

## SHARE! AT NOON! TUESDAY SLAA BOOK STUDY MEETING FORMAT

*Pre-meeting: Secretary chooses a Leader for today's meeting a few minutes ahead of time, if not sooner. Secretary hands out the S.L.A.A. Preamble, the Characteristics of Sex and Love Addiction, the Twelve Steps, and the S.L.A.A. Signs of Recovery to be read.*

### **OPENING (12:00PM)**

- The Leader begins the meeting on time, and announces **“Welcome to this open, co-ed meeting of Sex and Love Addicts Anonymous. My name is \_\_\_\_\_ and I am a sex and love addict, and the leader for today.”** Please join me in a moment of silence, followed by 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. Your will, not mine, be done.*

- **This is a book study meeting where we will read for 10 minutes from the SLAA basic text. I have asked someone to read the S.L.A.A. Preamble.**
- **We have no opinion on outside issues and therefore ALL people are welcome. Anyone who thinks they may have this problem are welcome to share. We ask that you please protect the anonymity of all those persons attending the meeting and that anything said here in this meeting remain confidential. Thank you for respecting this important principle of anonymity.**
- **I have asked someone to read the Characteristics of Sex and Love Addiction of SLAA.**
- **I have asked someone to read the Twelve Steps of Sex and Love Addicts Anonymous.**
- **Can we please go around the room and have everybody introduce themselves by first name only? [After everyone finishes:] Thank you.**
- **Are there any newcomers here, either new to the program or this meeting? [If there are any newcomers present say]: Welcome, would you please introduce yourselves using your first name only, so we can get to know you better? [Distribute Newcomer Packets at this time, if available]**
- **We will now read for 10 minutes from the SLAA basic text. [The secretary keeps track of where we started and stopped] Today we will begin on page\_\_\_\_.**
- **In order to provide a safe environment for everyone, we avoid cross-talk in our meetings. Cross-talk is interrupting someone when they are sharing, commenting on what someone else shares, talking to someone directly or referencing what someone has said. We ask that you refrain from all cell phone use, including texting, except for the timer, so everyone can feel seen, heard and validated.**
- **It is now time to open the floor for sharing: [The leader will now announce the length of sharing time (based on number of participants) and asks for a volunteer timekeeper].**

### **CLOSING (12:45PM)**

The Secretary thanks the speaker/meeting members/time-keeper, etc.

- **7<sup>th</sup> Tradition: We now pass the basket according to our 7<sup>th</sup> Tradition. During this time, I have asked someone to read the S.L.A.A. Signs of Recovery.**
- **Are there any program-related announcements?**
- **It is now time to close our meeting. Everyone is encouraged to make contact with other members after the meeting and/or during the week for support and encouragement. In closing, we would like to remind you that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. Anonymity is the spiritual foundation of our program. If we are to recover, we must feel free to say what is in our minds and hearts. Therefore, who you see here, what you hear here, when you leave here, let it stay here.**
- **Let's close the meeting with a moment of silence followed by the “WE” version of the Serenity Prayer**

## The 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 the 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.

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## **The 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.

## **Characteristics of Sex and Love Addiction**

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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 sexualize 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 immobilized 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 idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.
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# **S.L.A.A. Signs of Recovery**

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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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