

WELCOME!



Meeting

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In this meeting:

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**Acknowledge another person *silently*:
wave at start;
thumbs up or a clap after their share**

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SLAA MEETING

Welcome to this SLAA HOW-concept meeting.

Please leave video on for the duration of the meeting. This helps everyone feel safer - we know who else is present. Please mute your microphone unless you are sharing.

Acknowledge another person *silently*: thumbs up, wave, clap...

My name is _____ and I am a Sex and Love Addict.
I am the chair for this meeting.

We begin with 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.*

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 welcome all who have a desire to stop acting out a pattern of sex and love addiction. 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 any devices that may disturb the meeting.

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How it works

- Will someone please read **HOW IT WORKS?** Read a paragraph or two; when you are finished, say “Pass” and let someone else continue.

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:

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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.

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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.

[end of How it Works]

The Chair continues:

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

Congratulations!

- Will someone please act as timer? Thank you.

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- 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.

Congratulations!

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

Is there anyone at this meeting for the first time?

Welcome! Please tell us your first name only, so that we may get to know you.

Daily Meditation Reading

The Chair continues:

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

Today's reading is shared in our WhatsApp group.

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Individual Sharing

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

Please focus on our **experience, strength and hope** in this program. Focus on 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.

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

The floor is now open for shares.

Please keep to the four-minute limit.

Unless you are sharing, keep microphone muted.

Please leave your video turned on.

*Acknowledge another person silently:
wave, smile, give them a thumbs-up.*

Turn off the screen sharing...

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Half way through...

At 7:10pm - the half-way point of the meeting...

Will someone please read **THE HOW CONCEPT & TOOLS?**

Read a paragraph or two and pass it on. Thank you.

The HOW Concept & Tools

The Sex and Love Addicts Anonymous HOW 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 HOW groups have been formed in the belief that our disease is absolute and therefore only absolute acceptance of the HOW programme will offer any sustained sobriety to those of us whose compulsion has reached a critical level.

Therefore, the HOW 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 HOW 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 HOW concept:

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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 each week. Meetings are dedicated to the concept of remaining **Honest, Open-minded** and **Willing** to listen... this is the **HOW** 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. Use the chat function to get numbers.

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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

Service is working the tools of the programme to the best of our ability, giving back what we've been given. Sobriety is a service to ourselves and the group. It is freedom from the bondage of self.

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.

<< End of How Tools >>

If there are many people online, open the floor to anyone to share.

- We now have time for **two people** 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.

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Concluding the meeting

At 10 minutes before the end

That's all we have time for now. I thank all who shared and all who actively listened. Take what you like and leave the rest.

Please remember our cherished tradition of anonymity.

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

If you didn't get the chance to share, please stay and organise an outreach call to share with another member after the meeting.

Sponsor ID

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

Newcomers are encouraged to stay online at the end of the meeting if you have any questions. We encourage newcomers to download the free WELCOME PACK.

You are also welcome to join our WhatsApp group.

Thanks everyone for coming. The Seventh Tradition states that every SLAA group ought to be fully self-supporting. Please donate using the details in the online group.

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- Are there any SLAA-related announcements?
- A group conscience is held after the meeting on the third week of the month. *All are welcome to attend.*
- Would someone please read **the Blessings, the Promises, or the 12 Signs of Recovery**

The 7 Blessings

1. We came to find intimacy with ourselves, intimacy with a Higher Power (God) 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 (God), had begun to flow from within us.

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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.

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The 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.

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Conclusion of the meeting

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

The opinions expressed during the meeting are of those who shared and are not necessarily those of SLAA as a whole.

Thank you for allowing me to chair this meeting.

Keep microphones muted, and join in the closing prayer.

The Third Step Prayer

TO THE GOD OF MY OWN 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!*

<<< End of the meeting >>>

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