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SEX AND LOVE ADDICTION 40 QUESTIONS FOR SELF-DIAGNOSIS

Sex and Love Addicts
Anonymous



THIS PAMPHLET IS S.L.A.A.
CONFERENCE-APPROVED LITERATURE

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S.L.A.A. Preamble

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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.



Introduction

The following questions are designed to be used as guidelines to identifying possible signposts of sex and love addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that illness is not present.

Many sex and love addicts have varying patterns which can result in very different ways of approaching and answering these questions. Despite this fact, we have found that short, to-the-point questions have often provided as effective a tool for self-diagnosis as have lengthy explanations of what sex and love addiction is. We appreciate that the diagnosis of sex and love addiction is a matter that needs to be both very serious and very private. We hope that these questions will prove helpful.

The Questions

Yes No

- | | | | |
|---|---|----|---|
| — | — | 1. | Have you ever tried to control how much sex to have or how often you would see someone? |
| — | — | 2. | Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you? |
| — | — | 3. | Do you feel that you don't want anyone to know about your sexual or romantic activities? Do you feel you need to hide these activities from others - friends, family, co-workers, counselors, etc.? |
| — | — | 4. | Do you get "high" from sex and/or romance? Do you crash? |
| — | — | 5. | Have you had sex at inappropriate times, in inappropriate places, and/or with inappropriate people? |
| — | — | 6. | Do you make promises to yourself or rules for yourself concerning your sexual or romantic behavior that you find you cannot follow? |
| — | — | 7. | Have you had or do you have sex with someone you didn't (don't) want to have sex with? |



- | Yes | No | |
|-----|----|---|
| — | — | 8. Do you believe that sex and/or a relationship will make your life bearable? |
| — | — | 9. Have you ever felt that you had to have sex? |
| — | — | 10. Do you believe that someone can “fix” you? |
| — | — | 11. Do you keep a list, written or otherwise, of the number of partners you’ve had? |
| — | — | 12. Do you feel desperation or uneasiness when you are away from your lover or sexual partner? |
| — | — | 13. Have you lost count of the number of sexual partners you’ve had? |
| — | — | 14. Do you feel desperate about your need for a lover, sexual fix, or future mate? |
| — | — | 15. Have you or do you have sex regardless of the consequences (e.g., the threat of being caught, the risk of contracting herpes, gonorrhea, AIDS, etc.)? |
| — | — | 16. Do you find that you have a pattern of repeating bad relationships? |
| — | — | 17. Do you feel that your only (or major) value in a relationship is your ability to perform sexually, or provide an emotional fix? |
| — | — | 18. Do you feel like a lifeless puppet unless there is someone around with whom you can flirt? Do you feel that you’re not “really alive” unless you are with your sexual/romantic partner? |
| — | — | 19. Do you feel entitled to sex? |
| — | — | 20. Do you find yourself in a relationship that you cannot leave? |
| — | — | 21. Have you ever threatened your financial stability or standing in the community by pursuing a sexual partner? |
| — | — | 22. Do you believe that the problems in your “love life” result from not having enough of, or the right kind of sex, or from continuing to remain with the “wrong” person? |



- | Yes | No | |
|-----|----|---|
| — | — | 23. Have you ever had a serious relationship threatened or destroyed because of outside sexual activity? |
| — | — | 24. Do you feel that life would have no meaning without a love relationship or without sex? Do you feel that you would have no identity if you were not someone's lover? |
| — | — | 25. Do you find yourself flirting or sexualizing with someone even if you do not mean to? |
| — | — | 26. Does your sexual and/or romantic behavior affect your reputation? |
| — | — | 27. Do you have sex and/or "relationships" to try to deal with, or escape from, life's problems? |
| — | — | 28. Do you feel uncomfortable about your masturbation because of the frequency with which you masturbate, the fantasies you engage in, the props you use, and/or the places in which you do it? |
| — | — | 29. Do you engage in the practices of voyeurism, exhibitionism, etc., in ways that bring discomfort and pain? |
| — | — | 30. Do you find yourself needing greater and greater variety and energy in your sexual or romantic activities just to achieve an "acceptable" level of physical and emotional relief? |
| — | — | 31. Do you need to have sex, or "fall in love," in order to feel like a "real man" or a "real woman"? |
| — | — | 32. Do you feel that your sexual and romantic behavior is about as rewarding as hijacking a revolving door? Are you jaded? |
| — | — | 33. Are you unable to concentrate on other areas of your life because of thoughts or feelings you are having about another person or about sex? |
| — | — | 34. Do you find yourself obsessing about a specific person or sexual act even though these thoughts bring pain, craving or discomfort? |



Yes No

- | | | | |
|---|---|-----|--|
| — | — | 35. | Have you ever wished you could stop or control your sexual and romantic activities for a given period of time? Have you ever wished you could be less emotionally dependent? |
| — | — | 36. | Do you find the pain in your life increasing no matter what you do? Are you afraid that deep down you are unacceptable? |
| — | — | 37. | Do you feel that you lack dignity and wholeness? |
| — | — | 38. | Do you feel that your sexual and/or romantic life affects your spiritual life in a negative way? |
| — | — | 39. | Do you feel that your life is unmanageable because of your sexual and/or romantic behavior or your excessive dependency needs? |
| — | — | 40. | Have you ever thought that there might be more you could do with your life if you were not so driven by sexual and romantic pursuits? |

What can you do?

If reading through these questions has brought home to you the fact that your sexual activity, romantic behavior, or emotional involvements may be suspect, what now?

First of all, rest assured that you are not alone - that many of us have lived out addictive patterns highlighted by these questions, and have found recovery through Sex and Love Addicts Anonymous. If there are regular S.L.A.A. meetings in your area, attendance at these meetings will bring you into contact with recovering sex and love addicts.

In the event that you know of no such meetings, we encourage you to visit the S.L.A.A. website meeting directory at: <http://www.slaafws.org/meetings>.

Above all, know that recovery is possible, and that a path to recovery does exist which can be shared.



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.

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TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted that we were powerless over alcohol—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 alcoholics, and to practice these principles in all our affairs.



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.



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TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS

1. Our common welfare should come first; personal recovery depends upon A.A. unity. 2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for A.A. membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. 5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every A.A. group ought be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the 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, and films. 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



Notes



Notes



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Available from:

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San Antonio, TX 78209 U.S.A.

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