

This Meeting Is a Member of SCA Online Intergroup

Acting In Recovery Meeting

Thank you for visiting our online meeting. Please feel free to share your experience, strength and hope by posting below.

This is the online meeting, for sharing experience, strength and hope as it relates to sexual compulsion primarily expressed as acting-in behaviors. If you wish to socialize, please do so in the Recovery Lounge.

If you want a meeting with a different format, please visit the Feedback Meeting or Topic Meeting.

Here is our Statement of Purpose:

***Sexual Compulsives 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 from sexual compulsion. The only requirement for membership is a desire to stop having compulsive sex. There are no dues or fees for SCA membership; we are self-supporting through our own contributions. SCA 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.*

Our primary purpose is to stay sexually sober and to help others to achieve sexual sobriety. Members are encouraged to develop their own sexual recovery plan, and to define sexual sobriety for themselves. We are not here to repress our God-given sexuality, but to learn how to express it in ways that will not make unreasonable demands on our time and energy, place us in legal jeopardy -- or endanger our mental, physical or spiritual health.

The format of this meeting is rolling posting, with replies allowed by other members. Older posts will be deleted after a period. Typically, around three months of posts are retained when previous posts are deleted.

This message board meeting is where members can share experience, strength and hope on subjects relating to acting-in behaviors connected with sexual compulsion as they choose. They may also allow or disallow feedback, as desired. Feedback is not advice or criticism. It can simply mean identifying with the poster, sharing words of encouragement, or relaying program slogans or tools that have helped the responder. Through these discussions, we deepen our understanding of the subjects raised in order to further our recovery.

Many members initially consider sexual compulsion to involve acting out (hypersexuality) in the main, and these often more-easily-identified behaviors are primarily what bring them to SCA. Yet those and other members frequently experience more subtle expressions of sexual compulsion, known as acting-in behaviors, and come to understand them as part of the problem. The addictive cycle can oscillate, with expressions of sexually compulsive behavior swinging back and forth between acting out and acting in, sometimes with long periods of one or the other type of behavior predominating. Technology such as computers and apps. can be used as part of either manifestation. Acting out can lead to acting in, and conversely, acting in can lead to acting out. Some members refer to this as a kind of binge and purge, or binge and starve, cycle. Broad expressions of acting in can be things like the compulsive avoidance of sex or sexual anorexia, fear and avoidance of intimacy, romantic obsession, love addiction, obsessive preoccupation with sexual or romantic fantasy, over-exercising, social anxiety, social anorexia and similar issues. For some, this might involve sexual codependency, such as a person not paying attention to what they want, or do not want, sexually; getting involved sexually because it is what the other person wants; or denying themselves healthy enjoyment of themselves as a sexual being. For others, it may involve excessive fear of sexually transmitted diseases. These can be seen as being sexual, romantic and social behaviors that are similar to the eating disorder patterns involved in anorexia (anorexia nervosa) and bulimia, and even overlap with them.

A more general view of Acting Out behavior is that it is OUT OF CONTROL sex and romance, alcohol, drugs, eating, spending, debting, risk-taking, gambling and work. A more general view of Acting In behavior is that it is EXTREME CONTROL through sex avoidance, alcohol avoidance, drug avoidance, dieting, saving, hoarding, risk-aversion, risk-avoidance and compulsive athleticism.

Please read the Group Conscience and you may choose to use the meeting description as a guide for sharing if you wish.

Take a moment of silence to reflect on why you are here and to consider the addict who is still suffering.

And now, the floor is open.

Read the [Acting In Meeting Group Conscience](#).