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# MEASURING PROGRESS

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 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.



## Measuring Progress

*“Even our failures to make noticeable headway on some troublesome defects could be used for spiritual nourishment. ... We saw that we were learning how to accept progress, rather than perfection! If we could not always be proud of the results of our efforts to change, at least we had earned the right to respect ourselves for the efforts themselves.”*

— S.L.A.A. Basic Text, Page 89

Working a program to recover from our addiction is a life-long journey. During our journey, it is helpful to gauge how far we have traveled and how we are doing at any moment. Above all, we need to be able to recognize and acknowledge our progress, especially when we are making the crucial adjustments to return to the path of sanity after losing our way.

The steps of our journey can seem slow and incremental. Many times we dwell on the stretches of our path where we stumbled and often do not see the steps forward that we are making. We can easily become discouraged when we have difficulty seeing our progress. We have to realize that progress can be, after all, a learning process of trial and error. We understand that our realistic goal is progress rather than perfection. The purpose of this pamphlet is to help us see all those areas in which we are making progress. Realizing that we are actually making progress can give us hope for our recovery, whether we are new, returning or in long-term sobriety.

In this pamphlet, we provide measures that help us realize, despite our setbacks at times, how the program has brought a new quality of recovery to our lives. It offers a number of ways for us to view our progress over time in distinct and measurable ways. This is not a complete list and we encourage you to consider and add your own measures of progress. Remember that the signs of progress will be different for each of us, so please do not interpret these benchmarks as requirements for a perfect program.

For some, this pamphlet is primarily an educational tool, broadening the reader's view of their whole person. Others use it as a worksheet for



self-acknowledgement—a way of affirming their growth, penciling in reflections that later are shared with a sponsor, a mentor, a recovery partner or in a meeting. Members who have worked Steps 1-12 may find it useful to continue written work with a sponsor. Still others place it in a handy location as an affirmation tool, a reminder to stay in touch with the broader picture rather than obsessing over the last mistake.

## ***Qualitative Measures***

Qualitative measures describe the general improvement in the quality of our lives in recovery.

**Affirming How We Positively Handle Life**—how we are constructively creating a more sober, serene life.

- Nurturing our recovery with the Measuring Progress pamphlet.
- Being able to define for ourselves what is healthy sexuality and a healthy relationship.
- Creating top-line behaviors and realizing results from engaging in those positive behaviors.
- Regularly assessing our bottom and top lines with the help of our sponsor.
- Starting to ask others to help us through our challenges.
- Viewing change as part of our spiritual growth.
- Starting to rely on a Higher Power to help guide us through life (Step 3).
- Learning to distinguish what we can and cannot change.
- Accepting reality rather than trying to force it to conform to a fantasy.
- Learning to bring balance into our lives.
- Approaching our commitments without fear of failure.

**Affirming How We Address Related Addictions**—personal progress with other addictions and compulsions.

- Recognizing and/or acknowledging the inappropriate use of other substances or behaviors to help us escape from the present.



- Being able to understand when a normal activity, taken too far, is starting to feel unhealthy.
- Recognizing unmanageability in other areas of our lives (Step 1).
- Making the decision to discuss with our sponsor and/or recovery partners unhealthy behaviors not generally discussed in our meetings.
- Taking action regarding addictions that may not be addressed within S.L.A.A.
- Asking our Higher Power to help with all our struggles.

**Affirming Our Ability to Clean Up Character Defects**—personal progress in improving our characters.

- Practicing honesty.
- Practicing humility (Step 7).
- Being able to recognize and admit how our behavior is driven by our character defects (Step 6).
- Remembering things in the past and being able to admit how we have wronged others (Steps 4 and 5).
- Reacting to situations more appropriately than we would have in the past.
- Our darkest secrets are no longer our own burden.

**Affirming Our Ability to Clean Up the Past**—personal progress in healing from past wounds and striving to correct harm done to others.

- Recognizing how our pride, anger, fear, resentment and selfishness affected others and ourselves in the past.
- Being able to recognize when we act out of pride, anger, fear, resentment and selfishness.
- Being able to recognize our past mistakes and trying not to repeat them.
- Taking responsibility for our actions becomes easier.
- Becoming more comfortable with admitting our wrongdoings (Steps 9 and 10).
- Becoming less resistant to making amends to people we have harmed (Step 8).



**Affirming Signs of Growing Self-Esteem**—addressing inappropriate shame and guilt.

- Having gratitude for our life as it is today.
- Advocating for ourselves.
- No longer beating ourselves up.
- Replacing feelings of self-loathing with an appreciation of self.
- Learning to forgive ourselves and others.
- Being able to be with ourselves in solitude with a degree of comfort.
- Being able to accept a compliment or kind word.
- Gaining a realistic view of ourselves as neither the best nor worst person in the world.
- Being able to see the better qualities (or good) in others.
- Growing to know that we are valuable members of our recovery group and society.
- Developing a feeling of belonging.
- Being able to recognize and acknowledge our accomplishments.
- Giving ourselves credit for our efforts, even if the results are less than we had hoped.
- Acknowledging our success in not repeating some bottom-line behaviors, even if one or more bottom-line behaviors continue to be problematic.

**Affirming Our Spirituality**—relying upon a Power greater than ourselves.

- Improving our relationship with our Higher Power.
- Becoming more able to accept that other people's actions and feelings are beyond our control.
- More readily recognizing that our experiences and lessons are more important than getting what we want.
- Becoming open to accepting the unexpected turns in our life.
- Practicing acceptance when situations don't go our way.
- More easily sensing we are being guided by our Higher Power.
- Trusting that our Higher Power is using our personal struggles for a greater good.
- Finding ourselves obsessing and worrying less about life situations.



- Feeling a connectedness to our own lives.
- Finding that we can surrender our powerlessness over to our Higher Power (Step 2).
- Increasing our ability to view people and situations with compassion and acceptance.
- Bringing serenity and acceptance into our lives through prayer and meditation.
- Finding that we are receiving support from outside ourselves to more fully engage in life.

**Affirming Our Improved Relationships**—relating appropriately to others and our community.

- Improving relationships with our friends, family, other S.L.A.A. members and coworkers.
- Being present for other people.
- Respecting other people's boundaries and enforcing our own.
- Accepting people for who they are.
- Being honest with our sponsors, with sponsees, at meetings and with other recovery partners.
- Sharing our lives in recovery by being of service to our community (Step 12).
- Being able to stay true to ourselves rather than changing to fit in or please others.
- Being willing to be vulnerable as we express our thoughts and feelings to others.
- Being able to interact with people we find attractive without an ulterior motive.
- Becoming more willing to socialize with people and isolate less.
- Becoming more willing to initiate social activities or take the risk of engaging in a friendship.
- Accepting others as our peers, not as objects of fantasy, potential partners or competitors.
- Becoming more comfortable with making amends.

**Affirming Our Emotional Stability**—growing in emotional maturity.

- Learning to express our emotions appropriately.
- Being able to share our feelings with sponsors and/or mentors.
- Becoming able to identify, understand and feel our emotions.
- Learning that emotions are temporary; that "This Too Shall Pass."





- Having emotions that are appropriate to the situation.
- Valuing serenity more than anxiety or drama.
- Experiencing anger, when appropriate, rather than rage.
- Being less likely to allow others control over our emotions.
- Not needing to always be right.
- Appreciating and enjoying life without needing extreme emotional peaks.
- Having a sense of serenity even when life is challenging or difficult.
- Using prayer and meditation to help lower anxiety.

**Gentleness Reminder:** As you measure your progress using this pamphlet, remember that we strive for progress and not perfection.

## ***Quantitative Measures***

Quantitative measures allow us to view our recovery in measurable lengths of time and/or effort, which are expressed as numbers.

**Living One Day at a Time**—how well did I work my recovery today?

- \_\_\_ Percentage of time I was sober today.
- \_\_\_ Amount of time spent journaling today.
- \_\_\_ Amount of time spent in prayer and meditation today.
- \_\_\_ Amount of time spent working the Steps today.
- \_\_\_ Amount of time spent in a meeting today?
- \_\_\_ Number of pages of recovery literature read today.
- \_\_\_ Number of telephone calls and messages to recovery partners today.
- \_\_\_ Amount of time before making amends, if needed, for my shortcomings today.
- \_\_\_ Amount of time spent in service work today.

**Affirming Measurements of Sobriety**—evaluating the time frames in which we engage in spiritually based behaviors that connect us to ourselves and others, while refraining from our most destructive



behaviors.

- Amount of time I am devoting to top-line behaviors.
- Reduced amount of time spent in unproductive isolation.
- Number of hours or days spent feeling present in my life and/or relationships.
- Number of times I am able to concentrate on what someone was saying to me in conversation.
- Percentage of time in a meeting in which I am able to concentrate on what is being shared.
- Amount of time at work in which I am able to concentrate on my responsibilities.
- Amount of minutes or hours in the day that I do not spend in fantasy, isolation, intrigue or obsession.
- Amount of time I have been able to successfully refrain from each of my individual bottom-line behaviors.
- Number of days, weeks, months or years I have been able to refrain from all of my bottom-line behaviors.
- Number of sober days versus non-sober days in the past week, month or year.

**Affirming Our Serenity**—counting the moments we felt calm, tranquil, unburdened and close to our Higher Power.

- Over the past week or month, how many days were filled with serenity more than obsession and/or isolation?
- Amount of time free of obsession today.
- Amount of time feeling present in life today.
- Amount of time feeling relaxed versus stressed today.
- Amount of time spent feeling accepted in the company of others.
- Amount of time taken to inventory how I take responsibility for my actions today.
- Amount of time spent thinking of how I hang on to people, places, or situations which cause me distress today.
- Amount of time spent nurturing resentments today.



- Amount of time spent in solitude, prayer, meditation or feeling comfortable with myself.
- Amount of time dwelling on the things that trigger me.
- Amount of time spent in balance, neither trying to over-control nor feeling out of control.

**Affirming Our Ability to Try Again**—continuing our efforts to regain sobriety.

- Amount of time it takes to get back to the program after a slip or relapse.
- Amount of time before being honest about a slip or relapse.
- Number of bottom-line behaviors crossed before getting back to recovery.
- Length of time absent from the program before returning.
- Amount of time after a slip or relapse until I feel sober again.
- Amount of time reflecting about what I learned from the slip or relapse.
- Number of additions to our bottom line because of actions that led to my last relapse.

**Affirming How We Use the Tools**—progress in using the tools that help us get better.

- Amount of time spent in prayer and meditation daily.
- Number of consecutive days in which I prayed and meditated.
- Number of meetings attended per week or per month.
- Amount of time in the past week or month working the Steps.
- Number of program calls per day or per week.
- Number of S.L.A.A. members I regularly contact for help.
- Number of days in which I write in my personal journal.
- In the past week or month, how many times did I talk to my sponsors?
- In the past week or month, how many times did I read from the S.L.A.A. Basic Text?
- How many times have I read an S.L.A.A. pamphlet recently?



- How much time have I spent listening to S.L.A.A. recovery media?
- How often do I attend a Step meeting or suggest a Step as a topic?
- How often do I suggest, as discussion topics, issues with which I currently struggle?
- How often do I re-examine my bottom lines?
- How often do I refer to the Traditions for guidance?

**Affirming Our Service**—adding up our time in service to the fellowship. (Please remember that in recovery the overall goal is balance and that this applies to the amount of time we devote to service as well.)

- Number of times I have participated in our local Intergroup in the past three or six months.
- Length of time spent in my current service commitment.
- Number of times I have volunteered to chair a meeting or share my story.
- Number of times this month I have created service opportunities by reaching out when I am struggling.
- How much time this month have I spent with sponsees?
- Number of times in the past six months that I have attended my home group's business meeting?
- How often have I volunteered to arrive early to setup for a meeting or clean up afterwards?
- How often have I volunteered for service when I am able?
- How often have I encouraged the service of others by respecting the "Spirit of Rotation?"
- How often have I made announcements in meetings on S.L.A.A.-related events or opportunities?

Recovery is a journey that is more about how we travel the road rather than about reaching a destination. Reviewing our past to measure progress is like taking a look at road signs while driving. The signs do not tell us who we are; they just make us better-informed travelers.



Measuring progress is about recognizing where we are along the road of recovery. Our journey is one of hills and valleys. The hills of our successes offer us wonderful views. However, success is not a lasting destination; nor is getting lost in the valleys of our struggles an excuse to give up on our journey.

As we measure our progress, our past and present collide. We review what we have done over the last year, month, week or day. We contemplate our previous experiences and actions, turning our past into a rear-view mirror perspective of our progress in recovery. We fully acknowledge both our successes and struggles, understanding that the sum of our experiences orients us to where we are in recovery today.

In continuing to measure our progress we find that the program is indeed working in our lives and, in spite of occasional setbacks, we are encouraged by realizing that we are growing in sobriety. We move forward in our recovery one day at a time.

### ***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 understand 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 on 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 nonprofessional, but our service centers may employ special workers.
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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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