

welcome
to the SPAA
morning brEU



*we will begin
shortly...*

Morning Brew - SPAA Meeting – Format (5th June 2026)

Good morning/afternoon/evening, wherever you are in the world, my name is _____ and I am a recovering sex and porn addict. Welcome to the [INSERT DAY] Morning Brew International Zoom Meeting of Sex & Porn Addicts Anonymous

This is a closed meeting for those desiring their own sexual sobriety.

And since this is a Zoom meeting, when possible, please turn your device on “mute” so we can have a clear line for the shares, and be prepared to “unmute” when the time is right.

Can we get a volunteer to say the **Third Step prayer** on behalf of the group and the sex and porn addict who still suffers?

Third Step Prayer (we version):

“God, we offer ourselves to Thee – to build with us and to do with us as Thou wilt. Relieve us of the bondage of self, that we may better do Thy will. Take away our difficulties, that victory over them may bear witness to those we would help of Thy Power, Thy Love, and Thy Way of Life. May we do thy will always”

Third Step Prayer (secular version):

“Higher Power, we offer ourselves to you – to build with us and to do with us as you will. Relieve us of the bondage of self, that we may better do your will. Take away our difficulties, that victory over them may bear witness to those we would help of your Power, your Love, and your way of Life. May we do your will always.”

In Sex & Porn Addicts Anonymous, or “SPAA” for short, we define sobriety as freedom from pornography, freedom from sex with self, and freedom from sex outside of a committed relationship.

Sex & Porn Addicts Anonymous is a fellowship of people who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from sex and pornography addiction in all of its manifestations. There are no dues or fees for SPAA membership. We are self-supporting through our own contributions. SPAA is not allied with any sect, denomination, religion, politics, organization or institution, nor does it wish to engage in any controversy, neither endorsing nor opposing any causes. Our PRIMARY PURPOSE is to stay sober and help others to achieve sexual sobriety. The ONLY requirement for SPAA membership is a desire to stop acting out sexually and to stop using pornography.

[Now trusted servant may choose between...]

Can we get a volunteer to read the SPAA adaptation, “More About Sex & Porn Addiction”, from chapter 3 of the “AA Big Book”?

OR

Can we get a volunteer to read the SPAA adaptation, “More About Sex & Porn Addiction”, and “There Is A Solution” from pages 30 and 25 of the “AA Big Book”?

More About Sex & Porn Addiction

“Most of us have been unwilling to admit we were real sex and porn addicts. No person likes to think they are bodily and mentally different from their fellows. Therefore, it is not surprising that our past sexual behavior has been characterized by countless vain attempts to prove we were not addicted. For every sex and porn addict, our great obsession is the idea that somehow, someday, we will control and enjoy our compulsive sexual thinking and behaviors. The persistence of this illusion is astonishing. Many of us pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were sex and porn addicts. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We sex and porn addicts are people who have lost the ability to control our sexual thinking and our sexual behavior. We know that no real sex and porn addict ever recovers control. All of us felt at times that we were regaining control, but such intervals —usually brief—were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that every sex and porn addict is in the grip of a progressive illness. Over any considerable period, we get worse, never better. In our experience, sex and porn addiction, like alcoholism, is an illness that can be arrested but never cured.

We are like people who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make sex and porn addicts of our kind like other people. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by a still worse relapse.

Despite all we can say, many of those who are real sex and porn addicts are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule. If anyone who shows the inability to control their sexual thinking and behavior, can do the right-about-face and stop sexually acting out, our hats are off to them. Heaven knows we have tried hard enough and long enough to stop acting out sexually!

Here are some of the methods we have tried: watching pornography without masturbating; watching subtle, soft pornography only, fantasizing only, masturbating once a day, masturbating without using pornography, masturbating without finishing, throwing out all of our erotic material, limiting our Internet porn to a half an hour a day, getting married, monogamous relationships only, flirting and leading others on with no intention of a relationship, cruising without picking anyone up, exercising compulsively, reading self-help and inspirational books, flirting at 12-step meetings under the guise of fellowship—we could increase the list ad infinitum.

We do not like to diagnose any individual as a sex or porn addict, but you can quickly diagnose yourself. Just visit the nearest beach, bar, mall or favorite Internet site (including dating sites and social media sites) and try some controlled sexual fantasizing. Try to fantasize and stop abruptly. Try it more than once. It will not take long for you to decide, if you are honest with yourself about it. It may be worth a tremendous amount of pain if you get a full understanding of your condition.”

More About Sex & Porn Addiction and There Is A Solution

Most of us have been unwilling to admit we were real sex and porn addicts. No person likes to think they are bodily and mentally different from their fellows. Therefore, it is not surprising that our past sexual behavior has been characterized by countless vain attempts to prove we were not addicted. For every sex and porn addict, our great obsession is the idea that somehow, someday, we will control and enjoy our compulsive sexual thinking and behaviors. The persistence of this illusion is astonishing. Many of us pursue it into the gates of insanity or death.

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There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

Now can we get a volunteer to read our Edging Document?

What is Edging?

SPAA defines sobriety as: No sex with one's self (masturbation), no sex outside of a committed relationship, and no viewing of pornography. Our experience has shown us that certain behaviors - though outside SPAA's sobriety definition – can still give us a hit of our drug and often lead to the loss of our sobriety. We call these behaviors “edging”. While engaged in edging, we once again experience our great obsession – believing the lie that we can control and enjoy these secret behaviors. Therefore, as with our acting out behaviors, we ask our Higher Power to remove our desire to edge.

Edging activities vary widely from member to member, but many of us identify with the following:

- **Perusing social media apps and websites, looking for arousing, non-pornographic images and videos (sometimes through the use of secret accounts).**
- **Pressuring, nagging, guiltig or shaming our committed partners into sexual activity.**
- **Looking in public spaces for people we find attractive, staring at their body parts and/or following them around, then fantasizing about them. We've done this on foot and from our cars.**
- **Flirting with others when we are already in a committed relationship – either by paying them compliments, teasing, having inappropriate/intimate conversations, or “turning on the charm.”**
- **Creating a list of “backup” partners in case things don't work out in our current relationship.**
- **Using non-pornographic media with the goal of arousal. This could include: watching movies/TV shows or sexually suggestive videos; listening to arousing audio; or reading erotic literature.**
- **Conveniently forgetting to mention we are already in a committed relationship when meeting a new person we find attractive.**
- **Fantasizing – often by replaying our past sexual escapades or pornographic images we've seen (sometimes while having sex with our committed partner).**
- **Engaging in euphoric recall. That is, to relive our past sexual experiences for the purpose of arousal while overlooking the negative consequences of those experiences**
- **Driving by known acting out locations.**

If you engage in any edging activities not on this list, include it in your edging definition. Discuss your edging behaviors with your sponsor – or an experienced sober member if you do not yet have a sponsor. To stay sober, we have found that we must stop keeping secrets about all edging behaviors.

We offer this information to the newcomers so that they may learn from our experience, receive our strength, and gain hope.

And lastly, can we get a volunteer to read the twelve steps of S.P.A.A., in the version of god or higher power that feels right to you?

THE TWELVE STEPS OF S.P.A.A.

- 1. We admitted that we were powerless over sex and pornography—that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God/our Higher Power, as we understood God/our Higher Power.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God/our Higher Power, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God/our Higher Power remove all these defects of character.**
- 7. Humbly asked God/our Higher Power to remove our shortcomings.**
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God/our Higher Power as we understood God/our Higher Power, praying only for knowledge of God's/our Higher Power's will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex and porn addicts, and to practice these principles in all our affairs.**

We would like to take a moment to acknowledge any newcomers. This is not to embarrass you, but so that we can get to know you better. Are there any new members at their very first SPAA meeting ever, or anyone that is new and has not yet been acknowledged with a newcomer meeting? If so, please introduce yourself and let us know where you're from.

**** If there are newcomers – you will want to flip to a **NEWCOMER FORMAT** (Inserted below)**

**** If there are no newcomers – proceed with the **STANDARD FORMAT** (Inserted below)**

Standard Format

**** START HERE** *If there are LESS than 25-30 people in the meeting or expected in the meeting. If there are more than 25-30, DON'T do introductions.*

Now let's take a minute to introduce ourselves. Please give your first name, where you are from, your length of SPAA sobriety and your length of edging sobriety. ***[If the meeting is 20 or less, feel free to ask people to include ONE tool they have used today in their sobriety, or perhaps share a subject of gratitude].*** I'll begin and we'll go around the room. My name is _____, I'm from _____, and I'm a sex and porn addict. I've been SPAA sober for ____ and edging sober for _____. ***[The tool I used was _____, etc.].***

[INTRODUCTIONS]

**** START HERE** *If you DON'T do introductions.*

Since the meeting is larger today, we will forgo introductions and ask that when you start your share, please give your first name, where you are from, your length of SPAA sobriety and your length of edging sobriety.

We would now like to take a moment to acknowledge any sobriety milestones. Is there anyone in the meeting with a newfound 30, 60, or 90 days, 6 months, 9 months, or 1 or more years of continuous sobriety? We'd also be happy to celebrate any number of months that feels significant to you!

**** If there are any milestones, ask them how they did it. Start with the newest/youngest milestone. Ask each person to share for 2 minutes (don't forget to ask for a timer).**

[MILESTONES]

Thank you for your shares and congratulations.

[If no milestones, continue below]

Since the main purpose of our SPAA approved literature is to show others how we have recovered in our sobriety, the central format of our meeting is a short reading from the Big Book, the 12 and 12 and/or Living Sober, followed by individual participation based on the reading.

I have chosen a reading for us, but if anybody has a burning desire to hear a different reading, you are most welcome to request that now.

[APPROVED READING]

It is now time for open participation. In sharing, we speak from our experience. It has been said that we bring problems to a sponsor and solutions to the group, but ultimately, please share as you like. During your share, please avoid language that could be triggering to other members. This includes describing bodily features, sexual activities, naming of movies and TV shows, celebrities, social media sites, or other websites and media. While another member is sharing, we listen to what they are saying without comment or interruption; that is called cross-talking. And if you would, please turn your device on "mute" so there is a clear line for other's shares.

Also, if you're feeling unsafe please reach out to me in a private message and I'll do what I can. Additionally, you can reach out to SPAA as well via the form on the main website.

Is anyone available to be of service as a timer for the meeting?...Let's share for _____ minutes.

[PARTICIPATION]

*** stop shares with about 2-4 minutes left in the hour*

That's all the time we have for open participation.

Now a word about the Seventh Tradition. If you are based in the United States, you can contribute via Venmo. The handle is: [@spaa_global_zoom](#). We encourage you to contribute what you can to help support Sex and Porn Addicts Anonymous, SPAA Intergroup, our zoom meeting subscription, website, and any future conferences as well. If you are based outside of the US, please familiarize yourself with the Seventh Tradition and contribute as you see fit in accordance with the spirit of that principle.

Newcomers should **not** feel obligated to contribute.

If anyone is available to sponsor, please post your info in the chat. We also have a step study meeting Tuesday at 6pm or Sunday at 9am pacific time where people can be paired with a potential sponsor. You can find a link to the time table converter for all the SPAA meetings in the chat.

[copy/paste in chat:]

<https://tinyurl.com/spaatimetable>

Are there any SPAA related announcements?

[ANNOUNCEMENTS]

We also have a business meeting on the first Thursday/Friday of the month. Any person can bring up a business item by sending a proposal to: morningbreu@proton.me or by posting it in the What's App Morning BrEU group and letting the meeting host know at least one day prior to the

business meeting.

Thank you for attending and participating in this meeting. We can stay sober and enjoy our lives in ways more meaningful and fun than ever before if we stay close to the program and the fellowship. Some of us may wish to hang out after the meeting in a relaxed “parking lot” format. All are welcome to join.

To close the meeting, can someone please read **“The 9th Step Promises”** from pages 83-84 of the “Big Book”?

“If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God/our Higher Power 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.”

Thank you all for a great meeting!

Newcomer Format

Welcome to SPAA, we are excited to have you (mention them by name if possible). When we have a newcomer we like to switch up the format and do a special meeting to welcome you. We will do some longer shares from a couple of members and will also save some time for you to share or ask any questions you might have about SPAA. But please don't feel obligated. We understand what a big step you took showing up here, so no pressure...

But before we switch over, we would like to take a moment to acknowledge any sobriety milestones. Is there anyone in the meeting with a newfound 30 days, 60, days, 90 days, 6, months, 9 months, or 1 or more years of continuous sobriety? We'd also be happy to celebrate any number of months that feels significant to you!

***** If there are any milestones, ask them how they did it. Start with the newest/youngest milestone. Ask each person to share for 2 minutes (don't forget to ask for a timer).***

[MILESTONES]

Thank you for your shares and congratulations.

[If no milestones, continue below]

SPAA is a 12-step program like Alcoholics Anonymous, which has been repeatedly proven to help even the most hopeless variety of drunk not only get, but to maintain long-term sobriety using the simple program it outlines. For that reason, we work our program from the "AA Big Book".

The very first meeting of AA was between Bill W. and Dr. Bob (co-founders of AA). Dr. Bob was a low bottom drunk and had been unable to stay sober no matter what he had tried. He had a good upbringing. He was happily married. He was well educated and a practicing physician, so he was a really smart guy. He tried changing brands. He tried medication. He tried religion. He went to the best psychologists of the time. He went to hospitals and sanitariums. He read every book available on the subject. But here was a man who was simply unable to apply his knowledge and maintain his sobriety, until that meeting with another alcoholic.

The section we are about to read is an excerpt from his story. And if you get nothing else out of it, we want you to know that you are not alone.

Can I get a volunteer to read from "Dr. Bob's Nightmare" in page 180 of the AA Big Book?

Excerpt from "Dr. Bob's Nightmare", AA Big Book, Page 180

"That was June 10, 1935, and that was my last drink. As I write nearly four years have passed.

The question which might naturally come into your mind would be: "What did the man do or say that was different from what others had done or said?" It must be remembered that I had read a great deal and talked to everyone who knew, or thought they knew anything about the subject of alcoholism. But this was a man who had experienced many years of frightful drinking, who had had most all the drunkard's experiences known to man, but who had been cured by the very means I had been trying to employ, that is to say the spiritual approach. He gave me information about the subject of alcoholism which was undoubtedly helpful. Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language. He knew all the answers and certainly not because he had picked them up in his reading.

It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. My health is good, and I have regained my self-respect and the respect of my colleagues. My home life is ideal, and my business is as good as can be expected in these uncertain times.

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

- 1. Sense of duty.**
- 2. It is a pleasure.**
- 3. Because in so doing I am paying my debt to the man who took time to pass it on to me.**
- 4. Because every time I do it I take out a little more insurance for myself against a possible slip."**

***** select the members you want to have share. Select someone with less sobriety to share first, then someone who has been around a little longer. Don't forget to ask for a timer.***

We are now going to ask a couple members to share some of their story and tell us: "what it was like, what happened and what it's like now". We will ask they share for 5 minutes each. Then we will open the meeting up for sharing from anyone that would like to.

[SHARES]

Thank you for sharing your experience, strength and hope with us.

It is now time for open participation. In sharing, we speak from our experience. Share as you like, but it has been said that we bring problems to a sponsor and solutions to the group. During your share, please avoid language that could be triggering to other members including describing bodily features or sexual activities or naming movies, TV shows, celebrities, social media sites, or other websites or media. While another member is sharing, we listen to what they are saying without comment; that is called cross-talking. And if you would, please turn our device on "mute" so there is a clear line for other's shares.

Also, if you're feeling unsafe please reach out to me in a private message and I'll do what I can. Additionally, you can reach out to SPAA as well via the form on the main website.

Is anyone available to be of service as a timer for the meeting?

[PARTICIPATION]

***** with 15-20 minutes left in the meeting, ask the newcomer(s) if they would like to share or have any questions. No pressure...***

***** stop shares with about 2-4 minutes left in the hour.***

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