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still suffers. Every amount helps.

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Pocket Toolkit You Are Not Alone

Intergroup/Group Information

Sex and Love Addicts Anonymous



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Conference-approved literature*

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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

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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THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted 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, 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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THE 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 to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever non-professional, 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.

The Serenity Prayer

*God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.*

Characteristics Of Sex And Love Addiction

- 1 Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them
- 2 Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves, and God
- 3 Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time
- 4 We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued
- 5 We feel empty and incomplete when we are alone Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts

- 6 We sexualize stress, guilt, loneliness, anger, shame, fear and envy We use sex or emotional dependence as substitutes for nurturing, care, and support
- 7 We use sex and emotional involvement to manipulate and control others
- 8 We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies
- 9 We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable
- 10 We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities
- 11 To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery
- 12 We assign magical qualities to others We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations

What Suggestions Does S.L.A.A. Give Newcomers?

From S L A A 's experience, those who are recovering from sex and love addiction suggest that you:

- A Define your bottom-line behavior
Start now and add to it later if necessary
- B Don't act out - just for today, this hour,
this moment - no matter what! IT
WILL PASS
- C Attend S L A A meetings regularly
Other meetings of 12-Step-oriented
fellowships may also be helpful
- D Join or start an S L A A group
- E Get active in an S L A A group and in
S L A A as a whole

- F Seek out the people in S L A A who have successfully stayed sober for some time and establish relationships with these individuals based on mutual sharing of experience, strength and hope
 - G Get a sponsor or talk to an S L A A person on a frequent basis during the withdrawal period
 - H Ask for help from a Power greater than yourself on a daily basis, regardless of your belief or disbelief
-
- 1 Set aside a time of prayer each morning and ask “Help me to stay away from _____ for today”
 - 2 Set aside a time of thanks each night and express gratitude for the help received by saying “Thank you ”

Tools for the Newcomer

- Meeting list for meetings in the area
- Names and phone numbers of sober S L A A members
- Pamphlets
- *Sex and Love Addicts Anonymous*, the basic text of S L A A
- Conference-approved literature and tapes
- *the Journal*, the bi-monthly magazine of S L A A
- Sponsor
- Prayer and meditation
- Study of the Twelve Steps
- Self-defined bottom-lines

➤ Personal journal

➤ Slogans:

Progress, not Perfection

Take What You Like and Leave the Rest

Let Go, Let God

Keep it Simple

Easy Does It

First Things First

One Day at a Time

Principles, not Personalities

*H.A.L.T.: Don't get too Hungry, Angry,
Lonely, or Tired*

Honesty, Openness, Willingness (H.O.W.)

You are Not Alone

Keep Coming Back -- It Works!

[illegible]

[illegible]

[illegible]

Withdrawal Survival Kit

The following list of tools, slogans and suggestions may be helpful if you are feeling the discomfort of withdrawal from sex and love addiction. Note: these are suggestions only; they may not necessarily be appropriate for each situation. Find what works for you, and use it!

- Just for Today
- This Too Shall Pass
- God is doing for us what we could not do for ourselves
- Don't act out, no matter what!
- Maintain a simple, structured daily schedule
- Don't isolate. Call safe program members
- Call your sponsor. Get phone numbers of other safe program members; keep the list handy, and make the calls
- Stay away from people, places or activities that trigger you

- Ask safe program people to call you If you do slip, don't give up Start over Renew your commitment to recovery
- Attend 30 meetings in 30 days
- Seek help from a therapist
- Throw out whatever will tempt you to act out: magazines, videos, "contact" names, photos, letters, etc If you can't throw it away, entrust it to your sponsor or another program member to hold on to it for you
- Go for a walk or bike ride – in a safe place
- Change your energy – calm down, or get moving
- Write in your journal Prepare a written First Step
- Get to a meeting If an S L A A meeting is not available, consider attending an open meeting of Alcoholics Anonymous, AlA-non, Overeaters Anonymous, or another 12-Step program

- Don't be afraid to say "No" Remember, you have the right to set boundaries in the interest of your own recovery
- Read Chapter Five ("Withdrawal") in the basic text, *Sex and Love Addicts Anonymous*.
- In unavoidable slippery situations, ask for help from a Program member
- Take care not to switch addictions – watch out for compulsive eating, drinking, spending, gambling, drugging, etc
- Take a new route to work/school/home
- Go to a place of worship, e g, church, synagogue, etc
- Pray; meditate; maintain conscious contact with your Higher Power
- Avoid inappropriate media – TV, movies, videos, magazines, music, novels, etc
- Buy yourself some flowers; send yourself a card
- Spend time with safe family members and friends
- Talk to your Higher Power about it first

- Find a safe place/person where you can cry, rage, grieve Avoid stuffing your feelings
- Remember that feelings aren't facts – you won't die from them
- Stay away from “old haunts”
- Don't act out on auxiliary behaviors (If pornography is your addiction, don't go pick someone up in a bar, etc)
- Don't go back to “try to make it work” one more time Wait until you're through withdrawal to consider reconciliation

Most of all, don't despair!
Withdrawal doesn't last forever!
Remember – You are not alone!

Signs of Recovery

- 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

The Blessings

(Excerpts taken from the text,
Sex and Love Addicts Anonymous)

- We came to find intimacy with ourselves, intimacy with God, and then intimacy with others
- In domestic partnerships we discovered a whole new experience of sexuality as a non-addictive medium
- In relationships with others we let go of self-serving power and prestige as driving motives
- Careers that had been exploited mainly for material security at the expense of self-fulfillment no longer appealed to us
- Our usefulness as channels for healing was a direct result of our experiences in sickness, as well as in recovery
- We discovered that we could continue to affirm our recovery by working with other sex and love addicts
- We discovered that the source of love, which was of God, had begun to flow from within us

