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MEN'S MEETING

Begin on time

Welcome to the Men's SLAA HOW concept meeting. This is a hybrid meeting with men both here in the room and online through Zoom.

My name is _____ and I am a Sex and Love Addict. I am the leader for tonight's meeting.

We recognise all addicts who still suffer and all who join in this recovery journey – online and here.

We acknowledge the traditional owners and custodians of our country and respect and honour all elders past and present.

Let's begin with the **Serenity Prayer**: *(on the blue cards)*

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

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 SLAA membership is a desire to stop living out a pattern of sex and love addiction.

SLAA is supported entirely through the giving of its membership. It is free to all who need it.

We are united in a common focus: dealing with our addictive sexual and emotional behaviour.

We find a common denominator in our obsessive and compulsive patterns which renders any personal differences of sexual orientation or gender identity irrelevant.

We need to protect with special care the anonymity of every SLAA member.

This is a **closed meeting** of Sex and Love Addicts Anonymous, so only those with a desire to stop acting out a pattern of sex and love addiction may attend. We encourage all participants to look for the similarities rather than the differences.

Please do not take notes or record the meeting in any way. Please silence your mobile phones.

- Will someone please read **HOW IT WORKS?** Thank you.
- Is there anyone celebrating a significant milestone of sobriety? (30 days? 60 days? 90 days? 6 months? 1 year? ...)

In the Room: Make sure the milestone is acknowledged by a member giving them a token or medallion.

- Will someone please act as timer? Thank you.
 - Is there anyone to be stepped up?

[This portion of the meeting is known as stepping up. I ask the group to celebrate another miracle in SLAA.]

The sponsor is asked to introduce their sponsee who has 30 days of continuous sobriety. The sponsee has completed the first three steps and is ready to become a sponsor. *Or the sponsee has now completed the first five or all twelve steps.* Sponsor and sponsee share your experience for two minutes each.]

We welcome anyone who may be in their first six meetings.

- Is there anyone at this meeting for the first time?
- [Welcome! Please give us your first name only, so that we may get to know you.]

Would someone please read today's reading from *Answers in the Heart*? Thank you.

The reading is shared in our WhatsApp group.

I will now call speakers to share for **three minutes** with **one-minute** left to wind up.

Please focus on our **experience, strength and hope** and how we use the tools of the program.

This group has no sobriety requirement for sharing. It is okay to share on other matters to do with our sex and love addiction.

Please do not refer to other speakers, apps, venues, non-SLAA literature or therapists by name. We do not interrupt another man or cross talk by referencing another's share.

We will alternate between those in the room and those on Zoom.

In the interest of unity, we say our first name and identify as a **Sex and Love Addict**.

Call on members by name to share, beginning with those who did not share last week. Include both online and room participants...

_____ would you like to share?

Half-way through ...

- Will someone please read **THE HOW CONCEPT & TOOLS?**
Thank you.

Invite two men to share, beginning with those online:

- We now have time for **two men** who haven't shared to jump in and share.
- If you have a burning desire to share – the floor is now open for you.
- Is there someone online who would like to share?

Continue calling on members to share.

FINISH WITH A MAN WITH STRONG RECOVERY.

10 mins before end That's all we have time for now. If you didn't get the chance to share, please stay and share with another member after the meeting.

A sponsor is needed to work the SLAA HOW program. Will **sponsors** with thirty days sobriety **who are available to sponsor** please stand and identify yourself, your sobriety and what kind of sponsor you are.

[Wait for those online to identify]

[Newcomers are encouraged to approach a sponsor at the end of the meeting if they have any questions. We encourage newcomers to take or download a free **WELCOME PACK** and purchase literature rather than contribute.]

Thanks everyone for coming. The Seventh Tradition states that every SLAA group ought to be fully self-supporting. Money collected goes to rent for this venue of \$15 a week and other expenses. Please give generously to the baskets in the middle.

A group conscience is held after the meeting on the third Tuesday. *All are welcome to attend.*

On the last Tuesday we go for dinner after the meeting at Tropicana up the road. *All welcome.*

- Are there any SLAA-related announcements?
- Does anyone need a lift after the meeting?

I wish to thank those who shared today. Please remember our cherished tradition of anonymity (*say together on the yellow cards*):

**Whom you see here; what you hear here;
when you leave here: let it stay here.**

- Would someone please read **The 12 Promises, The 7 Blessings, or 12 Signs of Recovery**. Your choice.

[Please make newcomers welcome and answer any questions they may have.]

The opinions expressed here tonight are of those who shared and are not necessarily those of SLAA. Thank you to those who served and for allowing me to be your leader for this meeting.

All chairs and any other surfaces that were touched will need to be cleaned and sanitised before leaving tonight. Please help with the cleaning and pack-up.

To close, please stand while keeping distance and join in the closing **THIRD STEP PRAYER**.

SLAA HOW MEN'S MEDITATION & STEPS MEETING

(First week of the month)

Start on time!

Welcome to the SLAA HOW Men's Meditation and Steps meeting.

My name is _____ and I am a Sex and Love Addict. I am the leader for tonight's meeting.

We recognise all addicts who still suffer and all who join in this recovery journey – online and here.

We acknowledge the traditional owners and custodians of our country and respect and honour all elders past and present.

Let's say the **Serenity Prayer**: *(the blue cards)*

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

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 SLAA membership is a desire to stop living out a pattern of sex and love addiction.

SLAA is supported entirely through the contributions of its membership. It is free to all who need it.

SLAA is united in a common focus: dealing with our addictive sexual and emotional behaviour. We find a common denominator in our obsessive and compulsive patterns which renders any personal differences of sexual orientation or gender identity irrelevant.

We need to protect with special care the anonymity of every SLAA member.

This is a closed meeting of SLAA, so only those with a desire to stop acting out a pattern of sex and love addiction may attend.

We welcome anyone who may be in their first six meetings.

Please do not take notes or record the meeting in any way. Please silence your mobile phones.

This is a **meditation and steps meeting**.

To provide food for our meditation, we begin by taking turns reading one of the first three steps.

<p>In Jan / April / July / Oct: read Step 1 In Feb / May / August / Nov: read Step 2 In March / June / Sept / Dec: read Step 3</p>

The 11th step states that we:

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.

We begin our meeting with a **ten-minute period** of silent meditation for each of us to make contact with a God of our own understanding, in our own way. Relax; close your eyes; get comfortable and allow this space and silence to bring healing to your day.

SILENT MEDITATION – 10 MINUTES

Set 10 min timer. Conclude with a gentle tone / gong.

Gently open your eyes and return your body and spirit to the room and this space.

Is there anyone celebrating a significant **milestone of sobriety**? (30 days? 60 days? 90 days? 6 months? 1 year? ...)

Make sure the milestone is acknowledged by a member giving them a token or medallion.

- Will someone please act as timer?
Thank you.
- Is there anyone to be stepped up?

If/yes: This portion of the meeting is known as stepping up. Let us celebrate another miracle in SLAA. The sponsor is

asked to introduce their sponsee who has completed the first three steps and is ready to become a sponsor. [*Or the sponsee has now completed the first five or all twelve steps.*] Sponsor and sponsee share your experience for two minutes each.

I will now call speakers to share for **three minutes** with **one-minute** left to wind up.

Please focus on our **experience, strength and hope** and how we use the tools of the program.

This group has no sobriety requirement for sharing. It is okay to share on other matters to do with our sex and love addiction. Please do not refer to other speakers, apps, venues, non-SLAA literature or therapists by name. We do not interrupt another man or cross talk by referencing another's share.

We will alternate between those in the room and those on Zoom.

In the interest of unity, we say our first name and identify as a **Sex and Love Addict**.

[Call on members by name to share, beginning with those who did not share last week]

_____ would you like to share?

Half-way through ...

Is there anyone at this meeting for the first time?

IF YES: Welcome. Please give us your first name, so that we may get to know you.

You don't have to identify as a "Sex and Love Addict." If you wish, please tell us briefly why you came to SLAA today.

- Will someone please read **THE HOW CONCEPT & TOOLS** or **HOW IT WORKS**? Thank you.
-

*If there are more than 20 men present,
you may invite two men to share:*

- We now have time for **two men** who haven't shared to jump in and share.
 - If you have a burning desire to share – the floor is now open for you.
-

Continue calling on members to share.

FINISH WITH A MAN WITH STRONG RECOVERY.

10 mins before the end

Thanks for coming; that's all we have time for now. If you didn't share, please stay and share with another member after the meeting.

A sponsor is needed to work the SLAA HOW program. Will **sponsors** with thirty days sobriety **who are available to sponsor** please stand and identify yourself, your sobriety and what kind of sponsor you are. [Wait for those online.]

[Newcomers are encouraged to approach a sponsor at the end of the meeting if they have any questions. We encourage newcomers to take or download a **WELCOME PACK** and purchase literature rather than contribute.]

The **SEVENTH TRADITION** states that every SLAA group ought to be fully self-supporting. Money collected goes to rent for this venue of \$15 a week and other expenses. Please give generously. The account details are also available in our WhatsApp group description.

- Are there any SLAA-related announcements?
- Does anyone need a lift after the meeting?

Thanks everyone for coming. I wish to thank those who shared and served today.

Please remember our cherished tradition of anonymity *(on the yellow cards)*:

**Whom you see here; what you hear here;
when you leave here: let it stay here.**

- Would someone please read **The 12 Promises, The 7 Blessings, or The 12 Signs of Recovery**. Your choice.

[Please make newcomers welcome and answer any questions they may have.]

The opinions expressed here tonight are of those who shared and are not necessarily those of SLAA. Thank you

to those who served and for allowing me to be your leader for this meeting.

To close, please stand *while keeping distance* and join in the closing **THIRD STEP PRAYER**.

To the GOD of my understanding:

God, I offer myself to You,
to build with me
and to do with me
as You will.

Relieve me of the bondage of self,
that I may better do Your will.

Take away my difficulties,
that victory over them
may bear witness to those

I would help
of Your Power,

Your Love,
and Your Way of life.

May I do Your will always!

The HOW Concept & Tools

The Sex and Love Addicts Anonymous H.O.W. Concept has been formed to offer the sex & love addict who accepts the twelve steps and twelve traditions as a program of recovery a disciplined and structured approach. The SLAA H.O.W. groups have been formed in the belief that our disease is absolute and therefore only absolute acceptance of the H.O.W. programme will offer any sustained sobriety to those of us whose compulsion has reached a critical level.

Therefore, the H.O.W. defined bottom-line sobriety, the steps, traditions and tools of recovery are not suggested. Rather, we accept them as requirements for our recovery. We commit ourselves to a black & white sobriety so that we may deal with the grey areas of living.

In H.O.W. we have found that if we commit to using the tools of recovery daily our disease of sex and love addiction can be arrested one day at a time. Here are the tools as we work them according to the H.O.W. concept:

1. BOTTOM-LINE SOBRIETY

There are no absolutes for sobriety in SLAA, as individual patterns of sex and love addiction vary. Each sex & love addict works with a sponsor to identify their personal bottom lines. We become sober by daily abstaining from these behaviours. Negative thinking is a large part of our disease, so we're learning one day at a time to abstain from negative thinking.

2. LITERATURE AND WRITING

We use SLAA literature as well as the *AA Big Book* and the *12 Steps and 12 Traditions* as tools of examination and release. When we substitute the words "sex and love addict" for "alcoholic" and "sex and love" for "alcohol" we feel we identify absolutely.

3. MEETINGS

Attend three or more meetings per week. Meetings are dedicated to the concept of remaining **Honest, Open-minded** and **Willing** to listen... this is the **H.O.W.** of the programme.

4. TELEPHONE CALLS

Make four calls a day – one to our sponsor and three outreach calls to other SLAA members. The phone is like a lifeline: we need the contact. It can be like a mini-meeting. The sign-in sheet and chat function can be used to get numbers.

5. PRAYER AND MEDITATION

Our practice of daily prayer and meditation is to develop a relationship with a power greater than ourselves which can guide and sustain us in recovery. We ensure our continued and sustained abstinence from sex and love addiction by being forever aware that God is doing for us what we have never been able to do for ourselves.

6. SERVICE

This is freedom from the bondage of self. Service is working the tools of the programme to the best of our ability, giving back what we've been given. It's helping out at meetings – for example, setting up the room, welcoming newcomers and cleaning-up. Sobriety is a service to ourselves and the group.

7. SPONSORSHIP

A SLAA HOW sponsor is a sex and love addict who, thank God, has 30 days of continuous sobriety working the SLAA HOW concept and has taken at least the first three steps. In keeping with our second tradition, sponsors are but trusted servants - they do not govern. Available Sponsors will identify at the end of the meeting.

How it works

We invite you to join us in working the steps, and we encourage you to be rigorously honest from the outset. This is a simple program. Those of us who have suffered from grave emotional and mental disorders have noticed that we can recover if we are willing to be rigorously honest and work the steps.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have — and are willing to go to any lengths to get it — then we invite you to work the steps with us.

At some of these steps we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we encourage you to be fearless and thorough from the start. Some of us have tried to hold on to our old ideas and the result was nil, until we let go absolutely.

Remember that we deal with sex and love addiction, which is cunning, baffling and powerful. Without help, it is too much for us. But there is one who has all power. That one is God. May you find God now!

Half measures availed us nothing. We stood at a turning point and asked for God's protection and care with complete abandon. Here are the steps we took which we suggest as a programme of recovery:

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.

Many of us exclaimed, "What an order! I can't go through with it!" Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints.

The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim **spiritual progress** rather than *spiritual perfection*.

Our description of the sex and love addict, the chapter on the agnostic, and our personal adventures before and after, make clear three pertinent ideas:

- a. That we are sex and love addicts and cannot manage our own lives.
- b. That probably no human power could relieve our sex and love addiction.
- c. That God could and would if God were sought.

12 Characteristics of Sex & 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 sexualise 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 immobilised 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 idealise and pursue them, then blame them for not fulfilling our fantasies and expectations.

12 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 SLAA Blessings

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

The 12 Promises

If you have decided to follow the suggestions of this program, a new life will begin to unfold within you. Along with this new life are promises that will guide and sustain you. They are manifesting among us, sometimes quickly, sometimes slowly.

- 1. We will regain control of our lives.**
- 2. We will begin to feel dignity and respect for ourselves.**
- 3. The loneliness will subside, and we will begin to enjoy being alone.**
- 4. We will no longer be plagued by an unceasing sense of longing.**
- 5. In the company of family and friends, we will be with them in body and mind.**
- 6. We will pursue interests and activities that we desire for ourselves.**
- 7. Love will be a committed, thoughtful decision rather than a feeling by which we are overwhelmed.**
- 8. We will Love and Accept ourselves.**

9. We will relate to others from a state of wholeness.
10. We will extend ourselves to nurture our own spiritual growth and that of others.
11. We will make peace with our past and make amends to those we have harmed.
12. We will be thankful for what has been given us, what has been taken away and what has been left behind.

12 Steps of SLAA

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.

12 Traditions of SLAA

1. Our common welfare should come first; personal recovery depends upon SLAA 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 SLAA 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 SLAA group, provided that as a group they have no other affiliation.
4. Each group should be autonomous except in matters affecting other groups or SLAA 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. A SLAA group or SLAA as a whole ought to never endorse, finance, or lend the SLAA name to any related facility or outside enterprise, lest

problems of money, property, or prestige divert us from our primary purpose.

7. Every SLAA group ought to be fully self-supporting, declining outside contributions.
8. SLAA should remain forever nonprofessional, but our service centres may employ special workers.
9. SLAA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. SLAA has no opinion on outside issues; hence the SLAA 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 SLAA members.
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,
the courage to
change the things I can,
and the wisdom
to know the difference.

REMEMBER

**Whom you see here;
What you hear here;
When you leave here:
Let it stay here.**

The Third Step Prayer

TO THE GOD OF MY UNDERSTANDING:

God, I offer myself to You,
to build with me
and to do with me
as You will.

Relieve me of the bondage of self,
that I may better do Your will.

Take away my difficulties,
that victory over them
may bear witness to those
I would help
of Your Power,
Your Love,
and Your Way of life.

May I do Your will always!

**Thanks for sharing:
Keep coming back.
It works if you work it,
and you're worth it!**

Seventh Step Prayer

**My Creator,
I am now willing
that you should have all of me,
good and bad.**

**I pray that you now
remove from me
every single defect of character
which stands in the way
of my usefulness
to you and my fellows.**

**Grant me strength,
as I go out from here,
to do your bidding.
Amen.**

Eleventh Step Prayer (Prayer of St Francis)

*Lord, make me an
instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.*

*O Divine Master,
grant that I may not so much seek:
To be consoled as to console.
To be understood as to understand.
To be loved as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned.
It is in dying that we are born to eternal life.*