

S-Anon Breakout Session Detail

Atlanta Area SA/S-Anon Marathon | March 4, 2017

• = suggested for newcomers | ○ = couples meeting

WHEN

8:00am-9:00am Registration

9:00am-10:00am **154** **241** **142**

Breakout Session 1

Uncovering the Gifts of Paradoxes in Recovery

"Even when we try hard and fail, we can be glad, knowing that the pain of failure is transformed into experience, strength and hope with each attempt at growth. Pain is the touchstone of all spiritual progress."

S-Anon Twelve Steps, p. 115

Forgiveness, Gratitude and Other Healing Practices

"Sometimes my recovery is slow and painful and the progress seems hardly measurable. Other times the pace and rewards of recovery are swift and evident. Either way, healing happens in God's grace and time. Healing is a gift."

Working the S-Anon Program, 2nd Ed., p. 42

● I Can't (Step 1). He Can (Step 2). I'll Let Him (Step 3).

"Working the Twelve Steps of S-Anon means putting the principles of the Steps into practice in our lives. This is what brings about our recovery from the effects of living with the sexaholism of a family member or friend."

Working the S-Anon Program, 2nd Ed., p. 23

10:00am-10:15am BREAK

10:15am-11:45am Joint Speakers Meeting

11:45am-12:45pm LUNCH

12:45pm-1:45pm **154** **Fellowship Hall** **142**

Breakout Session 2

Emotional Sobriety and What is a Slip in S-Anon

"Sobriety is knowing and owning all of my own behaviors and choices. Sobriety is knowing that I am a grateful, recovering member of S-Anon because I have a problem that I am choosing to do something about."

Working the S-Anon Program, 2nd Ed., p. 54

○ Recovering in our Relationships: What Works for You?

"It's then I remind myself that it works when you work it. I reflect on all the members in the fellowship and make an effort to speak to them and hear their stories of the countless miracles of recovery."

Working the S-Anon Program, 2nd Ed., p. 13

Serenity Zone

Room 142 is available for **impromptu S-Anon Meetings anytime during which no other sessions are scheduled within it (such as now).**

A suggested meeting format is provided within the room.

1:45pm-2:00pm BREAK

2:00pm-3:00pm **154** **241** **142**

Breakout Session 3

Healthy Sexuality and Intimacy: Changing control to trust, and self-doubt to confidence

"I had no concept of my own sexuality as separate from the demands or desires of my partner...(but)...today I accept that in order for me to achieve 'healthy' sexuality, I will have to continue to look at myself and share what I see with my partner."

Working the S-Anon Program, 2nd Ed., p. 64-65

Boundaries and Non-Negotiables: Do I Need These in my Recovery Program?

"Boundaries....aren't rules I can enforce on others. They are standards of conduct I set for my own benefit."

(Al-Anon) Hope for Today, p. 311

● Getting a Sponsor and Working the Steps

"The most important thing is that the relationship between the sponsor and sponsee is based on honesty and trust.... Through sponsorship, we give to others what has been so generously given to us."

Working the S-Anon Program, 2nd Ed., p. 9

3:00pm-3:15pm BREAK

3:15pm-4:30pm Joint Speakers Meeting

4:30pm Closing Prayer