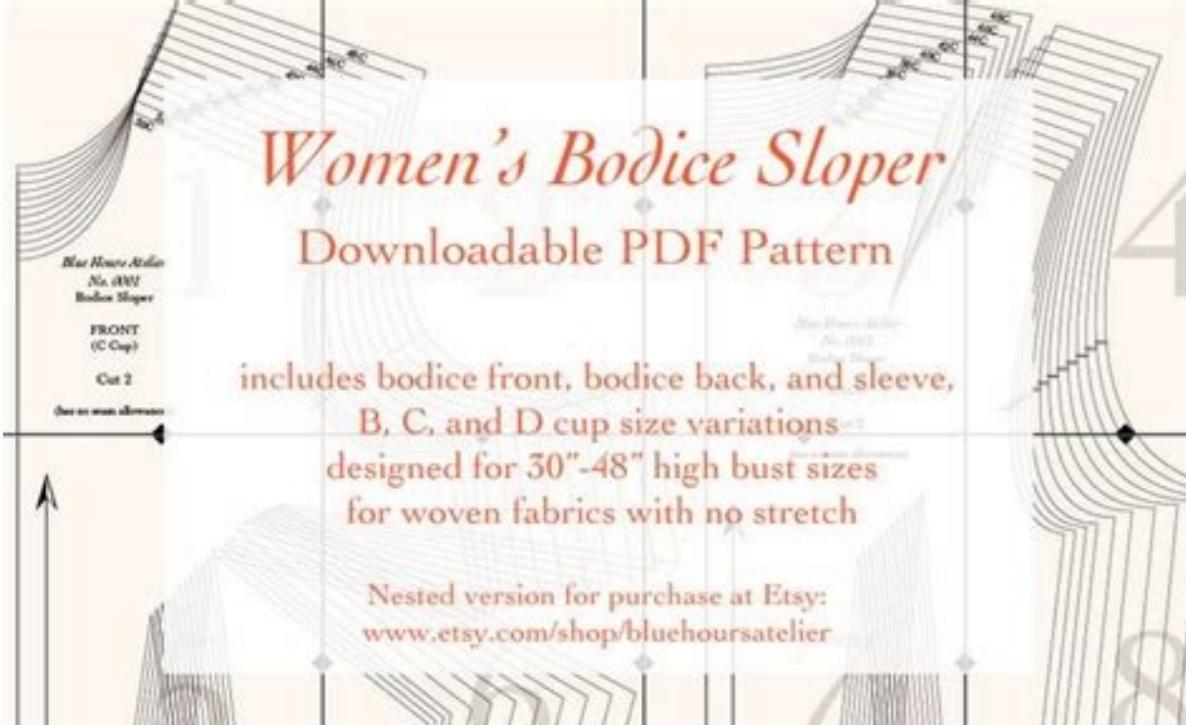


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## Slaa basic text pdf free

Scan this QR code to download the app now Or check it out in the app stores The S.L.A.A. H.O.W. way of working the S.L.A.A. program was inspired by the Overeaters Anonymous (O.A.) H.O.W. approach. O.A. H.O.W still exists within O.A. as well as a separate fellowship called CEA (Compulsive Eaters Anonymous) which works the steps the H.O.W. way. The H.O.W. approach is also used by the Debtors Anonymous (D.A.) Fellowship. S.L.A.A. H.O.W. originated in Australia around 1996, when a group of authors from S.L.A.A. changed the wording from, "compulsive eating and food", to the words used in S.L.A.A. for sex and love addiction, thereby creating from O.A. a similar H.O.W approach and documents for S.L.A.A. The authors felt that S.L.A.A. needed a structured and disciplined approach to help members define and maintain sobriety in S.L.A.A. They felt that sobriety was essential to achieving freedom from the debilitating disease of sex and love addiction and that long lasting recovery was possible through working the Twelve Steps. The founding members took the entire O.A. H.O.W. program, including the format, tools and writing assignments for Steps One to Twelve. Where O.A. H.O.W. used a specific food plan to define abstinence, the S.L.A.A. H.O.W. authors created the first seven-day questions to define Bottom Lines so that, in consultation with their sponsor, members could define the addictive behaviors that they chose to abstain from in order to begin recovering from sex and love addiction. The S.L.A.A. H.O.W. way of working the Steps has spread across the world and become a successful approach in many countries. In particular, S.L.A.A. H.O.W. meetings can be found in Australia, Asia and the Pacific, the UK, in English speaking meetings in Europe and also in the US. This widespread use speaks for itself in terms of the success of working the program the H.O.W. way. Although H.O.W. is not for all, it is not intended to be. It is there for those who need it and for whom it works. The H.O.W. Concept The Sex and Love Addicts Anonymous H.O.W. concept was created to offer the sex and love addict a disciplined and structured approach to working the Twelve Steps. There were, and still are, no absolutes for sobriety in S.L.A.A., as individual patterns of sex and love addiction vary.



However, some of us found that, when our compulsion had reached a critical level, we could achieve sustained sobriety by working the S.L.A.A. program in the H.O.W. way. We remembered that the S.L.A.A. H.O.W. groups were formed to suggest an alternative way to long term sobriety to those of us who had tried other ways and failed, to those of us who knew that we needed this kind of approach, and to those of us who were not achieving the level of joy and sobriety desired. Therefore we accepted our H.O.W. defined Bottom-Line sobriety, Step questions, Maintenance Questions, outreach calls, the Twelve Steps, Traditions and Concepts and our other tools as requirements for our recovery. We committed ourselves to a black and white sobriety in order to deal with the grey areas of living. In H.O.W. we found that, if we committed to using the tools of recovery on a daily basis, our disease of sex and love addiction could be arrested, one day at a time. S.L.A.A. and S.L.A.A. H.O.W. everything associated with working the S.L.A.A. Twelve Step program applies, including all Twelve Steps and Twelve Traditions, core S.L.A.A. and AA literature, and all published S.L.A.A. FWS literature. As in all working of the Steps, S.L.A.A. H.O.W. also requires that sponsors work through the Twelve Steps, attend meetings, and work with a sponsor. S.L.A.A. H.O.W. is a way of working the Twelve Steps, not a different program. S.L.A.A. H.O.W. is a choice. There is no requirement to work the S.L.A.A. program the H.O.W. way, it is merely a choice for those who wish to and who find that it helps them. There are other ways of working the S.L.A.A. program and we research them before making our decision. However, those of us who decide to work the S.L.A.A. program with the S.L.A.A. H.O.W. approach, are required to do this in a certain way. All S.L.A.A. H.O.W. meetings are open to those who are working the program the non H.O.W. way. Additionally, people using the S.L.A.A. H.O.W. approach can attend any S.L.A.A. meeting, not just S.L.A.A. H.O.W. ones. In S.L.A.A. H.O.W. everything associated with working the S.L.A.A. Twelve Step program applies, including all Twelve Steps, Traditions and Concepts, core S.L.A.A. and AA literature, and all published S.L.A.A. FWS literature. How the H.O.W. Approach Works The H.O.W. approach to working the Twelve Steps is a thorough approach that supports and protects us as we take a much-needed and cleansing look at ourselves, our behavior, our relationships (or lack of them) including our love, or lack of love, for ourselves. We begin by answering the first seven "Bottom Line" questions, to see if the H.O.W. approach works for us. We answer one question a day, working with a sponsor (an S.L.A.A. H.O.W. member with more experience than us whom we have asked to guide us). We normally call our sponsor at the same or an agreed time every day and read our answer out to them over the phone. For many of us, this disciplined approach offers a welcome safety net and sense of security and purpose to our recovery and our new lives. It can seem difficult at times, but we value the structure this provides. By the end of the first seven questions most of us are clearer on the activities and actions we need to avoid (or start taking) in order to give ourselves a chance to heal from an often exhausting, debilitating dis-ease that can make our lives unbearable and unmanageable. We review our answers with our sponsor and set Bottom Lines that will serve to heal and support us in our recovery. After we have answered the first seven questions we proceed to answer the questions for Steps One, Two and Three - one per day, for the next thirty days. Through this process we develop an understanding and acceptance of the first Three Steps. Daily calls with our sponsor, outreach calls to other S.L.A.A. members, the questions, meetings and trust in our Higher Power surround us with the strength and the tools we need to keep the addictive patterns out of our lives, one day at a time. And so recovery begins. The H.O.W. Tools We work with a sponsor to identify our personal Bottom Lines. We become sober by abstaining from these Bottom-Line behaviors on a daily basis. Our definition of sobriety is a minimum of 30 days sobriety against our Bottom Lines as agreed with our S.L.A.A. H.O.W. sponsor. We use S.L.A.A. and AA literature, the Twelve Steps and Twelve Traditions as tools of examination and release from the compulsion over which we are powerless. We recommend attendance at a minimum of three meetings per week. These can be regular S.L.A.A. meetings or meetings using the S.L.A.A. H.O.W. approach. Meetings are dedicated to the concept of remaining honest, open-minded and willing to listen. This is the H.O.W. of the program. We make four phone calls a day during the first thirty-seven days - one to our sponsor and three outreach calls to other S.L.A.A. members. The phone is like a lifeline. We need the contact. It can be like a mini-meeting. Although it is not a requirement, but a suggestion to make three outreach calls a day during the first seven day Bottom-Line identification questions, the H.O.W. concept does require us to make at least three outreach calls to other S.L.A.A. members during the following 30-day period. We practice daily prayer and meditation to develop a relationship with a power greater than ourselves that can guide and sustain us in recovery, being forever aware that Higher Power is doing for us what we have never been able to do for ourselves. Service is freedom from the bondage of self, giving back what we have freely and lovingly received. It is helping out at meetings, setting up chairs, making coffee and welcoming newcomers. Sobriety is service to ourselves and the group. An S.L.A.A. H.O.W. sponsor is a sex and love addict who, by the grace of God, has 30 days of continuous sobriety working the S.L.A.A. H.O.W. concept and has taken the first three Steps. Discretion, common sense and our Higher Power guide us in our selection of summary, the way we work the Twelve Steps using the S.L.A.A. H.O.W. approach during Steps One to Three. We attend at least three meetings per week. These can be regular S.L.A.A. meetings or meetings using the S.L.A.A. H.O.W. approach. We make four calls a day: three outreach calls to fellow members in S.L.A.A. and one call to a sponsor. We work the first three Steps using a specific "Bottom-Line" sobriety. After the first three Steps, the requirements set out above become less strict. Some sponsors and sponsors continue this even after completing the first three Steps. The frequency of outreach calls will depend on the number of calls to be made. Some establish new steps to answer remaining questions or set aside a specific time for Step Finding a Sponsor. To start working the Twelve Steps we need to find a sponsor who has already reached at least Step Three using the S.L.A.A. H.O.W. approach. We find the best sponsor to do this is to attend as many meetings as possible. These can be meetings that use the H.O.W. approach, or setting face-to-face, or setting up a sponsor or sponsor for that Step. Finding a Sponsor To start working the Twelve Steps we need to find a sponsor who has already reached at least Step Three using the S.L.A.A. H.O.W. approach. We find the best sponsor to do this is to attend as many meetings as possible. These can be meetings that use the H.O.W. approach, or setting face-to-face, or setting up a sponsor or sponsor for that Step. Finding a Sponsor To start working the Twelve Steps we need to find a sponsor who has already reached at least Step Three using the S.L.A.A. H.O.W. approach. 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