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# SUGGESTIONS FOR NEWCOMERS

Sex and Love Addicts  
Anonymous



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

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## ***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 men and women 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, 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.

## ***How Can I Tell if I Am a Sex and Love Addict?***

Only you can tell if you are powerless over sex and 'love' and if it has affected you physically, mentally, emotionally and spiritually. At first it was hard for many of us to admit to it. A few, however, despite considerable obstacles, finally managed to accept the fact they were sex and love addicts. They were able to turn to a Higher Power and a program of recovery. They found that the pain of surrender turned out to be less than the pain of staying involved with their obsessive/compulsive sexual / emotional patterns.



These suggestions may help you to discover if you are powerless over sex and love addiction, and ready to make a start toward recovery:

- A. Attend a number of S.L.A.A. meetings in a condensed period of time, then decide whether you need help yet.
- B. While attending meetings and talking with other members, try to identify with the feelings being expressed. Don't compare your story with theirs.
- C. Obtain S.L.A.A. literature and read it between meetings. The pamphlet *Sex and Love Addiction: 40 Questions for Self-Diagnosis* helped many of us to evaluate our sexual activities, romantic behaviors, and emotional involvement.
- D. Try giving up one of your troublesome behaviors for 30 days and see how you feel about it. If you can't do it alone, we can help you.

## ***What Suggestions Does S.L.A.A. Give New Members?***

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.* Bottom-line behavior is any sexual or emotional act which, once engaged in, leads to loss of control over rate, frequency, or duration of its recurrence, resulting in worsening self-destructive consequences. Each person defines his/her own bottom-line behavior. Staying away from this behavior defines your sobriety. Start now, today. Don't wait for the perfect definition of bottom-line behavior. With the help of your sponsor or others in S.L.A.A., you can amend it later, if necessary, as you become more aware of what your acting-out pattern has been.



- B. Don't act out—just for today, this hour, this moment—no matter what! Substitute other behaviors for acting out. Ask for help, make a phone call to your sponsor or another member of the fellowship, read some S.L.A.A. literature, write your feelings/thoughts in a journal, go to a meeting—any 12-Step fellowship meeting, if necessary. Remember, if you wait out the urge, it will pass. That we promise you. IT WILL PASS.
- C. Ask for help on a daily basis. If you haven't yet come to believe in a Power greater than yourself, then ACT AS IF:
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."
- D. Attend S.L.A.A. meetings regularly. Go to as many as you can. Other 12-Step meetings can also be utilized to give us hope for recovery and to learn about addiction in general. Use these meetings between the S.L.A.A. meetings.
- E. Join a group. Many of us go to a lot of meetings and feel that we can share at each meeting. It is important however that we officially join one group where we have a commitment to attend and will be missed if we don't.
- F. Get active in your group and in S.L.A.A. Each person is wanted and needed in each group and in S.L.A.A. as a whole. If we are willing, it will become obvious to us where we can be of help at both levels. It has been proven that mental / emotional sobrieties have been tested and strengthened by active involvement in the fellowship of S.L.A.A. We round out our recovery when we make a commitment and become involved on a more personal basis.



- G. Get a sponsor or talk to an S.L.A.A. person on a daily basis for your withdrawal period. We are as “sick as our secrets” and when we share our feelings, hopes, thoughts, fears, behaviors, and discouragement with another person, we are diffusing the power that the addiction has over us; we are bringing to light the many ways that we are “sick” and only then can we patiently, persistently work on these distorted thoughts and emotions. There are several types of relationships that we might want to cultivate in S.L.A.A. In doing so we will be living in the moment of the mental/emotional patterns which will come to replace our old addictive ones. S.L.A.A. relationships become a testing ground, a laboratory for trying out our new way of life.
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### **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, 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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#### 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.





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## **BOOKS**

*Sex and Love Addicts Anonymous: Basic Text*

*A State of Grace: Daily Meditations*

## **WORKBOOKS**

*The Step Questions Workbook*

***For a full list of available S.L.A.A.  
literature, visit our website at:***

