



Shoplifters
Anonymous



Suggested *ShA* Meeting Format

- 1.** Welcome to the _____ meeting of ShA. My name is _____.
I am a recovering shoplifter.
- 2. This group is anonymous.**

Whom you see here,
What you hear here,
When you leave here,
Let it stay here.
- 3.** Whatever theft problem you have, you are welcome at this meeting. Those who are new to ShA, we encourage you attend this meeting and the national “phone bridge.” Attending 12-step groups for other compulsive behaviors (such as Debtor’s or Overeaters Anonymous) can also be helpful. We encourage you to make friends and contacts with other members for continued support. We recommend you stay after the meeting for a few minutes to chat with others.
- 4.** ShA is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive shoplifting. We welcome everyone who wants to stop stealing. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. ShA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from stealing and to carry this message of recovery to those who still suffer.
- 5.** Would someone please read the *ShA Twelve Steps*?
- 6.** Would someone please read the *ShA Shopping Guidelines*?

7. To protect our anonymity, this ShA group does not record names nor maintain a contact list. Making friends (ie: “sponsors”) is encouraged. We recommend you stay after the meeting for a minute or two to talk with other members.

8. Are there any other ShA-related announcements for the group?

9. Guidelines for sharing:

- a. Refrain from naming specific stores.
- b. Refrain from naming methods of stealing.
- c. Please do not discuss details of pending court cases. This ShA group is focused on real, long-term personal growth and not immediate legal solutions.
- d. No cross-talk. Cross-talk is giving advice to others who have already shared, speaking directly to one person rather than the group, and questioning or interrupting the person currently speaking.

Would anyone like to share?

10. Closing: By working the *Twelve Steps*, attending meetings regularly and following the *Shopping Guidelines*, we seek to change our lifestyles and our lives. We offer hope and encouragement.

Please remember our commitment to honor each other’s anonymity. Let us all reach out by phone or email to newcomers and returning members. Together we get better.

Thank you for letting me lead this group tonight. Will you join me in the Serenity Prayer?

*God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.*



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ShA Twelve Steps

- 1.** We admitted we were powerless over shoplifting, 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 shoplifters, and to practice these principles in all our affairs.



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SHA Shopping Guidelines

(Adapted from the SHA "Suggested Methods Of Obtaining and Maintaining Abstinence from Shoplifting Addiction")

- 1.** I do not return to stores where I have been banned.
- 2.** I don't wear baggy clothes into stores. I do not bring a bag or purse into stores. I do not tempt or test myself.
- 3.** I do not carry one store's bag into another store. After each store, I drop bags in my car.
- 4.** Before entering a store, I know exactly what I am buying.
- 5.** Before entering a store, I evaluate my mood. I acknowledge any depression, boredom, or frustration. I am aware these feelings affect my shopping experience.
- 6.** Before entering a store, I seriously consider how embarrassing it would feel to get caught shoplifting (again).
- 7.** I do not browse or window-shop. I know what I want, I purchase it, and I leave the store. "Shopping" is not a pastime for me.
- 8.** I do not look for security cameras. I do not check merchandise for theft-deterrent devices. I do not pay attention to store employees. These things do not matter to me because I am paying for my merchandise.
- 9.** I make my presence known. During every store visit I speak to at least one employee. I make eye contact and have a friendly exchange. I do this as soon as possible upon entering the store.
- 10.** I carry enough money to purchase my items.
- 11.** I do not put any item in my pocket until I have paid for it.
- 12.** I always take and keep my receipt. It is my reward for a successful and honest transaction.