



Sexaholics Anonymous (SA)

Morning Reflections Meeting, Richmond

Saturdays, 9am Breakfast, 9.30-10.30 Meeting

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This is a sample reading and Table of Contents from the book **SA 90 Days of Meditations**, used at each meeting.

MAKING DECISIONS

SA is a program of action, from the inside out. (SA 57)

Early in SA, I learned that the basic problem in my sexaholism is not my sexual behavior but my sick thinking. Sexual acting out starts in my mind. When I entertain lust, it eventually leads to destructive, lustful behavior. If I relapse, it is because I tried to fight lust or I allowed it in my mind, instead of surrendering it. When I surrender my will to my Higher Power and have a real change of heart, my sober thinking leads me to take the actions of love toward myself and others.

I am good at making the big decisions, like "I'll work the Steps," or "I'll be more attentive to my spouse." Yet, it is the dozens of little daily decisions that are tough: the decision to surrender a lustful thought, to make a phone call to an SA member, or to be rigorously honest with someone. These little recovery actions are essentially the same—choosing the SA solution over the addictive temptation. If I do the next right thing with the small issues, the big decisions often take care of themselves. The big decisions provide me the global direction, but it is the little actions of recovery that give the turn-by-turn navigation for the next right step.

God let me decide every day to be attentive to my decisions making so that it can be part of my recovery process.

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