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RENEWAL OF SOBRIETY

A worksheet for S.L.A.A. members who have
had a “slip” or those who are struggling
to maintain their Bottom Lines.

Sex and Love Addicts
Anonymous



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

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A slip is a break in our continuous sobriety. It means we have acted out on a bottom-line addictive behavior.

A slip may mean that we are not getting enough support. Perhaps we have moved away from partnership with our Higher Power. Perhaps we have tried to retake control over our own lives. We may have stopped attending meetings on a regular basis, or lost contact with a sponsor or other members of the fellowship.

Often, admitting a slip while sharing or “getting current” at a meeting may not be enough to put us solidly back on the road to sobriety. In order to regain our sobriety, we have found it necessary to surrender, ask for help, and commit once again to abstinence from bottom-line addictive behaviors.

After slipping, we can renew our sobriety through specific actions that help us return to our program of recovery. We begin that process by moving away from the problem and by refocusing our attention on the solution. We may find it helpful to review the first three Steps: to look at the unmanageability of our addiction, to see that there is hope, and to turn to our Higher Power for help.

For many of us in S.L.A.A. the road to recovery is not a smooth one. We struggle. Sometimes we slip. A slip can be a reminder of our powerlessness over our sex and love addiction. A slip can also motivate us to work the 12 Steps.

If we slip, it is suggested that we begin a new period of sobriety with the help of our Higher Power and our sponsor.

Together we approach our program of recovery beginning with Steps 1, 2 and 3. Remember, you are not alone.

Step 1: We admitted we were powerless over sex and love addiction—that our lives had become unmanageable.

“One by one such things as satisfaction in our work, friends and social activities dropped away as we found more and more of our time and our thoughts absorbed by [our addiction].”

(S.L.A.A. Basic Text, p. 69)



The consequences of our acting out may inspire in us a willingness to reconsider our personal powerlessness, and help us recognize the insanity of our addiction.

The following inventory can be used to examine the consequences of our acting out. We recommend that this tool be filled out with your sponsor or another trusted member of the fellowship. Getting the details down on paper helps us to practice rigorous honesty. Sharing it with a sponsor or friends in recovery may help break through our denial and shame. It is possible that some of these questions do not apply to you or your situation. We simply suggest that you respond to these questions as honestly as you can.

“... surrender to the impossibility of control is the beginning of recovery.”

(S.L.A.A. Basic Text, p. 70)

Consequences Inventory

To Start: What addictive behavior(s) did I act out? What bottom line(s) did I break? How did I act out? At this moment, how serious does this slip seem to be?

Time: How many hours/day did I spend acting out?_____ Did I spend time in accessory behaviors (see S.L.A.A. Basic Text, p. 108)?_____ Did I miss appointments or break commitments?_____



Money: How much did I spend?_____What other financial consequences have occurred, or could still occur, as a result of my acting out? What is my time worth (to me)?

Health: Did I engage in behaviors that could have physical or life-threatening consequences?____Did I have unprotected sex?____What are possible health consequences: HIV/AIDS?____Hepatitis?____ Another sexually transmitted disease (STD)?____ Pregnancy?____ Severe fatigue?____ Depression?____ Other?____ Be specific:

Legal: Did I break any laws?____ What laws?____ Was I observed?____ Was I arrested?____ Am I afraid of being arrested?____Did I ALMOST break the law?____ Where will my continued acting out lead me?

Victims: Did I harm, offend, frighten, or upset anyone (whether they know it or not)? Whom? How? Did I victimize myself? How?



Relationships: Are others affected by this slip? (spouse/partner, children, other family members, neighbors, friends, co-workers, strangers, community, self?) How? Time_____ Money_____ Feelings_____ Health_____ Spirituality_____ Serenity_____ Sanity_____ Trust_____ Other:_____ Be specific.

Does this slip affect my ability to form healthier relationships or deepen existing relationships? How?

Career/Community Position: Has this slip affected my position/standing (embarrassment, possible investigation, discipline, termination)?

What harm might this slip lead to?

Feelings/Emotions: What am I feeling about this slip? Guilt (I did something bad), shame (I am bad), fear, anger, resentment, loneliness, pain, sadness, joy, gratitude, etc.?

Who would I be ashamed to tell about this slip?



Integrity: Am I living a lie?____ Living in secrecy?____ Living in fear?____ Living in resentment?____ Compartmentalizing my life?____ Is this slip outside my personal moral standards of behavior?____
How?

Self Esteem: Am I punishing myself?____ Do I feel disappointed/let down?____ Worthless?____ Rejected?____ Suicidal?____ Have I made suicide plans?____ Other?____

Avoidance Behaviors: As a result of this slip, am I avoiding others?____ Am I avoiding life?____ Am I withdrawn?____

What am I compulsively doing to avoid intimacy (e.g., sleeping, eating, exercising, reading, using the computer, working, drinking, minding other people's business, other)? Am I avoiding trusting or committing? Am I avoiding taking action?



Spirituality: Do I feel separated or distant from my Higher Power?_____ Have I shut out my Higher Power?_____ Am I ashamed or afraid?_____ Am I unable to pray?_____ Do I make myself my own Higher Power? Be specific:

How have I tried to control my addiction?

Has it worked?

To Close: What have I learned about myself by completing this inventory?

An honest look at our acting out and at the consequences of sex and love addiction helped us realize that we were powerless over the disease. It helped us admit that we could not successfully manage our own lives. Despite our best efforts at controlling our circumstances, we saw our lives being destroyed. Unable to control our urges to act out, our fears of true intimacy, and our deluded thinking, we were indeed powerless.

“In the stark recognition of our profound frailty, we experienced the need to find a Power greater than ourselves ...”

(S.L.A.A. Basic Text, p. 75)

We began to see that, despite our best efforts and intentions, we experienced our disease as insanity. We had tried many times on our own to control our behavior, but we found we could not. By our own hand, under our own guidance and power, we were



lost and trapped in the tangle of addiction and could not escape. What could we do? How were we ever to free ourselves from the addiction? We began to find our answers in Step 2.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Our belief in a Higher Power is the part of the solution that works for us in S.L.A.A. There is hope. Many of us who have struggled with slipping have often stepped back on the road to recovery through reaffirmation of our faith in God.

At the point when we admit that we can't do it on our own, we open ourselves to the Power that can do for us what we cannot do for ourselves. We found that:

“The possibility of finding some form of faith, based not on any specific conception of ‘God’ but rather on a need to find such faith, was the beginning of spiritual healing.”

(S.L.A.A. Basic Text, p. 75)

Some of us choose to call our Higher Power “God.” Some of us don't. We do not need to know who or what our Higher Power is. All we need now is the willingness to move forward.

Step 3: Made a decision to turn our will and our lives over to the care of God, as we understood God.

“... we would be better off turning ‘our will and our lives over’ to the God of our understanding, even if we did not know what might happen as a result. We made the decision to do this, however abstract the idea seemed.”

(S.L.A.A. Basic Text, p. 77)

In the privacy of our own hearts we surrendered to our personal concept of God. As often as necessary, we practiced letting go of our self-will. We asked our Higher Power for help in the morning to stay sober and expressed our gratitude at the



end of the day for the assistance we had received. We found that reliance on prayer was helpful. We found more spiritual guidance through the experience of other S.L.A.A. members.

The following is a list of suggestions that we have found useful in our recovery. Take what you like and leave the rest.

- Acknowledge your struggles. Don't keep them a secret. Talk about them. Admit them to your Higher Power and another human being.
- Call your sponsor or another S.L.A.A. member. Share your thoughts about the slip. If you don't have a sponsor, you can get one now, even if it's a temporary sponsor.
- Ask for and accept help. Remember —you are not alone.
- Accept the understanding and spiritual support of your recovery friends.
- Make program calls—as many as you need to in order to reach someone.
- Go to a meeting...then go to another one.
- Go to 90 meetings in 90 days.
- Remember you are powerless. Turn your will and your life over to your Higher Power. Surrender.
- Forgive yourself.
- Ask your Higher Power for the strength and courage to love and accept yourself exactly as you are right now.
- Check in with your sponsor or a friend in recovery before and after difficult events (also called “book-ending”).
- Take time for yourself—put recovery first.
- Read the Basic Text or other S.L.A.A. literature.
- Read each Step for 30 days. Understand what you have read before going to the next.
- Help a newcomer.
- Volunteer for S.L.A.A. service.
- Take a break from S.L.A.A. service.
- Re-examine whether you are doing “too much” for others.
- Make time for conscious contact with your Higher Power. Pray. Meditate.



- Stay away from triggering persons, places and things.
- H.A.L.T. Remember not to get too Hungry, Angry, Lonely, or Tired.
- Use slogans:
 - Keep it simple.
 - First things first.
 - Do the next right thing.
 - If you don't know what to do, do nothing.
 - Take things one day at a time.
 - Don't give up before the miracle happens.
- Make a list of your fears and give them to your Higher Power.
- Make a gratitude list.
- Recite the Serenity Prayer.
- Write about the slip.
- Write a new First Step.
- Remember the five major resources we draw on to counter the destructive consequences of sex and love addiction:
 - Sobriety
 - Sponsorship/Meetings
 - Steps
 - Service
 - Spiritually

Getting Back on Track

Many members of S.L.A.A. have found it useful to review the specific nature of a particular slip, and to create a positive plan to amend behavior so that we can avoid repeating it. To that end, we provide this next section, “Getting Back on Track.” We recommend that you fill out this section with your sponsor or another trusted member of the fellowship.

Am I willing to stop the acting out behavior? Am I willing to commit to abstinence from all my bottom-line behaviors?



Were there any available program tools or support that I chose not to use? When did I last attend a meeting?_____ When did I last speak with my sponsor?_____ Did I speak with someone in the program before I acted out?_____ Other?

Do I need to add to or change my list of bottom-line behaviors*, accessory behaviors**, or warning signs?

How? Be specific.

**See our Pamphlet "Setting Bottom Lines"*

***You can read about accessory behaviors in the S.L.A.A. Basic Text, p. 108.*

Who am I going to tell about this slip?

Sponsor_____ Sponsees_____ Group_____ Spouse/
Partner_____ Other family members_____

Therapist_____ Probation officer_____ Others_____

As a result of this slip, what other actions are needed to address problems of time, money, health, career, or legal issues?

Do I need to make amends for this slip?_____

To whom?

About what?

When?



Am I working the Steps with my sponsor?_____

What Step was I on just before I acted out?_____ Was I having difficulty with any particular Step when I had this slip?_____ Which Step(s) shall I work now?_____

Would I like someone to share the experience with me when I turn my will and my life over to the care of my Higher Power?

If so, who?

When?

Can I forgive myself and move forward with a positive plan of action?

Short Term Plan

for the next few days

Things I will avoid:

Things I will do:

I will check in with:_____

Day /Time_____



We hope that you have found this worksheet to be a useful tool in renewing your sobriety.

Remember that in S.L.A.A. we commit to sobriety moment by moment. Remember also that our recovery is about progress. None of us is perfect. Forgiving ourselves and returning to our program of recovery helps us affirm our desire to live healthy, sober lives. With the help of our Higher Power, our sponsor, program friends, and rigorous honesty, we can return to the road to recovery.

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.



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