

SIP REHAB PANEL MEETING FORMAT

The Panel

Panel Coordinator

- If possible, one-year sobriety is recommended but not required.
- The Panel Coordinator acts as the liaison between the SIP subcommittee and a given facility. It is this member's responsibility to see that the panel meetings are conducted in accordance with the policies of the SIP subcommittee and the rules of the facility. A Panel Coordinator may be responsible for one or several panels/facilities that the subcommittee is working with. In some areas, the responsibilities of the Panel Coordinator fall under the job description of one of the other SIP subcommittee officers, such as the chairperson or the vice chair. This may work in the beginning, but as the number of facilities grows, the SIP subcommittee may want to elect more than one Panel Coordinator to handle the job.

Panel Leader

- If possible, one-year sobriety is recommended but not required.
- Panel leaders should be selected during a SIP subcommittee meeting.
- The panel leader selects members of the fellowship to be panel members, usually from a panel member list, and leads the panel meeting.
- In leading a panel meeting, the Leader is responsible for providing literature, pamphlets, and meeting directories; ensures the panel meeting starts and ends on time; mediates the Q&A session at the end; and reports any problems (which should also be included in the regular SIP report) to the Panel Coordinator.

Panel Member

- If possible, six months sobriety recommended to ensure it is truly a message of recovery we are carrying and not just the disease, although we may have to be flexible with sobriety. Some facilities will not have a sobriety requirement, but we should still place this standard upon ourselves to ensure consistency of the recovery message. Some facilities may require more than six months sobriety, and we should try to work with them too, if the area has enough members with the sobriety who are willing to participate.
- In addition, the member must have a willingness to share his or her experience, strength, and hope. This sharing of ESH is the essential element of SIP work. Without these members, our SIP work would be completely impersonal at best.
- Some basic requirements for members who are to carry the message in SIP should include a good understanding of the fellowship, steps, and traditions, and the policies relevant to this SIP meeting. Orientation of inexperienced members is a good idea. Have a new panel member attend the meeting to listen and observe the panel the first time or two. This will make them more aware of what their role on the panel will be.

Panel Member Guidelines (Dos and Don'ts)

Arrive early: If the facility allows this, arriving early allows you to meet the prospects in an informal setting and breaks the ice.

Relate to prospects as addicts: Do not think of them as patients, convicts, felons, or teens. Do not talk derogatorily or condescendingly to them. Do not ask them what they're in for, how long they have been there, how long they must stay, if this is their first time, etc.

You represent SA: Be responsible and mature; dress appropriately; do not use profanity. As the saying goes, you may be the only Big Book they see.

Do not share personal problems: You should be sharing what life was like before and your experience, strength, and hope of recovery. If you have "top plate" issues, talk to your sponsor or go to a meeting

beforehand. If you are not in a serene place, consider finding a substitute.

Do not discuss outside issues: Stick to carrying the message. We should have no opinion on treatment, counselors, medications, or legal and therapeutic issues. Remember we have no opinion on matters outside of SA. Keep presenting the SA message. Do not provide personal addresses or phone numbers. Do not give or accept gifts.

Remember the 3rd tradition: Everyone is welcome who has desire to stop lusting. This is regardless of behaviors, beliefs, or practices. Recovery is available to everyone.

Present a simple spiritual message: Many people have a rejecting or hostile attitude toward God and religion because of the guilt and shame these institutions have inflicted. Keep references to God, or your higher power, simple and matter of fact.

Pray for words to share: Prior to the meeting, ask God to give you the words to share.

Decline Sponsorship: Ask Panel Leader for sponsorship guidelines.

What Do I Share?

Your story: Keep it short. This is not the time to be an exhibitionist or demonstrate what a low bottom you had. Convey a message to help the prospect identify with addiction.

Your early recovery experience: Talk about the first few weeks and months: how you felt, what you did, the processes of recovery, withdrawal, spouse, family, etc.

Your ESH: You need to present yourself in a way that attracts so that they will want what you have!

The SA message: Be clear and consistent in the SA purpose, 12-step program, meetings, sponsorship, and sobriety definition. (No sex with self or partners other than spouse.)

Be honest: Transparency and vulnerability is the key. Prospects can spot when you are trying to be phony and putting on airs. Remember that anonymity is a spiritual act of humility.

Panel Meeting Format

Ask to open the meeting with a moment of silence followed by the serenity prayer.

Hello, I am a recovering sexaholic. My name is _____. Welcome to this Supporting Institutions & Professionals (SIP) panel meeting of Sexaholics Anonymous. If you feel you may be addicted to lust or sex, you may be interested in knowing something about our fellowship and program. SA is not affiliated with <facility name> in any way; we are an independent fellowship, and we have no opinion on outside issues. We are grateful to be here today.

Sexaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. We offer a program of recovery for those who want to stop their sexually self-destructive thinking and behavior.

SA is a recovery program based on the principles of Alcoholics Anonymous, and we follow the same Twelve Steps and Twelve Traditions, just substituting the word “alcohol” for “lust.” We have found that the Twelve Steps and Traditions have worked for us in our recovery from sexual addiction.

We came to SA frightened, with the feeling that we had lost control of our lives. We were afraid of seeing someone we knew. We were afraid to admit we had a problem and to ask for help. We were afraid we would fail to recover. In SA, we faced these fears and began our recovery journey. We saw that regardless of how, why or when it began, there came a time when we were acting against our wills. Only when we tried stopping did we see that we were addicted to lust, sex, or relationships. We were sexaholics.

Many of us had learned three rules when we were growing up: Don't talk, Don't trust, and Don't feel. In SA, we break those rules by speaking honestly about ourselves and trusting that the group respects our willingness to be vulnerable. We dare to feel the feelings our sexual behavior medicated. If you feel you identify and want to stop, we offer you our hand in fellowship.

Now we will read two of the readings we do in our regular meetings. *(Have panel members read "The Problem" and "The Solution.")*

Each of us has come here today to share some of our personal recovery story. We will each share about 10 minutes and then open the meeting up for questions and comments for the last fifteen minutes. *(Stop the Q&A portion of the meeting a few minutes before the end of the hour.)*

Thank you for your time and attention and for allowing us to carry the message of recovery. We have literature and meeting lists available.

Anything you heard at this meeting is strictly the opinion of the individual participant. The principles of SA are found in the 12 Steps and 12 Traditions. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. What we say here let it stay here.