

The Slip Questions

- 1) Using a dictionary, write down the definitions for each of the following words: life, spirit, spiritual, God, breathe, breathing, meditation, universe, peace, serenity, posture, discipline, prayer, love, hate, anger, sex, pride, resentment, jealousy, read, write, conscious mind, subconscious mind, hearing, speaking, cure, recover.
- 2) Why is it important that I think of myself first?
- 3) Write about the Serenity Prayer. What does it mean to you and how can it help you in your life?
- 4) Discuss the following slogans used in Fellowships: "Live and Let Live", "Easy Does it", "But for the Grace of God Go I", "Let Go and Let God", "One Step at a Time".
- 5) Write on the concept of, "Just for Today".
- 6) Discuss the amount of time you spend or have spent each day compulsively thinking about sex and relationships. What could you do better with this time?
- 7) List the things you want out of life. How many of these things are really important? Why?
- 8) What about your life would you like to change? How would you change it?
- 9) Count your blessings.
- 10) What would you lose by giving up the SLAA fellowship?
- 11) What do you fear? How many of these things are beyond your control?
- 12) Because you have a failure, you are not a failure. Write about this.
- 13) Discuss and reflect on the meaning of love.
- 14) Reverse a negative thought and write on it.
- 15) Discuss and reflect upon the importance of growing up.
- 16) By acting out to punish another, how am I only hurting myself?
- 17) Why don't I want to get well?
- 18) Read pp. 102-104 in, *Twelve Steps and Twelve Traditions*. Discuss and reflect upon the need for meditation.
- 19) Has the striving or drive for perfection been a realistic goal in my life? How has this helped or hindered me?
- 20) Discuss the dangers of your obsession as you see them - mental, physical and spiritual.
- 21) Can I afford to have my pre-program insanity back?
- 22) In what ways do I look for joy in my life?
- 23) Do I really listen when people talk to me? In what ways?
- 24) "H.A.L.T" stands for hungry, angry, lonely tired. Why is it important to call a halt when we are hungry, angry, lonely or tired?
- 25) Discuss and reflect upon the need for self-worth. List your good points.
- 26) What were my expectations yesterday? Am I realistic about them today?
- 27) How do others in the SLAA fellowship act as your mirror?
- 28) Choose a person to whom you should make amends. How did this amends make you feel?
- 29) Open *Sex and Love Addicts Anonymous*, SLAA's basic text, at random. What does it say? How

does it relate to your life today?

- 30) Think of a friend or a fellow you haven't seen in a while. Find their phone number and give them a call. Reflect and write on reaching out.
- 31) We can't love others until we love ourselves. How does this relate to our feelings today? Yesterday?
- 32) Boredom is a bar against learning. Discuss and reflect upon the idea that boredom is part of our disease.
- 33) What does self-awareness bring? Why would you want to remain ignorant?
- 34) How has depriving yourself played a part in your addiction?
- 35) Action is called a magic word. Why is this word important to you today?
- 36) Discuss and reflect upon the idea that we must keep things simple.
- 37) How many people do you fail when you fail yourself?
- 38) By keeping busy how do you avoid yourself? When did you last do this?
- 39) Read Step Six in, *Twelve Steps and Twelve Traditions*, page 68 particularly. How does the whole Step make you feel?
- 40) Write on what the advantages are when you have Bottom Line sobriety.
- 41) Write on procrastination and the self-sabotage behaviours that may result from procrastination. Give some examples.
- 42) Re-Read Step Three in *Sex and Love Addicts Anonymous*, SLAA's basic text, and/or in, *Twelve Steps and Twelve Traditions* and write on your feelings.
- 43) Write on what your spiritual rock-bottom was.
- 44) Write on what your physical rock-bottom was.
- 45) Write about what you think your Higher Power's concept of you is?
- 46) What does sex and love mean to you today? How does it affect you now?
- 47) How are compulsivity and your sex and love addiction connected?
- 48) Write on 'giving in' and why you do.
- 49) Write about how fear-based thinking has played a part in your acting in/out. Give some examples.
- 50) Write on your concept of a Higher Power.
- 51) Write on what the SLAA Fellowship means to you.
- 52) With whom are you sharing the load of your recovery?
- 53) When and how did you allow self-pity to rule your life?
- 54) How have you allowed false pride to defeat you?
- 55) Do you allow yourself to be vulnerable? Why/why not? Can you give some examples?
- 56) Read Step Seven in the *Twelve Steps and Twelve Traditions*. Write on humility.
- 57) Write on how defiance was a strong part of your life. Have you changed?
- 58) Have you allowed arrogance to play a large part in your life?
- 59) How is your need for control getting in the way of your recovery?
- 60) What changes did you see in yourself before you slipped?

- 61) Read page 268 from, “with trepidation” to page 269, “so I stayed in SLAA”, and then page 121 in *Sex and Love Addicts Anonymous*, SLAA’s basic text. Do meetings play an important part in your life?
- 62) Read Step Four in *Sex and Love Addicts Anonymous*, SLAA’s basic text. Have you allowed resentment to take over?
- 63) In our addiction, jealousy and envy played a large part in our lives. In what way can you find some sense of inner contentment through the program?
- 64) Make an inventory of the good things in your life.
- 65) What are the good things that you would like sobriety to bring? How well are you handling your problems today?
- 66) Are you trying too hard to work the program perfectly?
- 67) Read Chapter 2, “There is a Solution” of *Alcoholics Anonymous*, AA’s Big Book. What does being well look like to you?
- 68) Write on how you have used sex and relationships to face life.
- 69) Write on following God’s will.
- 70) Write a self-care “to do” list for the day ahead and ask God to help you stick to it. Put at least six things on your list.
- 71) What are your feelings today concerning God, sex and love?
- 72) What is your concept of happiness?
- 73) Discuss and reflect on the idea that making mistakes is part of life.
- 74) What will your life be like in 10 years’ time if you don’t work the SLAA Program of recovery?
- 75) Discuss and reflect on when you think you will have achieved success.
- 76) Discuss and reflect on the idea that everyone has faults.
- 77) Are you afraid of a healthier sex and love life? Discuss and reflect.
- 78) How do you feel if you do something you know to be wrong? Discuss and reflect.
- 79) Are patience and wisdom connected? Discuss and reflect.
- 80) *Sex and Love Addicts Anonymous*, SLAA’s Basic Text, (Step Eleven) describes how our Higher Power brings us “many a painful growth fostering situation”. Has this been your experience? Discuss and reflect using examples from your life.
- 81) Am I the master of my emotions? Discuss and reflect.
- 82) Discuss and reflect on how you would like things to be vs how things are.
- 83) *Alcoholics Anonymous*, AA’s Big Book, uses the word “we” 1,102 times in the first 154 pages. Why is it important we see SLAA as a “we” program? And what does the word “we” mean to you in this context?
- 84) Putting things off can actually make them harder to do. Discuss and reflect on this idea.
- 85) Discuss and reflect on how increased honesty has changed you as a person.
- 86) In the last 30 days what have you learnt about yourself in the context of your SLAA recovery?
- 87) If a thing is worth doing, it’s worth doing well. Discuss and reflect on this common saying.
- 88) Love and friendship are what bind the fellowship together. Discuss and reflect.

- 89) In recovery, moderation is a way of life. Discuss and reflect.
- 90) Anger combined with pride can cause us real difficulties. Discuss and reflect on this idea.
- 91) Discuss and reflect on what actions you should take when you are wrong and what actions you should take when you are right.
- 92) Sometimes it seems to be the little things that cause us the biggest problems and challenges Discuss and reflect on this idea.
- 93) Have you harmed yourself through your using? Discuss and reflect.
- 94) Can anger be used for good? Discuss and reflect.
- 95) What one thing would you change in the days preceding your slip?
- 96) Self-pity is harmful. Discuss and reflect.
- 97) Why are you so afraid of yourself? Discuss and reflect.
- 98) Tolerance and intolerance - what do these two words evoke for you?
- 99) Have I truly surrendered to the program?
- 100) How have slip questions helped support me in regaining my sobriety?

Common Misconceptions about SLAA HOW

- 1) **Myth:** If you slip three times your sponsor has to let you go.

This is not true. A sponsor may have this policy, but it is not a requirement of SLAA H.O.W.

- 2) **Myth:** If a sponsee is late with daily calls they are dropped as a sponsee.

This is not true. Learning about boundaries however is an important part of recovery and sponsor and sponsee will need to set acceptable boundaries and consequences between themselves.

- 3) **Myth:** No dating until Step Nine and/or that after Step Nine you have to start dating.

This is not true. It is for the sponsor and sponsee to work together to decide what action is required at what point and whether dating is appropriate taking into account whether addiction or anorexia is being tackled.

The purpose of abstaining from relationships for a period of time, whether addiction or anorexia is present, is to allow the sponsee time to develop a relationship with him/herself and God, to have this vital spiritual experience which is essential for recovery. This spiritual awakening is promised after Step Nine and reaffirmed in Step Twelve.

Rather than set a timeframe on dating, it might be more appropriate to ask if the sponsee feels they have had this vital spiritual experience and that the SLAA promises are coming true in their lives; if they feel a sense of personal wholeness from which they can relate to others. More about the dating decision is set out in the Relationship Top Lines section of this Guide.

- 4) **Myth:** You can't go on to Step Ten until all your amends from Step Nine are completed.

This is not true. How and when Step Nine amends are completed is for agreement between sponsor and sponsee.

- 5) **Myth:** Those working the SLAA HOW concept can't attend or share at a non-HOW meeting, and/or non-HOW fellows can't share at an SLAA HOW meeting.

Again, this is not true.

- 6) **Myth:** A sponsee must wait until Step Eleven to start the daily practice of prayer and meditation.

This is not true. In fact, in the HOW approach the sponsee is encouraged to begin this practice as soon as they commence the first "30 Questions."

- 7) **Myth:** A sponsee can't outreach to an old Sponsor for a set period of time. This is not true.

References

- ✓ *SLAA Sponsorship - A Return from Isolation*
- ✓ *Sex and Love Addicts Anonymous*, SLAA basic text
- ✓ *Alcoholics Anonymous*, AA's Big Book - usually 4th edition, some stories only in 3rd edition, marked in text when this is the case. Available here: <https://silkworth.net/> including Audiobook files.
- ✓ *AA Twelve Steps and Twelve Traditions*
- ✓ *SLAA Withdrawal* pamphlet
- ✓ *SLAA 40 Questions for Self-Diagnosis & Questions Beginners Ask*
- ✓ *What is Acting Out? What are Slips? Setting Bottom Lines; Setting Top Lines*
- ✓ *AA Came to Believe & As Bill Sees It*
- ✓ *SLAA HOW Concept and Tools*