

What is Sex and Love Addiction?

## **What Is Sex and Love Addiction?**

We in S.L.A.A. believe that sex and love addiction is a progressive illness which cannot be cured but which, like many illnesses, can be arrested. It may take several forms - including (but not limited to) a compulsive need for sex, extreme dependency on one person (or many), and/or a chronic preoccupation with romance, intrigue or fantasy. An obsessive/ compulsive pattern, either sexual or emotional (or both), exists in which relationships or sexual activities have become increasingly destructive to career, family and sense of self-respect. Sex and love addiction, if left unchecked, always gets worse.

However, if we follow a simple program which has proven successful for scores of other people with the same illness, we can recover. In S.L.A.A., we learn to accept the reality of having this addiction and surrender any notion that we can control it successfully on the basis of our unaided will. Admitting personal powerlessness over this affliction, we cease our addictive behavior and turn to guidance from a Power greater than ourselves, make restitution for harm done to others, and reconstruct our lives physically, mentally, spiritually, and emotionally.

# 12 Steps of SLAA

## **The Twelve Steps of S.L.A.A.**

1. We admitted we were powerless over sex and love addiction - 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 a Power greater than ourselves, 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 sex and love addicts and to practice these principles in all areas of our lives.

# Preamble

## **The S.L.A.A. Preamble**

Sex and Love Addicts Anonymous is a Twelve Step, Twelve Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous.

The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it.

To counter the destructive consequences of sex and love addiction, we draw on five major resources:

1. Sobriety. Our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.
2. Sponsorship / Meetings. Our capacity to reach out for the supportive fellowship within S.L.A.A.
3. Steps. Our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.
4. Service. Our giving back to the S.L.A.A. community what we continue to freely receive.
5. Spirituality. Our developing a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

As a fellowship S.L.A.A. has no opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations, movements or causes, either religious or secular.

We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity.

We need protect with special care the anonymity of every S.L.A.A. member. Additionally we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.

# 12 Traditions of SLAA

## **The Twelve Traditions of S.L.A.A.**

1. Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.
2. For our group purpose there is but one ultimate authority -- a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.
4. Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.
5. Each group has but one primary purpose -- to carry its message to the sex and love addict who still suffers.
6. An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.
9. S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. S.L.A.A. has no opinion on outside issues; hence the S.L.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, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

# Seventh Tradition

## **Seventh Tradition**

Although we have no dues or fees, I Love Myself Today is fully self-supporting through the contributions of Zoom participants. If this is your first, second or third SLAA meeting, please, let it be on us. Our Zoom subscription costs \$18.74 a month, so if you are attending this meeting for the first time but are not new to the fellowship of SLAA, please consider making a contribution so others may be able to continue to carry the message. We accept seventh tradition contributions through Zeffy or on our website, please find the links in the chat.

# Signs of Recovery

## **S.L.A.A. Signs of Recovery**

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1. We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.
2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.
3. We surrender, one day at a time, our whole life strategy of, and our obsession with the pursuit of romantic and sexual intrigue and emotional dependency.
4. We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.
5. We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.
6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.
7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.
8. We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.
9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.
10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.
11. We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.
12. We are restored to sanity, on a daily basis, by participating in the process of recovery.

# Chip Script

## Chip Celebration

This meeting uses chips to celebrate us, not separate us. You may declare which chip represents the time you have sober from any one of your bottom lines or as a marker of continuous time in Recovery. Please unmute to claim your chip!

- Is there anyone who either has one day sober from one of their bottom lines or would like to have one day sober from one of their bottom lines?
- One week? One month? Two Months? Three Months? Six Months? Nine Months? One year? Any multiples of years?

To show that this program works, will all those who have one or more years of sobriety from one or more of your Bottom Lines please raise your hands?

# The Promises



## **The Promises**

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Now we were truly feeling some sense of deep release from the past! We were free of much guilt for our misdeeds, from the shame of having fallen short of our inner values. In many instances, the values we had thought were ours had turned out to be someone else's. We had shed or changed these to allow the seeds of our own personal wholeness to take root and grow. We were indeed living new, positive, unfolding lives. Whether in partnership with others or in solitude, we had truly been granted a spiritual release from our sex and love addiction. While vigilance was still important, the choices we had to make now seemed easier. We felt increasing confidence in our developing partnership with God, and were full participants in the fellowship of S.L.A.A. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self.