

LITTLE ROCK CHAPTER SEX AND LOVE ADDICTS ANONYMOUS SUGGESTED FORMAT FOR NEWCOMER'S MEETING

Since we have a newcomer with us today, this will be a newcomer's meeting, unless there are objections from the group.

<Name of Newcomer>, we are very happy to have you here today. When we have a first-timer at a meeting, it is our practice to change the format to a newcomer's meeting to help you get to know a little bit about the people in the room. You'll hear a few of our stories related to what brought us into these rooms. I bet you'll find similarities between our stories and yours.

We'll save some time at the end of our shares for you to share anything you might want to share regarding what brought you here today. But please know that you are under no obligation or pressure to do so.

Let's go around the room and have each member share their first name, sobriety date or length of time in the program and/or bottom lines.

<Name of Newcomer>, our bottom lines are behaviors that, if we fall back into them, we have broken our sobriety and need to reset our sobriety date. I think they'll make sense when you hear what we share.

I'll start the introductions. My name is _____ and I'm a sex and love addict. I started in the program in <Month, Year> and my sobriety date is _____. My bottom lines are _____.

[ASK THE PERSON ON YOUR LEFT TO SHARE AND GO AROUND THE ROOM]

[WHEN FINISHED IN THE ROOM, ASK THOSE ONLINE TO INTRODUCE THEMSELVES]

I'll now open the floor for existing members to share their stories of experience, strength and hope. Please keep your shares to five minutes or less. **[YOU MAY WANT TO DESIGNATE SOMEONE TO BE THE TIMEKEEPER]**

[WHILE MEMBERS SHARE, GRAB A NEWCOMERS PACKET FROM THE BRIEFCASE, WRITE YOUR FIRST NAME, LAST INITIAL AND PHONE NUMBER ON THE BACK, THEN CIRCULATE AROUND THE ROOM]

[WHEN 20 MINUTES REMAIN IN MEETING] Thanks to those who have shared their stories.

<Name of Newcomer>, we now offer you the floor to share anything you might want to share with us. Remember, you are under no obligation to do so.

[NEWCOMER SHARES ... OR NOT]

Thank you, <Name of Newcomer>. We're truly glad you are here. Everyone in this room knows how much courage it takes to walk through that door. We hope that you will come back. We need you as much as you might need us.

We have a newcomer's packet for you with some introductory information about SLAA. It includes a Desire Chip, which you'll hear more about in a minute or two. On the back of the envelope, we've put our names and phone numbers. Anyone who wrote their name down is willing to take a phone call from you and help you as you begin your journey. We've learned that the opposite of addiction isn't sobriety ... it is connection.

[RETURN TO REGULAR MEETING FORMAT TO CLOSE]