

SHAW Center Sexual Health Online Recovery Meeting Format  
www.shawhealing.com/meetings

## INTRODUCTION

Welcome to the online SHAW Center for Healing twelve step meeting for sexual health and wellness. My name is \_\_\_\_\_ and I am a sex addict in recovery. Please join me for a moment of silence followed by the serenity prayer.

This meeting is not affiliated with AA, SAA, SLAA, CAA or NA, but we are a twelve-step meeting and use the steps as a guide to recovery. We conduct this meeting in the same format as most other 12 step meetings with which you are familiar. Please find yourself a quiet place, get comfortable and join us as we share our experience, strength and hope with each other.

Just a few reminders: this is an online meeting. Please mute your mic when you are not speaking and silence your cell phones as to not disturb the meeting. Feel free to use your camera and mic or just mic, whatever you feel most comfortable with.

It is customary at this meeting to read the 12 steps.

Today, I have asked \_\_\_\_\_ to read this for us.

## VISITORS AND NEWCOMERS

- It is a tradition at this meeting for everyone to introduce themselves. Please tell us your name and where you're from. We will begin alphabetically by first name, starting with "A." Let us know where you are from and if it is your first time at a meeting.  
(CHAIRPERSON STARTS)

## INTRODUCE TOPIC

Tonight, I have chosen a topic from *Answers in the Heart* meditation book. I will read today's reading and then share my experience on the topic. We are a solution-based meeting, so we ask that if you do wish to share, please be sure to remain on topic as it pertains to your recovery. The chairperson reserves the right to stop anyone who goes over time, euphoric recalls, or strays too far from the given topic. This is not meant to intimidate anyone, but to help keep the meeting solution focused.

(Read reading and share experience)

## OPEN MEETING FOR SHARING

The meeting is now open for sharing- to ensure others have time to share please limit your sharing to 4 minutes. \_\_\_\_\_ will be our timekeeper tonight.

Talking about euphoric recall, rambling or going over the time limit.

*Note: As the chairperson it is your responsibility to deal with these things. Interrupt the person sharing and you can say something like **“A quick reminder to keep your share on topic and solution based please.”** If someone continues talking after the timer has gone off and not clearly wrapping up within 10 seconds you can say **“The timer has gone off, please wrap up your share.”***

## **CLOSING THE MEETING**

We are about out of time for today:

- Are there any burning desires? Quick reminder a burning desire is not necessarily another chance to share but the opportunity to get something off your chest that you might act out over.
- Are there any recovery related announcements? (PAUSE)

We would like to recognize milestone in continued sobriety. Is there anyone celebrating a milestone who would like to be recognized?

Sponsorship is an important part of recovery. If you need a sponsor, please speak up now so that the group can help to get you one. (PAUSE)

If you are available to sponsor, please raise your hand. (PAUSE)

I would like to thank everyone for joining us. We look forward to seeing you tomorrow at the same time and place!

Please remember who you see here, what you hear here, when you leave here, let it stay here. (HERE, HERE)

LET'S CLOSE WITH A MOMENT OF SILENCE FOLLOWED BY THE "WE" VERSION OF THE SERENITY PRAYER.

*Technical note: **For technical issues or any questions about the format of the meeting please contact Luke Moore, Intake Specialist and Outreach Director at SHAW Center for Healing. (512) 827- 8842 or [luke@shawhealing.com](mailto:luke@shawhealing.com)***