

PAA Meeting Starter Packet



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Welcome Letter

Welcome to the fellowship of Porn Addicts Anonymous! We are happy that you have decided to join our worldwide fellowship of recovery from pornography addiction. By embarking on the task of creating your own meeting, whether it be for your local area or in an online format, you are helping carry the message of PAA to the still suffering porn addict. Within this packet, you will find materials and information that will help you in starting and organizing your new PAA meeting.

This packet contains a lot of very helpful information, but do not be daunted! Starting a meeting of PAA is a very simple process. We encourage you to use this packet as a guide, referring to the sections that seem most appropriate to your needs. Some key points are highlighted here:

Register Your Meeting with GSC

In order to help others learn about your new meeting, we strongly encourage you to register your meeting with the Global Service Committee of PAA by sending information about your new meeting to: meetings@pornaddictsanonymous.org

By registering with GSC, your meeting will be added to the global PAA meeting directory and calendar on our website. Once we have received your registration, your meeting will be assigned a meeting ID. This meeting ID identifies your meeting and should be used in any further correspondence between your group and the PAA service bodies.

Use PAA Conference Approved Literature

Several PAA Conference Approved documents can be found included in this packet for use as readings at your group's meetings. You may also find our conference approved literature on our website, www.pornaddictsanonymous.org. In keeping with the First and Fifth Traditions from PAA's Twelve Traditions, it is recommended to only use PAA Conference Approved literature in your meeting, as this promotes PAA unity and allows the group to carry the message of PAA to the still suffering porn addict.

Pay Meeting Expenses

As stated in the Seventh Tradition, PAA is self-supporting through member contributions. PAA encourages each meeting to follow these suggested guidelines:

- Pay meeting expenses and set aside a prudent reserve to pay for the expenses of your PAA group for three months. Expenses might include rent for your meeting space, account fees for online hosting tools, and any other costs associated with keeping the meeting running and providing resources for newcomers.
- The balance left over may be donated to the PAA Global Service Committee (GSC), to help fund expenses related to the costs of carrying the message through our website, literature, and other PAA endeavors.

Once again, we welcome you to the fellowship of Porn Addicts Anonymous. If you have any other questions not answered by this packet, please contact us at info@pornaddictsanonymous.org.

Through the Twelve Steps and Twelve Traditions of PAA, we believe that each of us can maintain sobriety from our addiction to pornography and be of service to the still suffering porn addict, one day at a time.

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Getting Started

PAA Meetings

“Each group has but one primary purpose—to carry its message to the pornography addict who still suffers.” – PAA’s Fifth Tradition

As a means of carrying the message of the 12 Steps of PAA, meetings are a fundamental building block of our program. PAA meetings provide a number of benefits: they are a source of fellowship for our members; they serve as an introduction for newcomers to our program; they allow members to share and receive wisdom, strength, and hope from each other; and they enable members to find sponsors and make recovery friends. All of these things are in service of each meeting’s primary purpose: to carry our message—that sobriety from addictive use of pornography is possible via the Twelve Steps of PAA—to the porn addict who still suffers.

It is possible for a meeting to provide a forum to discuss pornography addiction without actually fulfilling our Fifth Tradition. We often refer to such meetings as focusing on the problem, rather than the solution. Before we discuss how to start a PAA meeting, we first think it prudent to identify the qualities of a PAA meeting that successfully fulfills our primary purpose.

PAA Meetings Are Open to All Who Desire to Stop Using Pornography

Our Third Tradition states: “The only requirement for PAA membership is a desire to stop using pornography in all of its forms.” While some meetings may be geared toward certain demographics in order to foster a safe space for a specific group of members, our meetings do not enforce any definition of who qualifies as a “porn addict,” leaving that designation up to each individual to make. Each meeting should make every effort to be of service to the newcomer, providing an accepting and welcoming place. Each group decides based on local laws whether they will allow minors at their meetings.

PAA Meetings Carry the Message

Each PAA meeting should carry the message of our Twelve Steps, focusing on our program’s solution to addiction to pornography. While our members might

find other tools, ideas, and methods helpful in their recovery, the overall message of each PAA meeting should focus on working and living our Twelve Steps.

PAA Meetings Follow the Twelve Traditions

In addition to letting the principles set forth in the Twelve Steps guide all our affairs, PAA meetings rely on the wisdom provided by our Twelve Traditions to run successfully. We finance our meetings solely on member contributions, we rely on attraction rather than promotion, we do not endorse outside organizations—and follow the other principles defined within our Twelve Traditions.

PAA Meetings Provide Fellowship

It has been our experience that a fundamental sense of belonging and community (otherwise known as fellowship) is necessary for the suffering porn addict to feel safe enough to get honest about their addiction and the steps they need to take in order to recover. PAA meetings are the primary way we build this fellowship, providing members with the opportunity to meet and learn from each other, build their recovery networks, and find potential sponsors. Meetings foster a sense of community among their members, which can often build a strong fellowship through activities outside of the meeting, such as getting coffee and meals with other members as we grow in our spiritual journey and be of service to those seeking relief from their addiction to pornography.

PAA Meetings Serve the Newcomer

It is said in many PAA meetings that “the newcomer is the most important person here.” Every meeting should strive to serve the newcomer, making it as easy as possible for them to attend our meetings and providing them access to information about our fellowship and answers to their questions when they attend. Service is a fundamental principle of our program, and by running our meetings in such a way that is of service to the newcomer, we put this principle into action.

Starting a New PAA Meeting

The aim of this guide is to provide a thorough resource for those attempting to start a new PAA meeting. A simplified checklist is provided here, which can be used as a quick reference when getting started.

New Meeting Checklist:

- Decide on a location (physical or virtual) for your meeting
- Decide on a regular meeting time
- Decide on open/closed meeting status and any demographic restrictions
- Choose a meeting format and develop sharing guidelines
- Create a meeting script for the chair/leader to use
- Register your meeting with GSC and announce it publicly
- Pay the costs of the meeting regularly from member contributions only
- Hold regular group conscience meetings to handle meeting affairs
- Designate service positions for handling meeting responsibilities

Planning For Your New Meeting

The first step to starting a new PAA meeting is to plan out how the meeting will operate and answer common logistical questions such as where and when the meeting will take place. The following prompts are provided for your use when thinking through these details.

1. What need is your meeting trying to satisfy?

If you are considering starting a new PAA meeting, then most likely there is a specific need you are trying to satisfy. Perhaps you are trying to provide a solution, such as there being no in-person meetings in your geographic area, or no online meetings during a particular time slot. Or, perhaps you are looking to provide a space for a specific segment of the PAA community to meet and discuss certain issues pertaining to recovery. Whatever your reason may be, let this reason guide you as you progress through the process of starting your new meeting.

2. Where will you meet? (Will you meet in person or virtually?)

Meetings can be held almost anywhere, including at houses of worship, counseling centers, hospitals, or places where other group meetings are held. A good way of finding potential locations is to research where other Twelve Step

fellowships are currently hosting meetings in your area. Although each group is autonomous, for reasons of safety and anonymity, PAA does not recommend holding meetings in a member's home.

When deciding on where your meeting will be held, consider locations that are easily accessible and that provide adequate privacy. Please keep in mind the personal safety of all those who will be attending your new meeting. It is recommended to visit your prospective location before starting your meeting, to ensure the space will accommodate your needs.

Once you have identified a potential location, you will need to request permission from the facility's management to utilize their space, which might involve an application process.

In addition to physical locations, many existing PAA groups utilize virtual meeting spaces, such as video conferencing apps, telephone meetings, or other digital meeting solutions. If you decide to host a virtual meeting, be sure to spend some time configuring your virtual meeting space to ensure anonymity and safety of those attending, such as disabling screen sharing for non-hosts and meeting recording features.

3. When will you meet?

PAA meetings should meet at a consistent time on a regular basis. This ensures that newcomers will be able to find our meetings and keep coming back if they choose to make attending PAA meetings a regular habit.

When selecting a day and time for your meeting, be sure to consider your schedule for the foreseeable future to ensure that you will be able to consistently attend as you get your meeting off the ground. If you are meeting in a physical location, you will need to work within the availability of your meeting space. If you are starting a virtual meeting, be sure to consider existing virtual PAA meetings when deciding on a time.

4. What are the costs associated with your meeting?

PAA's Seventh Tradition states that every PAA meeting ought to be fully self-supporting, declining outside contributions. As such, each PAA group should

ensure that any costs associated with running their meeting are paid appropriately via member contributions.

For physical meetings, you will need to pay rent to use your meeting space. Even if your meeting location offers free space, it is strongly suggested that some amount of rent be negotiated to ensure that we are not unwittingly associating with any outside organization. Other costs might include printing literature for distribution to newcomers or providing coffee or food for attendees.

For virtual meetings, you will most likely need to pay a subscription fee to be able to host meetings using your video conferencing app or other digital meeting solution. While many video conferencing apps offer free meeting hosting, most require payment to enable more advanced hosting tools that you will want to use to run your meetings—as well as avoid time limits imposed on your virtual meeting.

In the beginning, we recommend aiming to keep your costs as low as possible. As your meeting grows in attendance and you receive more member contributions, you can consider scaling up. We recommend setting aside a prudent reserve to cover all meeting costs for at least three months. After meeting this reserve, excess funds can be donated to the GSC to help fund expenses related to the costs of carrying the message through our website, literature, and other PAA endeavors.

5. Will your meeting be “open” or “closed”?

In addition to the meeting format, meetings can either be designated as “open” or “closed” meetings.

“Open” meetings permit anyone to attend—porn addicts, non-addicts, people who aren’t sure if they are addicts, partners of addicts, counselors, interested parties, etc. Regardless of whether the person attending identifies as an addict or not, all present are expected to respect the anonymity and confidentiality of the individual members in attendance.

“Closed” meetings, however, only allow people who identify as porn addicts to attend. Newcomers who think they may be a porn addict, but aren’t quite sure, can attend a closed meeting as they begin to become acquainted with PAA.

Meetings should make clear whether they are “open” or “closed” in any posted information about their meeting, as well as at the beginning of the meeting for those in attendance.

6. Will your meeting have any further demographic restrictions?

In addition to their “open” or “closed” status, meetings may also be “restricted” to a specific demographic, such as members who share a specific gender identity or sexual orientation. Restricted meetings offer a safe space for PAA members to talk about certain aspects of their recovery that they may feel uncomfortable about discussing in an unrestricted group meeting.

Members should only attend a “closed” meeting with a specific demographic restriction if they are a part of that demographic. For example, a meeting may be listed as “closed - women only.” In this case, the meeting would only be for women who identify as porn addicts.

“Open” meetings with a demographic specification may still be attended by anyone, even if they are not part of the specified demographic. For example, a meeting may be listed as “open - gay/lesbian.” In this case, the meeting would primarily be for members who identify as gay or lesbian, while still being open to other addicts/non-addicts regardless of whether they identify as gay or lesbian.

7. What type of meeting format(s) will you use?

Meeting formats provide structure for our meetings, setting expectations and guidelines to ensure meeting success. Here are a few common types of meeting formats:

- Open Share Meetings: Members are permitted to share generally about their recovery, usually for a set maximum amount of time. This gives group members an opportunity to share freely about their experience, strength, and hope working the program of PAA.
- Topic Share Meetings: Topic Share meetings are similar to Open Share meetings, except that members all share about a specific topic related to recovery (e.g., a specific Step, sponsorship, or another aspect of recovery). The topic may be decided by the meeting leader, by soliciting

member suggestions, or in some other manner as decided by group conscience.

- Speaker Meetings: A Speaker Meeting features one individual member's story of recovery. The speaker shares their experience, strength, and hope with the group for an extended amount of time. Depending on the length of the speaker's share, the meeting may or may not include open sharing afterwards.
- Step/Tradition Study Meetings: A Step or Tradition Study meeting usually begins with a reading from PAA conference approved literature about a particular Step or Tradition. Members then might do work related to the selected Step or Tradition together, or otherwise share about the reading or their experience with that particular Step or Tradition.

These are just a few popular examples of meeting formats. Your meeting might begin with one of these formats, but then transition into a different format over time as decided by group conscience. Some groups even use different formats for their meetings, such as a group that normally uses an Open Share format but holds a Speaker Share meeting in the last week of the month.

8. What guidelines will your meeting use for sharing?

Providing clear and reasonable guidelines for member sharing during our meetings is crucial to both the success of carrying our message and ensuring member safety. It is important to communicate to members present at your meetings what is allowed to be shared, and what types of details or behaviors are not permitted during our meetings. Most meetings clearly denote "cross-talk" and other behaviors that are disruptive as off-limits during meetings, as well as how the meeting will handle instances of these behaviors.

If you are unsure of what guidelines to set, consider copying the guidelines that an existing PAA meeting uses. Over time, through group conscience, your new meeting can adjust or clarify your meeting guidelines to best serve the meeting.

9. How many members will you need?

It takes at least two people to have a meeting—you're not in this alone! Ask for help, especially in the beginning. Invite people from other meetings to help you

get the new meeting going. It helps to have several people present when newcomers show up!

Registering and Announcing Your New Meeting

Registration

Once you have the logistical details of your new meeting figured out, it is recommended to register your meeting with PAA's Global Service Committee (GSC). Registering your meeting with GSC will get your meeting listed on PAA's global meeting directory and calendar. In addition, by registering, your meeting will be entitled to send a group representative to the GSC meetings, to vote on matters affecting the PAA fellowship as a whole.

To register your new meeting, send an email with your new meeting's location, name, time, and other relevant information to meetings@pornaddictsanonymous.org. We will respond as soon as possible with your meeting ID, which should be saved for use in further communication between your meeting and the GSC.

Announce

Now that you've done all the hard work of planning your meeting, the last step is letting people know about it!

Take steps to enable others to learn about and find your new meeting, such as posting signs at the new meeting location or posting about your new meeting in PAA digital forums, as long as such advertising is allowed. Visit other PAA meetings and share about your new meeting during the announcements portion of the meeting. Post flyers in counseling centers or hospitals. Some local newspapers publish meeting notices at no charge. Just remember our Eleventh Tradition: Our public relations policy is based on attraction, rather than promotion. Posting your new meeting information is okay, but actively recruiting people for your new meeting goes against this Tradition.

Keeping Your Meeting Running Smoothly

Group Conscience Meetings

As your new meeting grows over time, new operational issues or suggestions for how the meeting is run might arise. To handle these matters, in the spirit of our Twelve Traditions, most meetings establish regular “group conscience” or “business” meetings, where all members are invited to attend to discuss and decide how to handle group affairs. As our Second Tradition states, “Our leaders are but trusted servants; they do not govern.” Group conscience meetings allow all meeting members to express their opinions, and for those present to reach a consensus about how to best act.

Once you’ve gotten your meeting off the ground, we recommend deciding with your group on a regular time for members of your meeting to meet regularly to hold a group conscience meeting. Often, group conscience occurs once a month, directly after the normal group meeting. Once your group has decided on a regular time, we recommend announcing the time and purpose of your group conscience meeting at your regular meetings, letting all members know that they are welcome to attend.

Many groups have a service position dedicated to running and maintaining minutes of group conscience meetings (see the next section for more on service positions). Typically, group conscience meetings begin by addressing any outstanding business related to the meeting’s operations, before opening up the floor for any new issues anyone present might wish to discuss. Group conscience meetings are a good place to discuss handling meeting finances, adjusting the meeting script or guidelines, or changing other meeting logistics, such as meeting location or time.

Group conscience meetings also serve as a regular time to hold votes on fulfilling meeting service positions, or for currently serving members to deliver reports, such as a group treasurer giving an update on meeting finances. So that important information is brought back to your group, we suggest you elect a Group Service Representative (GSR) to regularly attend GSC meetings. The group conscience meeting is also a good time for the representative to convey

any important information from GSC back to the group, as well as convey group conscience votes back to the GSC.

Group Service Positions

While you are creating your new meeting, you might be wearing several hats and handling a multitude of your meeting's responsibilities. This is not sustainable long term and can lead to burnout. In order to sustain your meeting, it is highly recommended that your meeting have a business meeting to elect volunteers to fill service positions to handle the various aspects of keeping your meeting running.

Some common service positions are:

- Chair/Meeting Leader: The chair/meeting leader facilitates the meeting, reading the meeting script and enforcing meeting guidelines.
- Treasurer: The treasurer holds all Seventh Tradition donations, pays rent and other expenses, and sends excess funds beyond a prudent reserve to the GSC.
- Secretary: The secretary facilitates and keeps minutes at group conscience meetings and maintains group records.
- Group Service Representative (GSR): The GSR represents the meeting's group conscience at the Global Service Committee (GSC) and reports any relevant information from GSC meetings back to the group.
- Key Holder: For physical meetings, the key holder lets people in and locks up after the meeting.
- Greeters: For physical meetings, greeters are usually at the door to welcome newcomers when they enter. Greeters for virtual meetings join the meeting early to welcome anyone before the meeting begins.
- Literature Chair: A literature chair handles the distribution of literature for the group.
- Host/Co-Host(s): These are the service members who ensure the safety of online meetings and can handle issues that may arise during the meeting.

It is important that the members holding service positions rotate on a regular basis, as befits each service position. This is both in line with our Second Tradition (“our leaders are but trusted servants, they do not govern”), prevents member burnout, and allows newcomers to rotate into service positions as they progress in their own program of recovery through PAA. Some service positions, such as Chair/Meeting Leader, might rotate very frequently—such as having a different Chair each week or month. Other positions, such as Treasurer or GSR, might be held for a yearly basis. It is left to your group conscience to set term lengths, solicit volunteers, and hold elections for service positions as needed.

Keep GSC Updated

As time goes on, your meeting time, location, or other information might change depending on group conscience or other factors. If your meeting is registered with GSC and anything does change, it is prudent to inform meetings@pornaddictsanonymous.org as soon as possible to update the meeting schedule.

Foundational and Meeting Documents

The documents enclosed in this section are the foundation upon which all PAA meetings are built.

1. [Preamble of Porn Addicts Anonymous](#)
2. [The Twelve Steps of Porn Addict Anonymous](#)
3. [The Twelve Traditions of Porn Addict Anonymous](#)
4. [Working the PAA Program](#)
5. [The Promises of Porn Addicts Anonymous](#)
6. [Patterns of Pornography Addiction](#)



Preamble of Porn Addicts Anonymous

Porn Addicts Anonymous is a fellowship of individuals whose common purpose is to become recovered from their addiction to pornography and to develop healthy relationships through a spiritual program.

The only requirement for membership is a desire to stop using pornography in all of its forms. We attend meetings, sharing our experiences with each other in order to gain freedom from our addiction through the reliance upon a higher power of our own understanding.

PAA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. We have no other affiliations and we are self-supporting. We do not have any opinions on the porn industry and will not enter into any controversy regarding it or any other causes.

We rely upon our Twelve Steps and Twelve Traditions for guidance and knowledge in order to achieve our primary purpose: freedom from pornography and helping other Porn Addicts to do the same.

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The Twelve Steps of Porn Addicts Anonymous

1. We admitted we were powerless over 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 as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God 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, as we understood God, praying only for knowledge of God'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 pornography addicts, and to practice these principles in all our affairs.

The Twelve Steps of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services, Inc. ("A.A.W.S."). Permission to reprint and adapt the Twelve Steps does not mean that Alcoholics Anonymous is affiliated with this program. A.A. is a program of recovery from alcoholism only - use of A.A.'s Steps or an adapted version in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.

The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol — 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 as we understood Him. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him 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 as we understood Him, praying only for knowledge of His 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 alcoholics, and to practice these principles in all our affairs.



The Twelve Traditions of Porn Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon PAA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for PAA membership is a desire to stop using pornography in all of its forms.
4. Each group should be autonomous except in matters affecting other groups or PAA as a whole.
5. Each group has but one primary purpose—to carry its message to the pornography addict who still suffers.
6. A PAA group ought never endorse, finance, or lend the PAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every PAA group ought to be fully self-supporting, declining outside contributions.
8. Porn Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. PAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Porn Addicts Anonymous has no opinion on outside issues; hence the PAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at all levels of public media, including press, radio, TV and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity. 2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for A.A. membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. 5. Each group has but one primary purpose – to carry its message to the alcoholic who still suffers. 6. An AA group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. 7. Every A.A. group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films. 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



Working the PAA Program

Many of us come to PAA recovery seeking relief from the pain, grief and shame of our addiction to pornography. Our spiritual malady brought forth in us a desperation for relief from our addiction. Pornography replaced our healthy, natural, God-given sex desires and led to isolation and avoidance of human contact.

As a result of our addiction, we may have experienced losses of spouses, partners, jobs, friends, and for some, even their freedom - key factors in realizing the depth of our powerlessness over pornography.

While other sex addicts “act out” with other people, we “act in” when using pornographic media, activities and behaviors that exclude others so that we are only intimate with ourselves. We withdraw from the world and isolate ourselves while using pornography. Because of this difference, we came to call our addictive behavior ‘acting in’.

This behavior of “acting in” set up a cycle of powerlessness and unmanageability. We obsessed about seeking pornography, and became unable to stop once we started.

Some of us have tried many methods to control our addiction to pornography by:

- limiting Internet access with programs to lock out websites;
- ceasing to use electronic devices;
- making pacts with ourselves and others, including religious or spiritual leaders;
- using our own will-power.

Inevitably, after experiencing the consequences of another relapse, we came to the conclusion that we were truly powerless over our addiction.

For many, the spiritual solution through a 12-step program had not been tried. Some of us have never experienced a 12-step program and do not understand how it works. Others arrive at PAA having attended 12-step meetings for many years. We all have one thing in common: our inability to stop using pornography without the help of a higher power.

Our program requires that we stop viewing pornography, but how do we do that? These steps are suggested as a program of recovery from our addiction to pornography:

1. We admitted we were powerless over 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 as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God 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, as we understood God, praying only for knowledge of God'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 pornography addicts, and to practice these principles in all our affairs.

These steps are the basis for identifying our powerlessness over our addiction to pornography and working the program of recovery. The only relief we have found is to surrender our attempts to control our addiction and to seek a conscious contact with a power greater than ourselves.

As we work the program of recovery, follow the directions of those who sponsor us, connect with the fellowship, and be of service, we feel the obsession release. We are spiritually guided towards a healthier life that includes love, intimacy and trust.

One day at a time, sometimes moment to moment, we surrender our attempts to control our addiction and seek help from a power greater than ourselves.

We no longer fear rejection. We no longer fear intimacy. We no longer utilize pornography to numb our feelings and escape reality.

We return to sanity with the aid of a power greater than ourselves through the 12 steps of PAA.



The Promises of Porn Addicts Anonymous

- We will accept ourselves for who we are.
- We will accept others as they are.
- We will always be “enough” as we are, while we continue to work The Twelve Steps and enlarge our spiritual lives.
- Our outlook towards healthy relationships with ourselves and others will develop and grow.
- We will come to realize peace with ourselves and those around us.
- We will have appropriate healthy, loving, and intimate relationships.
- We will know freedom, happiness, and serenity.
- We will be a part of the stream of life and not apart from our fellows.
- We will begin to feel our emotions again, and our emotions will no longer control our actions.
- We will no longer be solely focused on ourselves.
- We will realize that a higher power is doing for us what we could not do for ourselves.
- We will use our intuition guided by our higher power to handle difficult and seemingly impossible situations that in the past were bewildering.



Patterns of Pornography Addictions

The following patterns may be useful for determining if you have a problem with pornography.

Viewing/Seeking Patterns:

- Seeking additional pornographic material regardless of what is already available.
- Spending money consuming pornography regardless of its effects on our financial situation.
- Collecting pornography in its various formats, no matter how much we have already obtained and currently possess.
- Endlessly seeking the “perfect” material.

Addiction Patterns:

- Viewing to escape feelings.
- Spending more and more time seeking pornography without the ability to determine when to stop.
- Hiding pornographic media - whether digital or physical - to ensure that we are never "found out."
- Covering our digital tracks on our devices.
- Isolating from friends and family.
- Changing activities and plans to accommodate our active addiction.
- Neglecting obligations, commitments and our own needs or the needs of others.
- Needing pornography prior to or during sexual activity with a partner, or ourselves.
- Going to physical viewing locations to obtain a fix.
- Purging our computers, devices and homes of pornographic material after a binge.

Behavioral patterns:

- Inability to sleep without viewing
- Having to view pornographic material prior to leaving our place of residence.
- Viewing late at night so no one will notice.
- Fantasizing about anonymous partners.
- Inappropriate sexually oriented comments and jokes.
- Losing interest in our sex life with our partners.

Justification/Low Self-esteem Patterns:

- I could never get a date anyway.
- No one likes me.
- This is safer.
- Who would like me, I am too _____ for anyone.
- I am not enough of a _____ for anyone.

Denial Patterns:

- "I'm not affecting anyone else, only me. I'm not hurting anyone."
- "It will be manageable this time."
- "It's not that bad. I can stop whenever I want to."
- "At least with pornography, I always get what I want."
- "I get it whenever I want it."
- "It's always there for me."
- "I'm going to end up doing it sooner or later anyway."



Sample Meeting Script

The following script can be used as a basis for virtual, phone, or in-person meetings. It is intended as a guideline, and can be adjusted to fit your meeting needs based on the decisions taken by group conscience.

1. Hello and welcome to the ____ (meeting name) ____ meeting of Porn Addicts Anonymous. My name is ____ (chair's name) ____ and I am a recovering porn addict, and I will be your chair for this meeting. Let us begin with a moment of silence, followed by the Serenity Prayer.

2. (Pause for a brief moment, then read the Serenity Prayer).

*God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

3. (Chair reads the Preamble of PAA as written).

4. We welcome any newcomers who are joining us for the first time today. Is there anyone new to the PAA program or this meeting who would like to introduce themselves by first name only? (Wait for any newcomers to introduce themselves). Welcome! Please know that you are not required to share, but we do encourage it. Please stick around after the meeting if you have any questions about our fellowship.

5. Could I get a volunteer to read "Working the PAA Program and the Twelve Steps?" (Provide the reading via slideshow or handout for the volunteer to read. Some groups prefer to break this reading up, having multiple volunteers read portions of it).

6. Could I get a volunteer to read "The Twelve Traditions of PAA"? (Provide the reading via slideshow or handout for the volunteer to read).

7. (Optional): Could I get a volunteer to read “The Patterns of Pornography Addiction”? (Provide the reading via slideshow or handout for the volunteer to read).
8. Thank you to all those who did service and read today. We now move on to our sharing portion of the meeting.
 - (If in person meeting:) Please refrain from speaking while others are sharing, avoid cross talk and giving advice.
 - (If virtual meeting:) Please mute your microphones/phones while others are sharing, avoid cross talk and giving advice.
 - (All meetings:) Cross talk is defined as speaking out of turn, interrupting someone while they are speaking, responding to another member directly, or giving direct advice. Instead of these actions, we share our own personal experiences and how they can be of service to the still suffering porn addict. The meeting chair will remind someone of these values, if they cross talk.
9. Could I get a volunteer to keep time for us today? Each person has _____ minutes to share. Timekeeper, please signal when a member has 30 seconds remaining, and again when their time is up. I now open the meeting for sharing.
10. (After sharing:) Thank you to all who shared today. Let us now move on to closing the meeting.
11. Could I get a volunteer to read “The Promises of PAA”? (Provide reading via slideshow or handout for the volunteer to read).
12. Does anyone have a sobriety birthday they would like to share today? This can be 1 year, 1 month, 1 week, 1 day, or any other amount of time.
13. In the spirit of the Seventh Tradition, I want to remind PAA members that PAA is fully self-supporting, declining outside contributions. If you would like to make a contribution, (provide instructions for members to donate to the group). Thank you!
14. Are there any PAA related announcements?
15. Is there a volunteer who would like to chair next week’s meeting?

16. Are there any members who would like to share their contact information at this time? It is highly recommended that new members get phone numbers and reach out to other members with their questions about PAA, its website, or the Twelve Steps. Contact creates no obligation for sponsorship, but serves mainly to inform and encourage members on their journeys.
17. Let us close the meeting with the Serenity Prayer. Please feel free to join me:

*God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*