

CRYSTAL METH ANONYMOUS

SEX, INTIMACY AND RELATIONSHIPS IN SOBRIETY

CHAIR'S SCRIPT

Good evening, everyone, and welcome to Crystal Meth Anonymous topic meeting **Sex, Intimacy, and Relationships in Sobriety**. My name is _____, and I am a crystal meth addict. If you are seeking recovery, you are in the right place. Sit back, and relax. This is a safe place and there is nothing expected of you, except turn off or silence personal electronic equipment. I have asked _____ to read **“THE TWELVE STEPS: A PLAN OF ACTION”**.

Thank you. For many of us, crystal meth addiction was or is tied to sex. The integration of sex, intimacy, and relationships back into our lives in a healthy, sober way can be one of the greatest challenges in recovery. At this meeting, we discuss this challenge and hear how other addicts have met it without picking up again.

This is a meeting about solutions. Tonight, our speaker will share for about 15 minutes. All speakers at this meeting have at least six months clean time.

[After the speaker, we will have a secretary's break, followed by a show of hands until 945pm, when we will call for a burning desire. The meeting will conclude at 10pm.]

On the first Saturday of each month, replace the bracketed material with this:

[After the speaker, we will have a secretary's break, followed by a show of hands until 930pm, when we will call for a burning desire. The meeting will conclude at 945pm, and then we will have a short business meeting before closing.]

Throughout the meeting, we must respect the recovery of others by avoiding the glorification of drugs and drug driven sex. By group conscience, please do not mention the names of any acting out places nor any websites, phone lines or apps. Also, if you have had any alcohol or drugs not taken under doctor's direction, please do not share in the group, but rather join us

afterwards, so that you can share one on one with someone. If anyone feels that a share is too triggering, raise your hand and I will redirect the discussion. Now it is my pleasure to introduce tonight's speaker,

_____.

[Chair gives the speaker a five minute reminder. After the speaker finishes, secretary takes over for secretary's break (see SECRETARY'S SCRIPT)].

[After the secretary's break, chair resumes]

We will now go to a show of hands. You may share on the speaker's topic or share on your own solution. In order to allow as many people to share as possible, there is a 3-minute time limit. Will someone do service as our spiritual timekeeper?

Please say "one minute" at two minutes, and "time" when three minutes have passed. Thank you. [Speaker then chooses people to share]

[15 minutes before meeting ends]

It's time to take a burning desire. This is time set aside for anyone who has a compulsion to use tonight or if you feel that if you don't have a chance to share, you may hurt yourself or someone else. [At 945PM / 10PM (see bold material above) group forms a circle. Ask Speaker to close the meeting.]
