the flaws or shortcomings in our personality, have caused us a great deal of suffering throughout our lives and prevented us from completely aligning ourselves with our Higher Power's will for us."** *Sex Addicts Anonymous Green Book*, page 43.

Even though much of my life has been changed by working the previous steps, where am I falling short of what my Higher Power wants for my life?

**"The power of this step is in the asking, not in the result."** *Sex Addicts Anonymous Green Book*, page 44.

Often, when we ask, we are focused on the shortcoming. How willing am I to be open about having shortcomings and what they really are?

**"The Seventh Step does not guarantee, or even predict, an outcome."** *Sex Addicts Anonymous Green Book*, page 44.

Many times, our Higher Power won't change us directly by taking away a character defect. Instead, our Higher Power may change things so that we have the opportunity to grow. How open am I to letting a Higher Power change my job, my finances, my relationships, my living situations, my legal status, and my health so that I might have the opportunities to grow? What are my reactions to that question?

**"We have found that God's will for us is usually different, and ultimately greater, than our expectations. Simply putting ourselves in God's hands is all that's needed."** *Sex Addicts Anonymous Green Book*, page 44.

What expectations do I have (both good and for harm) about putting all these things into my Higher Powers' hands?

What does the wording of this step suggest for trying to make these character changes by my own strength and in my own way?

**"Change occurs in God's time, not ours."**

*Sex Addicts Anonymous Green Book*, page 44. Coming into this step, what hopes do I have about when these things would be changed?

**"It means that we are not too proud or ashamed to believe that we can be helped."** *Sex Addicts Anonymous Green Book*, page 43.

**"One of the main ways God works in our lives is through other people."** *Sex Addicts Anonymous Green Book*, page 44.

What is keeping me from sharing my shortcomings with my sponsor and my group?

**"We also discover that our character defects can become useful in God's hands."** *Sex Addicts Anonymous Green Book*, page 45.

As I share my struggles with others in the group, how am I finding my Higher Power is using my struggles to help others?

**"Humility is the result of the self honesty we have gained."** *Sex Addicts Anonymous Green Book*, page 43.

**"We know that we are bound to make mistakes, and we choose to learn from them rather than punish ourselves for them."** *Sex Addicts Anonymous Green Book*, page 43

How is my humility in this step showing me how my Higher Power wants me to move on into Steps Eight and Nine?