SAA of New York City

Workshop Handout

Garment District
Sunday July 12th, 3:00 pm

Attitude of Gratitude

By Nader A

NOTE: SAA in NYC does not endorse, finance or oppose any of the above non-SAA material. The views reflected on this document are the ones of the SAA member who presented the workshop. The SAA member who presented the workshop does not speak for SAA.

Attitude of Gratitude

What does attitude mean?

A position assumed for a specific purpose

What does gratitude mean?

The state of being grateful: THANKFULNESS

What does grateful mean?

Appreciative of benefits received

What does Thankfulness mean?

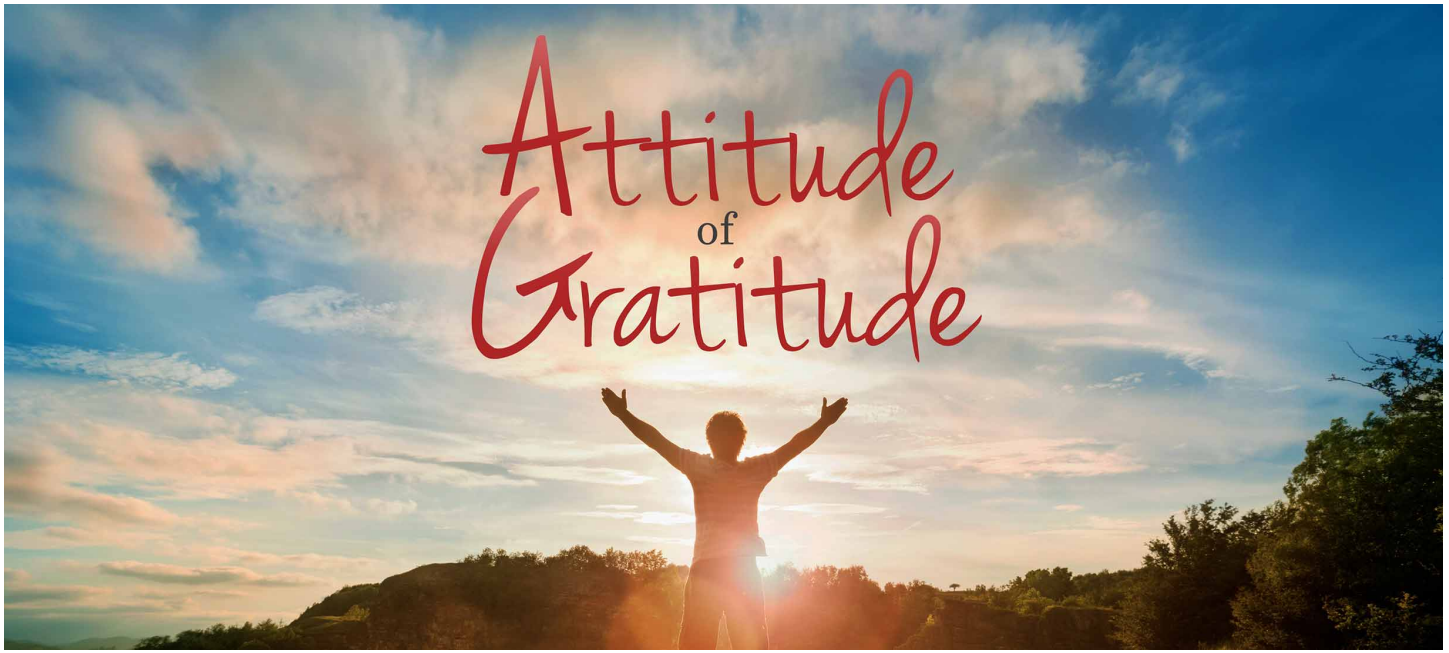
Conscious of benefit received

Definitions are from Merriam-Webster Online Dictionary

So what is an **Attitude of Gratitude**……

Meaning of Attitude of Gratitude

- It is the attitude of being conscious and appreciative of the benefits one has received.
  - Received implies that someone has given them to us. In the context of our program that someone would be HP, whoever and whatever HP is for you.



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Attitude of Gratitude

For me this HP is God as understood in the Catholic Tradition.
So Catholicism is the lens through which view gratitude.
For me gratitude is a form of prayer.

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- **Another definition:**

"An attitude of gratitude means making it a habit to express thankfulness and appreciation in all parts of your life, on a regular basis, for both the big and small things alike."

Article on Gratitude by Huff Post

- **Interesting thought:**

"If you concentrate on what you have, you'll always have more. If you concentrate on what you don't have, you'll never have enough."

Quotes from our Literature….

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- "In this faith, in the spirit of selfless service, and with profound **gratitude** for the gift of recovery we have received, we offer this book to sex addicts who are seeking a new way of life." (Forward to the 3rd Addition)
- "As we grow in humility, we gradually come t**o view our lives, and even our problems, with gratitude**. When we are free from self-importance, we can recognize that **we have much to be grateful for**. In our addiction, we felt that no matter what we had, we were missing something. We often risked the wonderful things we had in order to act out. In recovery, with the humility we receive through working the steps, **we become thankful for the things we used to take for granted**. And we can look at our shortcomings as opportunities to learn and grow." (Step 7)
- "**SAA saved my life, and I am eternally grateful**." (GB Story)
- "**I express my gratitude to SAA by working with others**. I have several sponsees. I started a meeting and serve as its secretary. I volunteer with the local intergroup and am doing service work with national outreach**. I do these things because I owe this program my life**." (GB Story)
- "**When I feel gratitude, I know that I am working my program well**." (GB Story)
- "**Service is gratitude in action**," and the gift of my recovery is so great that the only fitting demonstration I can think of for my gratitude is to give it away." (GB Story)

Why Bother!!

- "Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, **we are deeply grateful to AA for making our recovery possible."** (GB Introduction)
- "**We have been given a new chance at life**, awakening to a spiritual dimension we never knew was available to us. We become open to sharing with others what we have gained and to helping others on the path of recovery. **In gratitude, we seek opportunities for service to God and our fellow sex addicts.**" (End of Step 11)
- "In Step Twelve we put our awakening into practice by serving others. With spiritual awareness comes **the responsibility, the desire, and the need to help other suffering sex addicts**, just as help was freely given to us. **This impulse springs from selfless love and gratitude**, but it is also essential to our own sexual sobriety and spiritual growth. Carrying the message to our fellow addict is as important in maintaining our own recovery as it is in helping others find theirs." "(Step 12)
- **We can't take recovery for granted**…..**To avoid complacency in our program**, we need to cultivate and maintain a sense of gratitude and a commitment to sexual sobriety." (Withdrawal and Relapse)
- "In carrying the message of recovery, **we gratefully give what was so freely given to us.**" (Tradition 8)

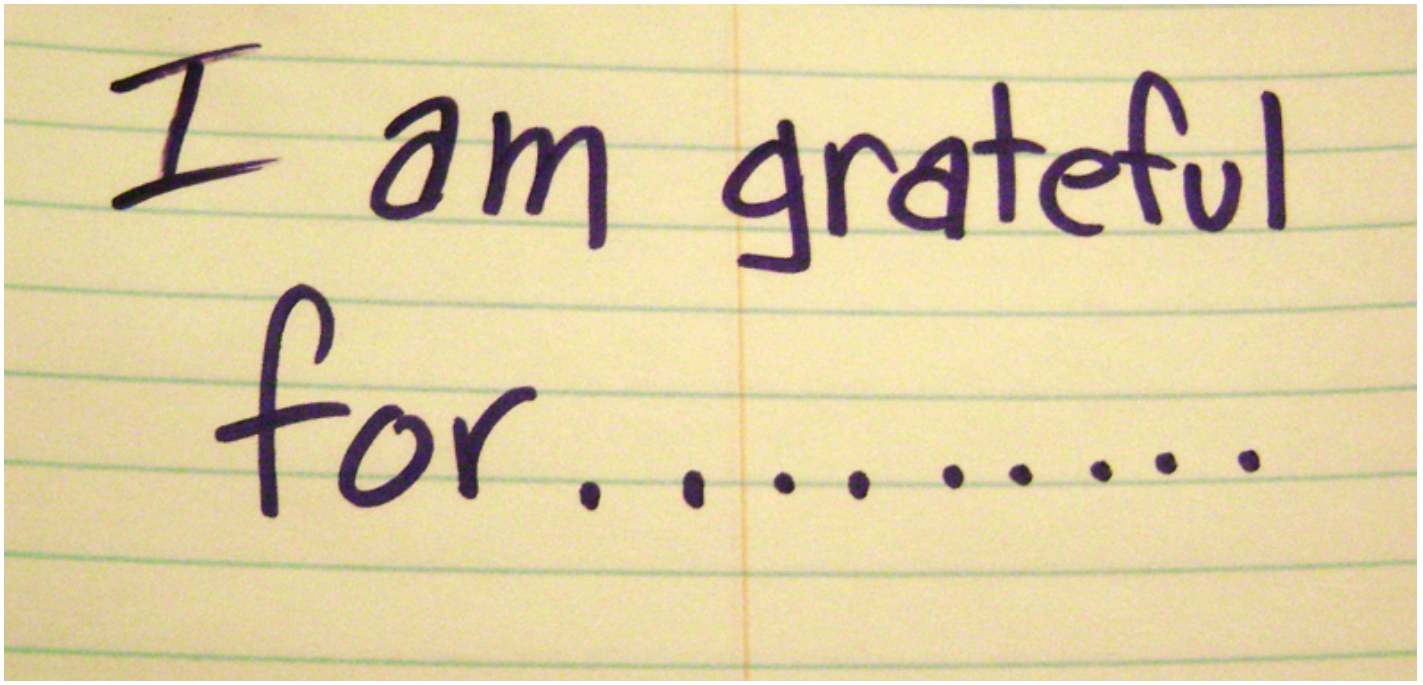
When to do it….

- "Many of us take inventory at the **end of each day**…..**We also find it helpful to remember the things for which we are grateful or things we have done well.** Gratitude provides a needed perspective on our problems and helps us feel connected with our Higher Power. " (Step 10)
- "We have found it very helpful to pray at regular times during the day, as well as other times when we need to feel close to our Higher Power. In the morning we might pray for God's help in facing the challenges of the day. **In the evening we may express gratitude for our lives and for the gifts we have received in our recovery.** These prayers frame our day, reminding us that nothing is more important than our relationship with our Higher Power." (Step 11)
- "We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles….**We ask for help when we need it, and we express our love and gratitude every day.** We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God." (Step 12)

What to be Grateful for?.....

- "I am grateful to my Higher Power " (Green Book Story) **for protecting me through my bottoming out so that I could truly live.**
- "In recovery, with the humility we receive through working the steps, **we become thankful for the things we used to take for granted**. And we can look at our shortcomings as opportunities to learn and grow." (Step 7)
- "In gratitude **for all we have received from our Higher Power**, we move forward to Step Eleven.""(End of Step 10)
- "We are grateful **to be free of a craving that we thought would never leave us.**" (Tools of Recovery)
- "When we are sexual with love, gratitude, and generosity, **sex** can be an expression of our highest spiritual ideals. We can use our sexuality to express our love, appreciation, and faith." (Healthy Sexuality)

Attitude of Gratitude



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Time for you to write a gratitude list

"Kind and Generous" by Natalie Merchant

When in doubt….

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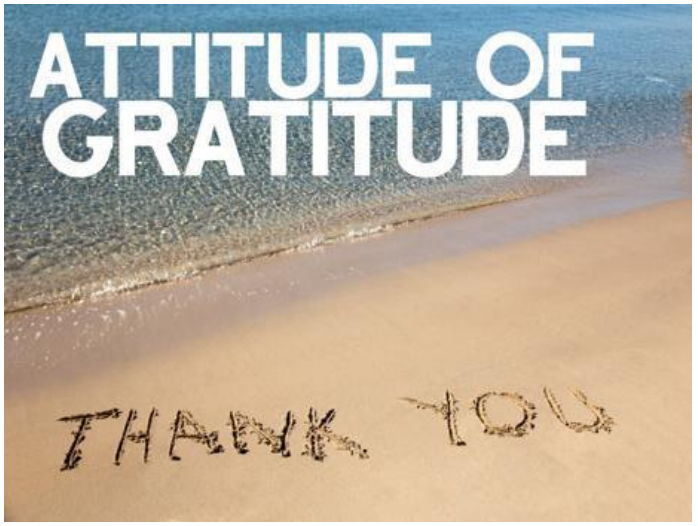
In Closing…

"The steps are the spiritual solution to our addiction—leading not only to a life of abstinence from our addictive sexual behaviors, but to a fulfilling life of service to our brothers and sisters in recovery and beyond. The spiritual awakening described in Step Twelve puts us on the path of service and connects us with our Higher Power, our fellow addicts, and our world in ways we had never dreamed possible. This awakening is the foundation of a responsible and joyful existence as we seek and find our Higher Power's will for us—both in our individual lives and in the life of our fellowship. **And for this priceless gift of recovery, so astonishingly simple, so freely available, we are humbly grateful.** We invite all suffering sex addicts, inside and outside the rooms of SAA, to join with us in accepting this gift." (End of the Green Book)



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