

# Briefing pack

Sensitive.

Anonymous.

Gender Friendly.

## SAG7

Sensitive. Anonymous. Gender Friendly.

SAG7 is a global community of people from different backgrounds, who by sharing their self-help experience, strength and hope with each other, learn to master their lives as sensitive creatures. Together they stand for the conscious awareness of sensitivity as a basic human disposition. The only requirement for membership is the desire to live sensitivity consciously and to use this for the benefit of our fellow human beings and our planet. SAG7 has made the psychological and mental strengthening of the individual its basis. The Community has no dues or fees, it maintains itself through donations and grants. The Community SAG7 is not allied with any sect, denomination, politics organization or institution. It will neither participate in public debates nor comment on any of these issues. Its main purpose is to live personal sensibility with awareness and mindfulness and thereby help its members and others to enjoy life more.

**TODAY  
is the tomorrow,  
we have created yesterday.**



**LIVE and LOVE.  
Conscious of.  
In NOW.**



## THE MEETING

If you yourself want to attend a meeting or organize one, then please write to us.

We are happy to help!

[selbsthilfe@sag7.com](mailto:selbsthilfe@sag7.com).

No notice in advance necessary.

All meetings are free and anonymous.

# Sensitiveness

Blessing and a curse for those affected.

Sensitive, thin-skinned, sensitive – these delicate traits are often interpreted as weakness in our meritocracy driven society and felt as such by most sensitive people too. The up side of this, however – such as the ability to empathize with other people or situations, empathic listening, carefully dealing with others – are qualities that are also of great importance in our time.

## 1. Definition

The American psychotherapist and university professor Dr. Elaine N. Aron is considered a pioneer in the field of high sensitivity. She explored the phenomenon described by CG Jung years ago and began to work on it academically. In the nineties, she published an article in a prestigious scientific journal for the first time on this topic, where she also used the name **Highly Sensitive Person (HSP – highly sensitive person)**.

With her book *“The Highly Sensitive Person – How to Thrive When the World Overwhelms You”* (German: *“The Highly Sensitive Person; How Do You Know, understand and use your sensibility”*) she brought the subject to a wider audience and found a large interest.

Dr. Aron noted that about 20% of humanity is predisposed to high sensitivity from birth. High sensitivity is described by a more detailed perception (stimulus openness) and intense feeling, combined with the need for a very thorough internal processing of what is perceived and what is felt.

The most important features of highly sensitive people are:

- \* more detailed and holistic perception through the five senses and a more complex processing of this information (large stimulus openness).
- \* they often have an enhanced perception about their 6th and 7th sense (intuition, medium skills), feel strong energies, moods etc.
- \* they have a complex inner life and a deeper way to think.
- \* they are often very serious, conscientious and perfectionists.
- \* they have a strong sense of justice and desire for harmony.
- \* they feel more comfortable one on one, and in small groups than among many people.

With this trait, they react as a highly sensitive instrument especially strong to external stimuli:

- \* sensitivity to loud noises, strong odors, bright lights, abrasive materials, strong emotions (both their own and in the environment and in the media), etc., as well as to alcohol, coffee and various foods (or their ingredients).
- \* have a tendency to allergies.
- \* have sensitivity to pain and nervousness.
- \* nervousness to perform under pressure, time pressure and in testing situations.
- \* exhaustion when in lack of retreat and regeneration periods for processing the stimuli (until burnout).
- \* irritability and vehement delimitation when the overstimulation is too large and the “disk is full”.

HSP have sometimes learned to hide their feelings and to shut down overwhelming impressions. Even if only a few are true indicators (these, however, are more pronounced), a highly sensitive assessment is possible.

ATTENTION: Even a non-HSP can react as a highly sensitive in exceptional stressful situations. To distinguish, it helps to question how it used to be at an early age (eg. in childhood).

Due to their sensitivity and stimulus openness, HSP can however also enjoy particular sensations and energies:

- \* the sound of beautiful music,
- \* the sweet scent of a rose,
- \* the delicious taste of good food,
- \* the sight of a beautiful sunset,
- \* the feeling of soft wool and silk on the skin,
- \* exhilarating encounters with heart full people,
- \* the peace and power of a walk in forest,
- \* and much more.

Their empathy and sensitivity makes them creative artists and supportive therapists, that very quickly recognize the intention of their clients. They are ideal for working with people and often found in the liberal professions or as self-employed.



## 2. Perception talent – risk of overstimulation

Protection against overstimulation:

- \* Take time for internal processing.
- \* Observe an “Experience Diet” if necessary.
- \* Shield from interfering environmental stimuli.
- \* Use its attention specifically.
- \* A stress-free as possible daily routine (time management)!
- \* Stress reduction: movement, adequate rest and sleep, meditation, security, nature, Asian movement techniques (yoga, Tai Chi, Qi Gong, ...)

## 3. Interpersonal challenge

- \* convert concern into gratitude for the trust, show appreciation for the way the others choose, admiration rather than regret.
- \* replace pity with understanding.
- \* balance of give and take.
- \* self-responsibility instead of victimhood.
- \* wishes and needs expressed.
- \* separation from the expectations and wishes of others, say no (am I “cotton balls” or forceful in life?).
- \* be truthful and clear rather than always being sweet and nice.
- \* authenticity (rolls costs force play!)

## 4. Impulses and ideas for positively and joyfully lived sensitivity

- \* use sensitivity specifically for me to perceive the own exposure limits, overstimulation threat in time.
- \* anchoring in the body, to be with me, gather me.
- \* being mindful-being in the here and now (with the past!).
- \* recognize and pay attention to the individual needs.
- \* deal with feelings properly.



- \* strong images: for example, trees and mountains (breathing meditation by Thich Hanh seam: Inhaling, I see myself as a mountain, breathing out, I feel unshakeable ... Mountain / unshakeable)
- \* power of thought – focus on what I want and not on what I fear.
- \* be “Courageous”.
- \* sensitivity in doses (in which areas, with whom it’s ok, where not?)
- \* self love – to seek love on the outside is a waste of energy!
- \* to be so loving with myself, gentle and considerate as I would be with another human being.

**To be so loving, gentle and considerate with myself as I would be with another human being.**

You are not sick –

**You are talented!**

The contribution of particularly sensitive people is very valuable and important to us all. Nevertheless, HSP are increasingly marginalized in human coexistence, because they themselves are unaware of the existence of this talent. They doubt their mental health and suffer as sensitive people in a less sensitive environment. They cannot cope with their special ability and often fall into addictions and dependencies due to the lack of understanding. How can the affected learn to ever live happily?



## The 12-step program

### What is the 12-step program?

If you study the subject of dependency, compulsive behavior or psychosomatic complaints in detail, you're not going to go very far. So I discovered the 12-step program. This program has its origins in the self-experience of the persons affected. The 12 steps were elaborated by the founders of the Society of Alcoholics Anonymous in the thirties. The steps include a life-changing program that can be followed by the relatives of those affected, as well. This program has proven itself in the past few decades, and many clinics have adopted it as the basis for their therapeutic programs.

At that time, however, the genetic predisposition of special sensitivity was unknown. SAG7 is the first 12-step program that addresses the suffering cause of people in mental crises.

### If the 12-step program religiously bound?

At first it may seem religious, especially when terms like inner omnipotence or meditation emerge. You may find your own individual interpretation for yourself. Most people who begin to live with the 12 step program and don't like the spiritual terms, may select replacement words – because all the steps are to be applied without any religious denomination. These steps are simple recommendations of how to learn to take its own feelings seriously again and to deliberately address these.

For highly sensitive people have no biologically active filter against any kind of toxic influences. They are an early warning system of our species. The number of harmful factors for the life-sensitive beings within our human society have long exceeded the limit of what is tolerable for human beings. The program will, for instance, strengthen the sense of faith – the confidence – in the human basic characteristic of natural sensitivity.

### How can I use the 12-step program for myself?

Only I can walk the path of the 12 steps for myself. Nobody can take it away from me, and I cannot do it for others. And I should follow the order of steps if possible, since the steps build on each other. A single reading of the steps will not suffice. I want to take time to empathize myself in the steps. This can take weeks, if not months, even years.

The road with the 12 steps is a process that I may live through every day from the beginning. Only the first step is to be understood completely and unconditionally. The other steps are ideals that give the gift of joy and meaning in life, through self-discovery. To live and love consciously. In the now. At the beginning of our future!

## The Meeting

If nothing else seems to help anymore, then the conversation with like-minded people can save the day.

For a highly sensitive who wants to live a happy, contented life, it is not enough to swallow drugs or to eliminate narcotics or to learn isolation and resilience. They need a spiritual program for a future life, tailored to their personal beliefs. People, who are equipped with special sensitivity, work as a safety device of creation and an early detector of toxic and harmful human influences. We see mental illness, allergies, cancer or psychosomatic complaints all as consequences of a lifestyle that is contrary to its own nature and genetic predisposition. There are many signs, degeneration results, and an indication that people are living in disharmony with the environment and nature.

**The special feature of the meeting is the way people communicate with each other.**

By maintaining anonymity the hierarchical structures of the world are meaningless. Highly sensitive people are all equal in their assessment. In the group, only the statement counts, not the person. We talk about everything that is important to us. But above all, about our feelings and thoughts. Maybe one is talking about the time of their life, when they were dependent on the boss or another is still suffering from a mental illness, because they could not accept themselves, or maybe of their future, living in a conscious way, a mindful and sober life, after they learned of having the possibility of free choice in the NOW. Current difficulties in one's live are described as much as beautiful enjoyable moments. All issues that relate to our program are welcome. Here everyone is welcomed, if there is a desire to learn to live with the high sensitivity. Anyone who has something to say or ask, or wants to communicate with the group, can do so.

**Here everyone speaks only for themselves and about oneself – his own feelings.** Names are not mentioned, criticism is not practiced and advice is not to be granted. In the meetings, the sensible person develops the ability to recognize himself – through the openness and the honest confession of others. One learns to judge his own weaknesses, mistakes and ways and to finally reveal them. Thus, one learns his talents and to stand up for himself – “I am ....” – and at the same time ends his struggle and resistance to his environment, which has worked against him.

Another anonymous highly sensitive person will have had similar difficulties and can describe how he has dealt with them and what he's doing differently today. The realization to not stand alone with this gift, with his thoughts and feelings, to be understood perhaps for the first time by like-minded people, is encouraging.

The examples of others who have found a new start in life, an awakening through an emotional realization from a seemingly hopeless situation, gives courage and hope.





The anonymous highly sensitive meet regularly to share their experiences and insights. The constant contact with each other, which is characterized by openness and honesty towards their own high sensitivity, increases the willingness to get to know themselves better, to accept, to trust and love. The suppressed, hidden in their own shadow, unfulfilled feelings of a community and honest friendship can break through the constant need for attention, acceptance, recognition, security and love. That's what SAG7 means by the term, recovery: the personal design of your own life according to the genetic disposition.

The "New" is about consciously living in the here and now. Only in this day. Instead of having to fight against his own disposition and identity, it teaches one to enjoy life in this newly found freedom. This is a major challenge and often not easy. Especially as the systems of this world meet the needs of the majority and are so met for the less sensitive people.

Most highly sensitive people have often slipped into dependencies by blocking their disposition all along. Regardless of whether this is linked to addictive substances such as alcohol, nicotine, drugs or substances such as medicine, caffeine, sugar, etc.. Also, being addicted to money, work, games, computer, sex or other things is just another form of compulsive adaptation to the supposed affiliation to the society.

As soon as the like-minded person realizes that he no longer needs to fight his disposition, the urge and compulsion to want to get rid of something also disappears. So he stops to take refuge in an imagined worldview and to want to destroy himself. He realizes that he no longer has to numb his perceptions and his sensitive essence. The way out of the compulsive, dependent, unfree behavior is thus cleared.

And so, the highly sensitive person begins to straighten his confused thinking and unhappy feelings and to discover his true destiny. By using the 12-step program of SAG7, he learns slowly to become the person who can use his talents for his own benefit and for the benefit of mankind. These steps are recommendations through which one can learn to better cope with thoughts, feelings and this ability. Thus, one can live a more satisfying life and get to know a new freedom.

**For the "newcomer" it is recommended to go regularly to SAG7 meetings in order to stay in touch with other highly sensitive people and learn from the recovery program.**



## The Meeting-Procedure

All those who wish to join in, sit on nearly equal footing – older people as well as children – in a circle in one room, which is free of food and any other worrying factors and distractions.

The decided setting of the end time of the meeting is also very important

One of the visitors or family members takes over the role as Chairman and opens the meeting with *"We want to start the discussion!"*. Once peace has occurred, he continues:

*"I am ..... Nice that we're all here now."*

Then he presents the 4 questions:

1. Are all mobile phones turned off?
2. Does anyone want to take charge of the meeting instead of me?
3. Does anyone have a suggestion for a topic?
4. Would anyone like to say something?

The following points are then read aloud

- \* What I hear here, whom I see here, stays here. Everything talked about here, stays here.
- \* Sensitivity is not a character flaw, but a genetic predisposition of humans and a gift from our nature. You are not to blame or ill. You are gifted. Say it, it works.
- \* We will raise our hand, if we want to say something. One speaks, the others listen. Talking in between and discussions are not allowed. No one should be interrupted by our spontaneous personal opinions. Interruptions are allowed by me in extreme cases only. I don't rule, I accompany as a leader. The interventions, which are directed against traditions or abusive against other people's attitude, gender, social origin or physical and mental condition, personal attacks or topics unrelated to the topic, are not wanted. Do not speak about others, talk about yourself. We don't speak about people who are not present.

Now the speaker begins with a brief explanation of high sensitivity as a genetic heredity and the reading of our step program or from the basic literature. He begins to speak of his personal insights, feelings, thoughts and experiences on this issue. He ends his talk by saying, **"Thank you for listening. Let's now share a together experience, strength and hope. The meeting is yours."**

Now the friends who have previously raised their hand are to follow. The message usually starts with the fact that the friend says his name and adds: **"I am sensitive"**. Provided he has already come to the conclusion that this is true for him. When he has finished speaking, he is to say **"thank you"**.

Then the main speaker asks the next one to speak

What should those present in the meeting talk about?

About everything that's important to them. But above all, about their feelings, thoughts and feelings hidden deep inside. Maybe one speaks of the time in his life, when he was suffering from a disease, because one could not yet accept himself. Or of the time after that, when he learned to live a conscious, mindful and sober life, after learning that that he had the possibility of free choice in the NOW. Upsetting issues may be expressed just as emotionally as happy moments. Everything related to ourselves, is welcome. family members can express what is on their mind and tell their relatives how they feel in a protective atmosphere, without being criticized, humiliated or laughed at. SAG7 is a self-discovery program for sensitive people. It aims to bring a new culture of dialogue in the world and to give one's life a sense again. Silence is of iron, Talking is golden.

At the appointed time, the main speaker ends the meeting by saying, "Thank you for the discussion. Come again. It works.

All those present join hands and say the Serenity Prayer together:

**Please grant me the serenity,  
to accept the things that I can not change,  
the courage to change the things I can not accept,  
and the wisdom to know the difference.  
Thank you!**

## Anonymity

Anonymity is very important for the SAG7 community for three reasons and therefore anchored in the Twelfth Tradition.

Anyone who turns to SAG7 with a request for assistance must have the assurance that his identity, his history and his personal problems will remain within SAG7. That is why everyone is addressed by their first names and are not interested in the public position of others. There are neither documents required nor membership cards.

By preserving the anonymity of individuals to the public eye, especially in front of the media, no individual should be able to be profiled at the expense of the community, nor look for personal recognition or influence. This restriction serves to integrate the Community of sensitive-Anonymous Group 7, which can only exist as a whole. The community of SAG7 doesn't put any persons or personalities in the foreground who live according to the program. It thus preserves its independence from the fate of individuals. Anonymity in dealing with the public insures protection of the individuals and the community from unwanted popularity.

By anonymity the hierarchical structures of the society are meaningless. Highly sensitive people are all equal in their disposition. In the group, the statement alone counts and not the person.



**What I see here,  
what I hear here,  
what I say here,  
when I depart,  
I leave it here!**



## Yesterday – Today – Tomorrow

There are two days in every week on which we should not worry. Two days we should keep clear of fear and oppression.

One of these two days is yesterday – with all its mistakes and cares, mental and physical pain. The yesterday we no longer have control of! All the money in the world can't bring back yesterday: We can't undo any fact that we've done. We can't take back a word that we've said. Yesterday is over!

The other day we should not worry about is tomorrow – with its potential dangers, burdens, big promises and less good performances. Even tomorrow is not under our control.

Tomorrow the sun will still rise, either in its full splendor or behind a wall of clouds. But one thing is certain: it will rise

Until it comes up, we should not worry about tomorrow, because tomorrow is not yet born.

### **So only one day remains: TODAY**

Everyone and all beings can only live in the now. When we collapse, it's only because you and I unite the burden of these two awful eternities ~ Yesterday and Tomorrow ~ together. It is not the experience of today, which makes people go crazy, no. It is the remorse and bitterness for something that happened yesterday. Or the fear of what will happen tomorrow.



## Only for today

**Only in the today**, I want to try to live through this one day. I don't want to immediately solve all the problems that have appeared in my life. I can do something for only 24 hours before the thought of having to do it for a lifetime scares me.

**Just for today** I want be happy. Most people are as happy as they really want to be.

**Just for today** I want to see the facts and not attempt to straighten everything according to my wishes. I want to take my luck just as it comes and act accordingly.

**Just for today** I want to try to strengthen my mind. I want to learn and do something useful. I want to read something that takes effort, leads me to think and forces me to concentrate.

**Just for today** I will exercise my soul in three ways:

- I want to do good to nature or to someone, without expecting something in return.
- I want to do at least one thing that I've always wanted to do, without hurting myself or someone else.
- Should my feelings be hurt by something, I want, for the time being, to keep it to myself and exert myself in serenity.

**Just for today** I want to look pleasant. I want to look as good as possible, to dress myself neatly and cleanly, speak softly and act courteously. I don't want improve or criticize others, only myself.

My program should be **just for today**. I do not need to follow it exactly. I want to be aware of the two evils: hurry and indecision.

**Just for today** I want to have a quiet half an hour for myself and relax. In that half hour I will try to gain a better perspective on my life.

**Just for today** I want to not be afraid. I don't want to be afraid to enjoy what is beautiful. I want to believe that the world will give me back what I give to it.



## 12 Steps

- 1 I stop my resistance and admit that I am sensitive by nature and am afraid of showing it. From now on I will speak my thoughts and feelings openly and honestly.
- 2 I am thankful for my sensitivity and I believe and hope every day to be able to master my life through this new consciousness in a useful, healthy and independent way.
- 3 I am determined to distance myself from harmful influences. This way I can create the necessary space to unfold my genetic abilities and my natural sensitivity function.
- 4 I'm making a thorough and fearless moral inventory of my heart and think back to the basics in man and nature.
- 5 I confess my errors to myself as part of a learning process and accept it openly in another human beings.
- 6 Forgiveness and even justice clear my character flaws and living real sensitivity proves to be a wise healing gift of natural creation.
- 7 Iron will gives way to sensitive feelings.
- 8 I am willing to make amends to repair the damage caused by my careless behavior with human beings and nature.
- 9 If possible, I do well by the people around me and with nature, with empathy and a great deal of sensitivity and without thereby injuring myself or others.
- 10 In absolute honesty and absolute unselfishness, I continue my searching. If I am wrong, I admit it immediately.
- 11 Through meditation and contemplation, I immerse daily confidence in my inner omnipotence – just as I see it. I'm grateful that it lets me see its will and gives me the strength to carry it out.
- 12 After I am able to find myself through these steps, healing and recovery can take effect. I direct my daily life by these principles and live my destiny as a particularly sensitive creature in a new freedom and reality.



## 12 Promises

- 1 We will get to know a new freedom and a new happiness.
- 2 We want neither to complain about the past nor slam the door behind it.
- 3 We will understand what the word serenity means.
- 4 We will learn by fulfilling our needs with satisfaction, what peace is.
- 5 No matter how deep we sink, we will realize that others can benefit from our experience.
- 6 That feeling of uselessness, differentness and self-pity will disappear.
- 7 Our selfishness will recede into the background, our interest in our fellow men will grow.
- 8 Our selfishness will melt away.
- 9 Our attitude towards life and our expectations will change.
- 10 The fear of people and of economic uncertainty will fade.
- 11 Without too much thinking, we will now deal easier with situations that earlier were difficult for us.
- 12 Suddenly we become aware that a Higher Power helps us achieve what we are not able to do alone.

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## 12 Folkways

- 1 Our common welfare comes first. The independent recovery depends on self-healing and unity in SAG7.
- 2 For the purpose of our group, there is only one authority: a Power greater than ourselves, as it reveals itself to our inner and outer nature and our community. We prevail not but accompany.
- 3 The only requirement for membership is a desire to get rid of fears and constraints and to use one's own sensitivity for the protection of the natural balance of our planet. Thus, we can help ourselves and others to enjoy life more effectively.
- 4 Each group is autonomous except in matters affecting other groups or SAG7 as a whole.
- 5 The main task of each group is to live our message and to bring it to those who are still suffering with their abilities.
- 6 SAG7 doesn't ever cover or support any winning or profit projects. Thus we prevent that finance, property or prestige diverts us from our primary purpose. The distribution of resources, cultural property made available by SAG7 is used solely to meet the non-profit association's purpose, education and public relations.
- 7 Each SAG7 group maintains itself after the foundation phase and it doesn't take support from the outside.
- 8 The activities and services in the SAG7 groups remain without payment. The central services, however, may employ special workers.
- 9 Sensible Anonymous groups should never be organized. However, they may form boards and committees that are responsible to those they serve.
- 10 SAG7 groups have no opinion on outside issues. A SAG7 group ought never to be drawn into public controversy.
- 11 Our contact with the public is based on synergy and attraction. That is why we want to maintain personal anonymity from press, radio, film and television at all times.
- 12 Anonymous equality is the spiritual foundation of all our traditions. It should always remind us of their deeper meaning, putting the principles of natural creation always above people.



**PLEASE give me**

**the SERENITY,**  
**to accept the things that I can not change,**

**the COURAGE,**  
**to change the things that I can accept,**

**and the WISDOM,**  
**to know the difference.**

**THANK YOU.**

