

(12-Step Boot Camp 2.0) Additional Resources

Your beliefs become your thoughts,

Your thoughts become your words,

Your words become your actions,

Your actions become your habits,

Your habits become your values,

Your values become your destiny.

Mahatma Gandhi

This 12-Step Boot Camp document provides additional resources to take sex addicts through the Sex Addicts Anonymous (SAA) 12-Steps using a "rapid" and "communal" approach within 8 to 10 weeks. Boot Camp provides a path to new freedom, happiness and serenity. When sex addicts have a "spiritual experience" by working the 12-Steps, it often results in sobriety as a "bi-product." This document provides original material and draws from material provided by various SAA, religious and secular groups.

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Primary Purpose Group (PPG) Meetings

(As of July 2023)

<https://saapp.org> (many more meetings listed)

Sundays: 9 am (Central)

Sunday Morning Big Book Study Telemeeting

Open Big Book Study

Teleconference only, No online

Phone: +1-717-908-1834 access code: 215701#

Mondays: 6:30 pm to 7:30 pm (Central)

Integrity Men's Group (Coppell, TX)

322 S MacArthur Blvd, Coppell TX

Contact: +1 469-340-1939

Tuesdays: Noon to 1 pm (Central)

Dallas Power Lunch

Open Big Book Study

Northwest Bible Church

8505 Douglas Avenue, Dallas, TX 75225, Room 204 (in big building in back of property, 2nd floor)

Contact: (214) 699-7007, powerlunchdallas@gmail.com

Wednesdays: 7:25 pm to 8:30 pm (Central)

Dallas Primary Purpose Group of SAA

Dial-in Number: 667-770-1383

Access Code: 325825#

Contact: Ken C – phone: (214) 498-8610, e-mail: acmedad@yahoo.com

Thursdays: 6:30 pm to 7:45 pm (Central)

Thursday Evening Big Book Study

Telemeeting

Phone: (717) 908-1834, Access code 215701#

Fridays: 7 p.m. (Mountain)

Edmonton Friday Big Book Study Group

Open Big Book Study

Zoom

Contact: Morgan H. recovery4wolf@gmail.com, (phone and text:) 780-394-3709

Saturdays: 8:30 am to 9:30 am (Central)

Taking Action Group (TAG) of McKinney

1615 W Louisiana St, McKinney TX

Portable Building 2, Fellowship preceding the meeting at Panera Bread on the SW corner of Eldorado Pkwy and 75, Phone: (469) 630-1935

Every Day: 7 pm (Central)

Freedom Group

Zoom: <https://us06web.zoom.us/j/87467510696?pwd=WTlYdE95RjlXa296a2wvSGh0THpiUT09>

Contact: Pablo

Phone: +1 945-500-6160

The 12 SAA Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

About Boot Camp

For the Mentee



IS

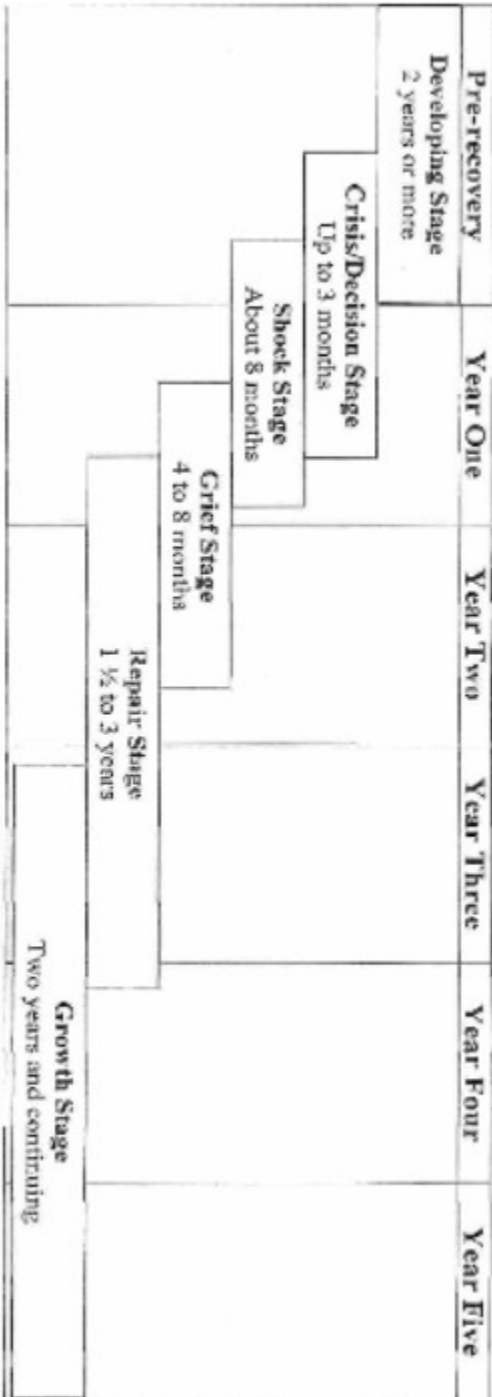
- Character building & helps create sexual integrity
- Proven, standardized "spiritual" program of action – Uses AA Big Book
- Has higher success rate than regular sponsorship
- Helps you gain "sea legs" & provides a path to new freedom, happiness & serenity
- Models new sober "lifestyle"

IS NOT

- "Quick-Fix" program - Sex Addiction recovery is at least a "5 year" journey
- A place to sit on your laurels

I Triangle SAA
 Getting Started
 Writing A Sobriety Plan

Recovery Timeline for Sex Addiction*



The First Year

- Life is better, but improvement is small.
- Extraordinary turmoil - there is nothing of the resolve to change
- Most slips occur in the second six months.
- Health indicators - accidents, sickness, and visits to physicians are the worst for the second six months and are the worst for any other portion of the first five years

Second and Third Years

- Significant rebuilding starts (finances, coping with stress, spirituality, self-love, career status, and friendships)
- Greater stability and sense of well-being
- A period of intense personal work.

The Fourth and Fifth Years

- Improvements in relationships to loved ones
- Self rewards more healthy and satisfying sexual expressions
- Overall life satisfaction improves dramatically

**Triangle SAA
Getting Started
Writing A Sobriety Plan**

The Stages of Recovery for Sexual Addiction*

The Developing Stage

- Unmanageability and powerlessness force the addict to acknowledge the problem, but continues actively in the addiction.
- This often lasts two or more years.

The Crisis / Decision Stage

- Decide whether a commitment to change will be made
- Can take up to 3 months (and many false starts)

The Shock Stage

- A time of emotional numbness
- Follow A.A.'s caution – “Nothing major the first year”
- Up to the first 8 months of recovery

The Grief Stage

- Often appearing in earlier stages, this stage settles into the sadness and pain when losses are finally acknowledged.
- Addicts tend to act out in order to manage the pain
- Lasts 4 to 8 months – towards the end of the first year and beginning of the second

The Repair Stage

- Sobriety, intense spirituality, and personal growth
- Achieving balance and focusing on the basics
- First 1 ½ to 3 years

The Growth Stage

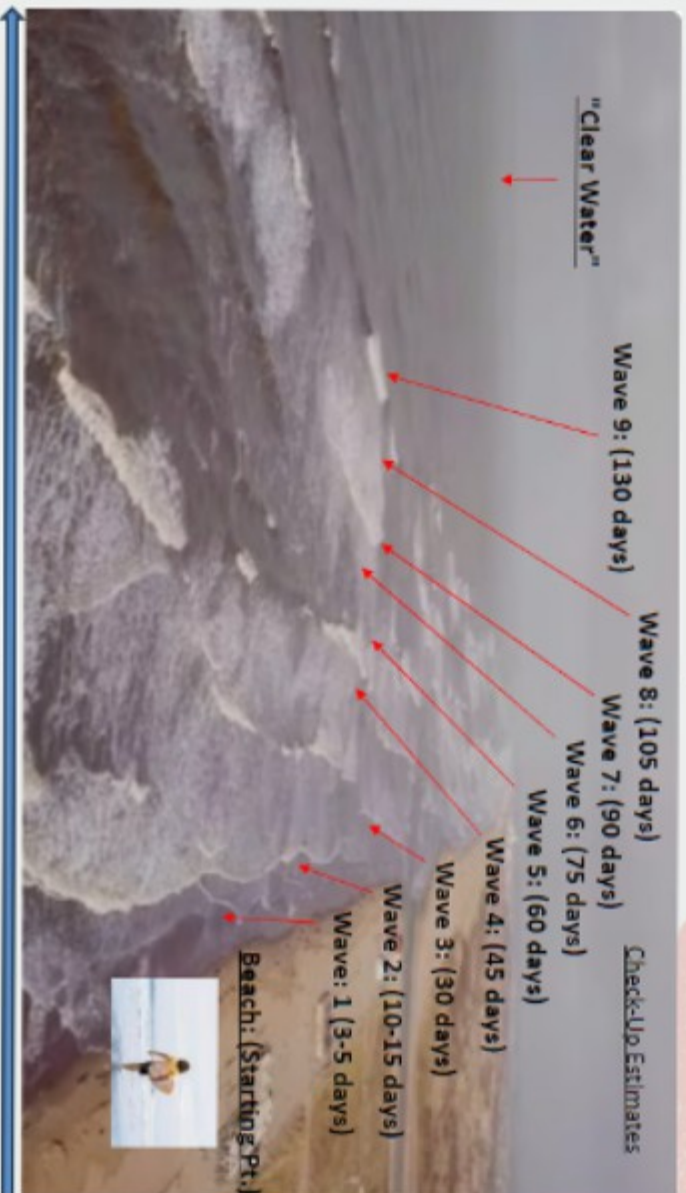
- Explore new options and restructure relationships
- Quality of relationships improve dramatically
- Start to focus on the needs of others
- Greater balance and intimacy
- Improved capacity to resolve conflict
- More compassionate
- Greater satisfaction with life
- Deep abhorrence of old behavior
- Usually during years 4 and 5

* from *Don't Call It Love*, Patrick Carnes, 1992

130 Day Journey to Form New Sexual Habits

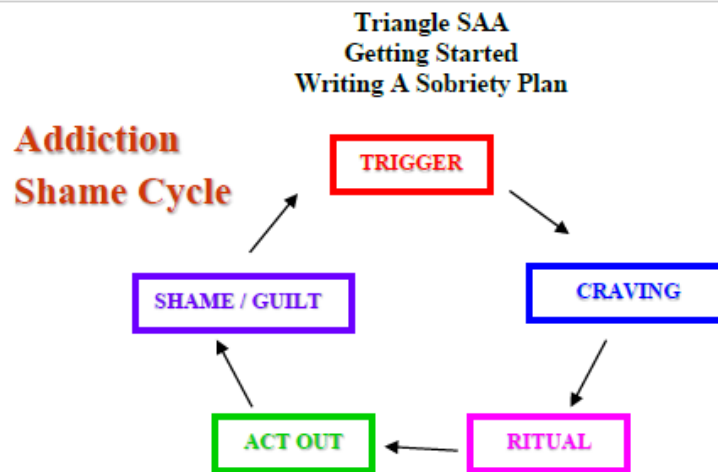
Goal: Reach Clear Water By Not "Acting Out"

- Illustrative Map -



Note: if you "act out", waves return you back to beach & 130 day timescale "starts over".
Each wave may "actually hit" approx. 5 days before or after noted.
Stay Prayed! lol if you get triggered: Pray & Call Someone!

Trigger Management



The five (5) stages in the cycle are:

1. Trigger – Either emotional or physical.
 - a. Can occur minutes before – or days before.
 - b. Compels us to avoid the feeling(s).
 - c. Unless addressed, always leads to craving.
2. Craving – The strong desire to act out.
 - a. Mentally move into The Bubble.
 - b. Reality becomes distorted.
 - c. Obsess about sex.
 - d. Think / Plan how to act out.
 - e. Can last minutes or hours.
 - f. **Our last, best chance to get off the cycle on our own.**
3. Ritual – Our set pattern or ceremony that leads to acting out. An example:
 - a. Phase 1 - Search the internet for sexually suggestive images.
 - b. Phase 2 - Cruise streets / coffee shops / malls for visual hits.
 - c. Phase 3 - Go to strip bars for more intense validation.
 - d. Enter a trance-like state of heightened arousal.
 - e. **Almost impossible to stop without some kind of external interruption.**
4. Using – Acting out.
 - a. Feel better for the moment but then realize what we have done.
 - b. Usually not as satisfying as we had imagined or hoped.
 - c. Realize powerlessness and unmanageability; (we are slaves.)
 - d. Despair / Hopelessness lead to next stage.
5. Shame – “I am bad.” Usually accompanied by Guilt - “I did something bad.”
 - a. Betrayed spiritual beliefs, possibly a partner, and our sense of integrity.
 - b. Alternating waves of pseudo-guilt and shame.
 - c. Insincere promise to “never do it again.”
 - d. May trigger a new cycle.

Triangle SAA Getting Started Writing A Sobriety Plan

Examples of Physical Triggers:

- People - My mother. Your example: _____
- Places - My mother's living room. Your example: _____
- Things - Conversations with my mother. Your example: _____

Examples of Emotional Triggers:

- Feelings - Feeling "less than". Your example: _____
- Thoughts - I will never please my mother. Your example: _____
- Circumstances - Being my mother's son. Your example: _____

Breaking the Addiction Shame Cycle requires intense self-awareness and courage.

We must identify, evaluate, and understand the triggers so that we can recognize them while they are happening or ideally before they happen.

This task is especially important for the addict who can only go "X" number of days without acting out. When an addict sincerely works to remain sober yet engages in a cyclical pattern of sobriety – relapse – sobriety – relapse, the likeliest causes are either a failure to identify the trigger(s) or a sobriety plan that does not adequately address those triggers.

There are several effective ways to identify our triggers. Here are three:

- Talk about our own addiction behavior at meetings. Listen to others talk about their triggers. Ask ourselves, "Does his trigger also trigger me?"
- Our spouses and significant others are attuned to our behavior and can frequently shed light on it. For example, ask them if they know why you are feeling sad.
- Journal daily, especially about our feelings. Writing about our daily life makes it possible to go back and review what happened to us right before we acted out.

Pseudo-Shame and Guilt, the final stage of the cycle, deserves some additional scrutiny. First, the shame and guilt we feel after acting out is **not genuine**. True shame and guilt motivate us to change. The fifth stage keeps us from changing by feeding our self-loathing (Trigger) which sets us up to act out again.

Second, we wallow in this phony sensation because, strangely, doing so suggests that we are not as awful as we feared. If we despise ourselves for acting out then we must still have a functioning conscience. We feel "better" when we hate ourselves. The more we hate ourselves, the more reassured we are that we are not completely "lost." This urge is so strong that for many of us, shame and guilt come to permanently define who we are.

11th Step – (Christian & 12-Step) 15 Minute Morning Prayers & Meditations Suggestions

Opening - [Start Positive Christian Music]

(Example: Use Rich Mullins or John Michael Talbot)

Gratitude Prayer

1. Lord Jesus, thank you for this day. I'm grateful for ... [say a few things relative to today].

Purity Prayer

2. Lord Jesus, I'm powerless over my sex addiction. Please keep me clean and sober today so I can serve others.

In accordance with God's will, in Jesus' name.

Victory Verses

3. Meditations [Kick Back and Relax] for approx. 3 mins. (Which equals 1 song).
Examples are below. (Write your own that are meaningful to you.)
(Repeat them "out loud" a few times)

a. Bear Trap with Fur (visualize woman that way).

b. There is no sex worth dying for.

c.

d.

e.

In Jesus' name.

Devotional Reading

4. Read today's entry in "Every Day for Every Man" devotional.

[This is a primer on becoming a man of God and purity training for marriage].

Asking The Lord Prayers

5. Knock-Down Kick-Down Prayer

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your true, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am yours Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity.
- Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- I agree in Jesus' name.

6. Serenity Prayer

God, please grant me the serenity to accept the things I cannot change, the courage to change things I can, and the wisdom to know the difference.

In accordance with God's will, in Jesus' name.

7. 3rd Step Prayer

God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Please relieve me of the bondage of self, that I may better do Thy will. Please Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always! In accordance with God's will, in Jesus' name.

8. 7th Step Prayer

Lord Jesus, My Creator, I am now willing that you should have all of me, good and bad. I pray that you now please remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Please grant me strength, as I go out from here, to do your bidding. In accordance with God's will, in Jesus' name.

Agreement Prayers (w/Holy Spirit and Millions of Christians)

9. Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For Thine is the kingdom, the power and the glory, for ever and ever. Amen. In Jesus' name.

10. Apostles Creed

I believe in God,
the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;
He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there He will come to judge the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of Saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
In Jesus' name. Amen.

Listening Meditation (Few minutes)

11. Listen for the Lord's still calm voice.

10th Step Prayer: How can I best serve Thee?—Thy will (not mine) be done.

In accordance with God's will, in Jesus' name.

(Listen & Test the Spirits)

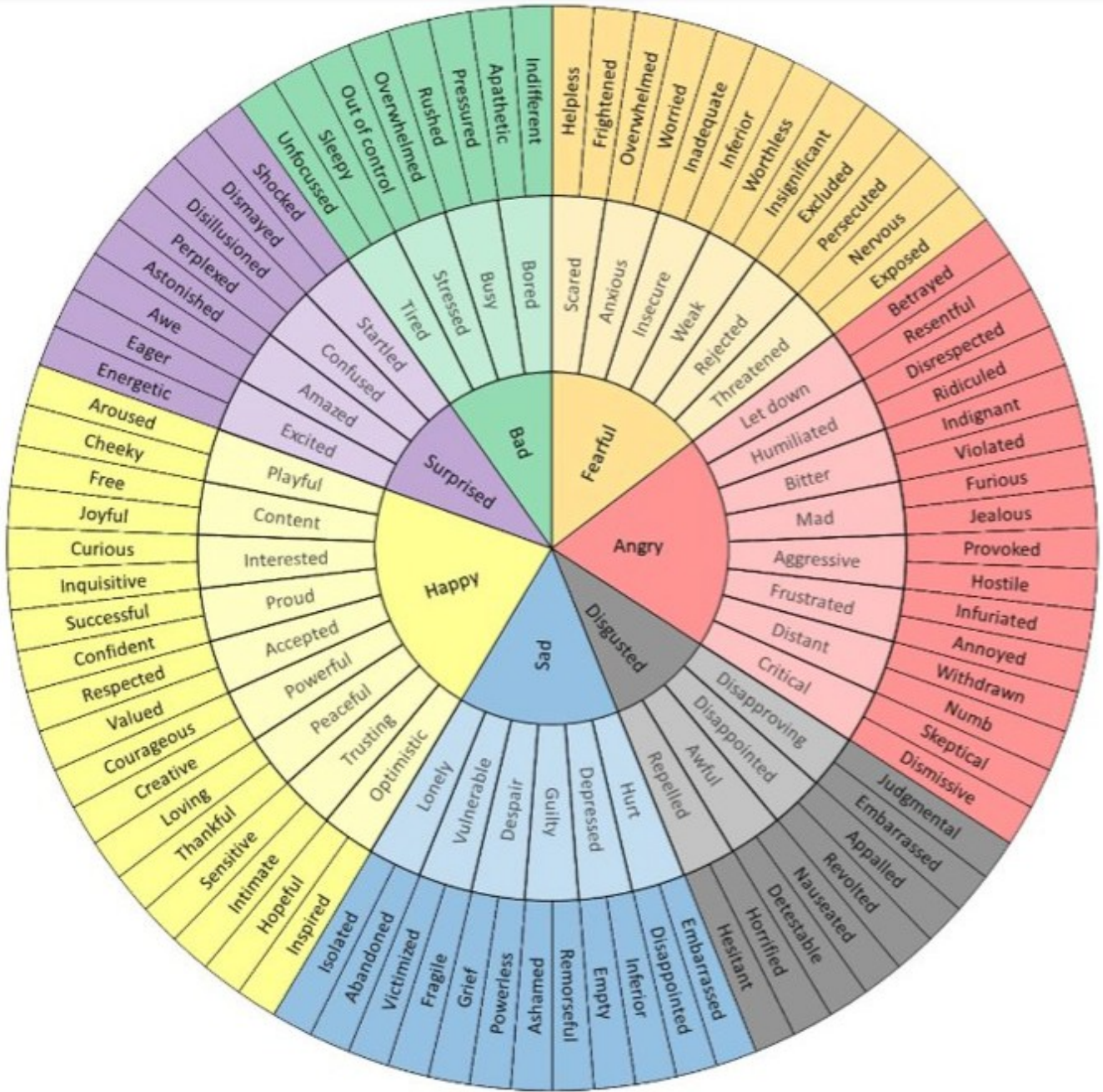
Closing Prayer

12. Thank you Lord Jesus for not leaving me where you found me!

Never the less, God's will be done in all matters related to me. I agree in Jesus' name.

[Stop Music]

Emotions Wheel



Service Material from the General Service Office

THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS (SHORT FORM)

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.
13. Big Book – Pg. 564

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Sources: AA Big Book, SAA Primary Purpose groups such as Integrity Men's Group (Coppell, TX), Taking Action Group (McKinney, TX), Dallas Primary Purpose Group (Dallas, TX), Power Lunch (Dallas, TX) and SAA Gentle Path groups such as Center for Spiritual Development (Dallas, TX), Dr. Patrick Carnes, R.I.C. Ministries and other psychological organizations. The copyright for these materials listed above belongs to their respective copyright holders.

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