

SEX AND LOVE ADDICTS ANONYMOUS

SUGGESTED FORMAT FOR MEETING

Welcome to the Central Arkansas Group Meeting of Sex and Love Addicts Anonymous. My name is _____ and I am a sex and love addict and your leader for this meeting. After a moment of silence, will those of you who wish to, please join me in the serenity prayer.

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

"I've asked _____ to read "The Preamble" (Conf. Approved)

"I've asked _____ to read "How It Works" (modified from ©1939 Alcoholics Anonymous pp.57-60)

"I've asked _____ to read "The 12 Steps" (Conf. Approved)

"I've asked _____ to finish "How It Works" (modified from ©1939 Alcoholics Anonymous pp.57-60)

"I've asked _____ to read "The 12 Traditions" (Conf. Approved)

"I've asked _____ to read "The Problem" (©1989 Sexaholics Anonymous pp.203)

"I've asked _____ to read "The Solution" (©1989 Sexaholics Anonymous pp.204-205)

This is a closed meeting of S.L.A.A. for members only. The only requirement for membership is a desire to stop living a pattern of sex and love addiction. Is this the desire of each person here?

The first tradition states that our "common welfare depends on unity". In keeping with this tradition, we request that there be no cross talking. That is interrupting or making comments about other people's statements, or advice giving; only the sharing of our personal experiences at the group meetings. We resolve our problems by talking to our sponsor or to one another before or after the meeting. We urge everyone to participate. Our sharing of our experiences, strength and hope are the foundation of our healing process.

"I've asked _____ to read "Graphic and Legal Statement" *****MUST BE READ*****

Toward the end of this meeting, we have a "getting current" period for those who need it.

Are there any S.L.A.A. related announcements? - **(Check the announcement folder)**

Is there anyone here for their first S.L.A.A. meeting ever?

1. Have each member introduce him or herself by first name only.
2. Have the newcomer give his or her first name only.
3. Have chairperson qualify briefly - give length of time in the program, bottom lines and length of sobriety.

Do we have any visitors or anyone attending this meeting for the first time?

If there is anyone here without a sponsor or has questions about sponsorship please see me after the meeting. (You may want to ask if anyone is willing to be a temporary sponsor)

Today's topic is ____ . (Chairperson opens discussion)

Last 15 minutes:

We are self-supporting as the seventh tradition states. The basket is now being passed quietly as we open the floor to anyone who has a need to get current. This allows group support for anyone who feels their sobriety threatened or has broken their bottom line behavior. (If there are 10 or more in attendance have them gather in groups of 5 or less in the same room to get current and then re-gather in a large group for the remainder of the meeting.)

"I've asked ____ to do the Birthday Chips"

Is there anyone who has had a birthday or is celebrating a milestone in recovery and wishes to be recognized?

"I've asked ____ to read "The Promises" (©1939 Alcoholics Anonymous pp.83-84)

"I've asked ____ to read "The Blessings" (Conf. Approved)

"I've asked ____ to read "The Signs of Recovery" (Conf. Approved)

I want to thank everyone for sharing today. The opinions expressed here today are our own and not necessarily those of S.L.A.A. as a whole. Let there be no gossip or criticism of one another, but rather understanding and friendship.

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. The things you heard here were spoken in confidence and should be treated as confidential. So who you see here, what was said here, when you leave here, stays here.

Will those of you who wish to, please join me in the Lord's Prayer after a moment of silence for the addict who still suffers. Hand holding is optional. "Our Father ... "