

SCA DC NEWSLETTER

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By SCA Metro DC Intergroup

January 2006

My Story

By J. S.

My name is J.S. and I'm sexually compulsive. I came to this program 8 years ago after many dangerous and unsatisfying sexual liaisons. I attended my first meeting shortly after having picked up a young man off the street who was under the influence of alcohol and drugs. I took him to my car. We began to make out. Then he freaked out and shattered my windshield with his foot. The police got involved. The next day, my parents and co-workers saw my damaged car and asked me what had happened. I had no satisfactory explanation. I only know my two worlds had collided. My shattered windshield was a powerful metaphor for my shattered life.

After several years of going in and out of the program, I got a sponsor. Three years ago, with his help, I came up with a sexual recovery plan. I am grateful now for the opportunity to update and revise the plan. I'm also grateful to have 15 months of sobriety, which I define as abstaining from bottom line behaviors. I hope that my experience benefits at least one other person in SCA.

NEWS

Welcome to the first edition of the SCA Metro DC Intergroup Newsletter (turn over to find out more about Intergroup)! Our plan is to publish this newsletter bimonthly and distribute it to all DC area SCA meetings. We hope that this newsletter can be used as another tool for our personal recovery from sexual addiction.

The contents of this newsletter come from fellow SCA members in the DC area. We encourage you to contribute to it. If you would like to tell your story or if you have some useful information on recovery-related topics, please let your editor know.

Also, the editor is looking for an assistant editor. If you are interested, please contact the editor, R. F., at [REDACTED] (cell).

Tips on Sober Travel

Ideas on traveling safely

Prepare for your Trip

- Take your phone list with you and bring phone card or cell phone
- Contact SCA or other "S" programs for meeting list at your travel destination
- Talk about your travel fantasies/intentions at meetings and/or with sponsor
- Announce your plans at meetings and request names and numbers of friends at destination
- Set up dates with sober referrals on vacation
- Pack literature
- Arrange for friends/family to pick you up and deliver you to airport

On the Road

- Speak with your sponsor daily
- Get to a meeting: SCA, SAA, SLAA, AA, etc.
- Visit a church, synagogue, natural reserve
- Read literature

Dangers to Watch Out For

- New places, new people
- Jet lag, fatigue
- Loneliness
- Feelings of lost "opportunities"

Useful Slogans

- **This Too Shall Pass**
- **Think Through the Act**
- **Act As If**