

Men's SA Daily Sobriety Renewal (DSR) Format
Used at Both the 8:30 AM and 4:00 PM Eastern Call
Phone: 857-444-0744 Conference Code: 250305 for both DSRs
Script as of [00/00/2024]



(All phone lines muted as meeting begins.) Welcome to the Men's (8:30 AM / 4:00 PM) SA Daily Sobriety Renewal. My name is _____; I am a sexaholic and moderating the call today. A special welcome to any newcomers who have joined us today. We're glad you're here. The purpose of our group is to carry our message of hope to the sexaholic who still suffers. The only requirement for membership is a desire to stop lusting and become sexually sober.

In our sobriety renewal, participants take turns answering our six questions. Please **keep your share focused on the answers to these specific questions**, since a more general sharing, we call it the parking lot, is available after all callers have completed their DSR.

Our goal is to finish within 45 minutes (if this is the morning DSR, we will take a break at 9:15 do our group announcements and 3rd Step Prayer and then resume until everyone has had a chance to renew their sobriety). There are many of us who want to share their DSR in the limited time available so please **limit your answers to approximately 1 to 1 1/4 minutes**. If your share is longer, I will remind you to wrap up. We are simply committing to ourselves, each other and with God to what it takes to stay sober, just for today.

In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. So, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us single and married alike, *sexual sobriety includes progressive victory over lust*. (SA pg. 191-192)

After the formal part of this meeting has ended, we are all invited to stay around for a more informal discussion time; again we call it the parking lot. In the parking lot we will have the opportunity to answer the DSR questions if we haven't, ask questions about SA and recovery and exchange phone numbers. Many of us find this is a special time when we can share more about our recovery journey and listen to the personal experience, strength, and hope of other men in recovery.

Let's join together in the Serenity Prayer. I suggest we use the (*singular/plural*) form this (*morning/afternoon*).

God, grant (me/us) the Serenity to accept the things (I/we) cannot change, Courage to change the things (I/we) can, and the Wisdom to know the difference. Thy will, not (mine/ours), be done.

As the moderator of this call, I have visibility through our conference call's dashboard to the phone numbers of all callers. If a caller has come onto our call previously, I see the caller's first name and state/country they provided during an earlier call. Except for our moderators, no one else has visibility to this information. Your anonymity is precious to all of us. Your stored contact information **never** will be released to anyone including SA central or other SA meeting groups.

Okay, let's check for and welcome any new callers to our DSR.

Moderator: If there are NO callers without names on your dashboard, SKIP the following optional paragraphs below:

- **If you do not have a copy of our script, you can obtain the six DSR questions we will be answering today by sending an email to mymorningdsr@gmail.com. You will get an immediate robo-eMail response containing the six questions.**
- **I will un-mute your phone number with the last four digits of: (____). When I do, please identify yourself by first name, last initial and location. It is important that every man identify himself whether he plans to share or not to protect the anonymity of everyone else on the call. **Group****

conscience dictates that those who do not identify themselves cannot participate in this call. If you wish, let us know where you are in your recovery, is this your first meeting, first time calling this DSR; this information will allow those of us on this call to best support you. Feel safe in providing this information. This information will be stored in a **secure, password protected database to which only our moderators have access.** Your information will be used to identify you the next time you call, to moderate the meeting and for no other purpose.

Before we begin our DSR, please keep the following in mind.

1. DO NOT mute or un-mute your phone by using 4* or the mute feature on your phone. Please allow me to control the muting and un-muting of phones on my end during our DSR. Please make sure to un-mute your own phone now.
2. All callers who are just listening or who shared earlier in the pre-meeting, please press 5* on your phone. That's 5* so I know you are not answering the questions. This facilitates our call flow.
3. Due to background noise, we strongly ask all callers not to use the speaker function on your phone when you share unless you are actively driving! For anonymity, safety and courtesy reasons, if you are not in a very private space, please do not use the speaker function on your phone at all.
4. Please avoid saying things that may be too specific or triggering for other brothers on the call. Those more detailed conversations are best had with your sponsor or accountability partners one-on-one.
5. To facilitate fellowship, please say your name and location at the beginning and end of your share.

Ok we are now ready to start the DSR; I will now read the names of those who will be participating in this meeting. The order in which I read the names will be the same order we use to answer the questions. You will know your turn is coming up when you hear your line un-muted. **(Moderator: please do not read the questions, unless someone asks.)**

- 1) Do you admit, just for today, that you are powerless over lust and sexual acting out?
- 2) Do you desire sobriety and freedom for the next 24 hours, and are you willing to do whatever is necessary to protect this desire?
- 3) Will you commit, with God's help, to stay sober for the next 24 hours, abstaining from sex with yourself or any person other than your spouse, working the SA program and its 12 steps of recovery as a tool to aid you in following through with this commitment understanding that it is not this tool but God who keeps you sober?
- 4) Just for today, are you willing to hand over your will and the care of your life to the One who kept you sober yesterday and protected you from the full consequences of your lust in the past?
- 5) What is just one thing *in recovery* for which you are grateful or proud?
- 6) *Briefly* share your last 24 hours and your plan for the next 24 hours, focusing on elements of your recovery, such as lust, resentment, fear, and time spent with your Higher Power **(Be brief in answering.)**

(Morning moderators take a break at 9:15 and then resume the sharing of DSR's after the 3rd Step Prayer if needed.)

SA/Group Announcements:

- 1) Additional information about these phone meetings may be found at www.sa.org.
- 2) Our meeting has local dial in numbers that allow men in any state and in up to 52 countries to access our meetings using a local phone number. You may request a copy from mymorningdsr@gmail.com at any time.
- 3) If you send an email to mymorningdsr@gmail.com you can receive three additional helps to aid you in your recovery journey:
 - a. First, by putting "List" on the subject line, and sharing your contact information, you will receive the Accountability List with hundreds of SA men and their contact information, so you can start to form

an accountability group or even find a sponsor. SA recommends developing a group of about 6 accountability brothers and making at about 3 contacts each day to firm up our recovery journey.

- b. We can join our WhatsApp chat group by typing "WhatsApp" on the subject line, and typing in the body of the email your 1st name, cell phone number, and your state (or country). You must also download the WhatsApp application to your phone. After you've sent the email with your info, and have downloaded WhatsApp, Jim in FL will add you to the group. You'll be able to read & send recovery messages 24/7 in the group, similar to having a discussion in our parking lot.
 - c. If you would like to give away your first step or encourage the brothers with a 15-minute summary of your recovery journey, put "Share" on the subject line. Jim C in Alabama will explain this some more... [If Jim C is not present say, "Let us know in the parking lot that you'd like to give an extended share, and I will contact Jim C and let him know that you desire to give your share on the 3rd Thursday of a month.
- 4) Sponsors are needed! If you are willing to sponsor, please send an email [to mymorningdsr@gmail.com](mailto:tomymorningdsr@gmail.com) with "Willing to Sponsor" on the subject line and it will be indicated in the Accountability List. Also, please ask for volunteers in your home-group to sponsor, and send their contact information [to mymorningdsr@gmail.com](mailto:tomymorningdsr@gmail.com).
 - 5) 7th Tradition donations may be sent to the SA Central Office (SAICO) at the address in the White Book or by visiting www.sa.org. Donate to help carry our message to others.
 - 6) Group Conscience business meetings for both the 8:30 AM and 4:00 PM DSR take place from 9:00- 9:30 AM Eastern on the first Thursday of each month. If you have something you'd like to put on the agenda, just send an email to mymorningdsr@gmail.com and put "agenda" on the subject line, then note of what you would like to see added. Join us to make our DSR better.
 - 7) Our 8:30 AM eastern DSR and 4:00 PM eastern DSR are every day 52 weeks a year. Come join us for either one or both – all of us together that make the DSR strong!
 - 8) Does anyone on the call have a brief SA or group announcement? If so, press 4* to share it with us.
 - 9) Finally, please remember that our addiction may lead us to some very dark places, many on this call know that first hand, if you are in such a place, do not isolate, that is our inclination as addicts, please reach out for help, call someone in SA, a therapist, family member or trusted friend and if you cannot think of anyone to call there is always 988, if you dial 988 you will be connected to the National Suicide Prevention and Crisis Hotline. There is always someone there to talk, don't isolate, reach-out, the world is better because you are in it.

And as the Third Step Prayer reminds us, we are never alone, lets join in it together now, you'll find it on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the (*singular/plural*) form.

God, (I/we) offer (myself/ourselves) to Thee,

To build with (me/us), and to do with (me/us) as Thou wilt.

Relieve (me/us) of the bondage of self, that (I/we) may better do Thy will.

Take away (my/our) difficulties, that victory over them

May bear witness to those (I/we) would help of Thy Power, Thy Love, and Thy Way of life. May

(I/we) do Thy will always!

Amen.

(If there was a 9:15 break, Moderators should read the list of those still needing to share and resume the DSR or go to next page to close meeting)

CLOSE

In closing the meeting, thanks for sharing and for letting me be of service. Have a safe, sane, and a sober, peaceful day!

Our informal discussion time begins now. This is a great time for any who are new to SA to ask questions, meet new recovery friends, find out more about recovery and talk to other members. Please remember that there is to be no cross-talk, unless a brother asks for feedback. Always share from your own personal experience, strength, and hope, which keep us from using "you" statements.

I will un-mute your phone line to facilitate sharing, but please remember to mute yourself if you are doing anything other than quietly participating in the parking lot.

Important Note: Should a brother on the call mention **suicide**, it is our responsibility to immediately text them, or if a text does not go through, then call them on the number they used to call in, and suggest the following

"I'm so sorry to hear that you have been struggling with suicidal thoughts. I strongly ask you as a brother to immediately contact the National Suicide Prevention Hotline at 988, which is always open. Secondly, I ask that you immediately contact your sponsor if you have one or a leader in your faith tradition. I am unable to counsel you in this area, but strongly urge you to get help from those who can. Will you do that for me?"

Please, please note: Unless you are a licensed healthcare professional you MUST NOT counsel them!!