

# Sex and Love Addicts Anonymous

Welcome! You are not alone!

# 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

# Preamble

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:

# Preamble

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.

# Preamble

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.

# Characteristics of Sex and Love Addiction

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.

# Characteristics of Sex and Love Addiction

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.

# Characteristics of Sex and Love Addiction

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.

# Characteristics of Sex and Love Addiction

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.

# The Twelve Steps

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.

# The Twelve Steps

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.

# The Twelve Steps

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.

# The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.
4. Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

# The Twelve Traditions

5. Each group has but one primary purpose - to carry its message to the sex and love addict who still suffers.
6. An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

# The Twelve Traditions

9. S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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

To foster a safe space, we ask those online to display first name and last initial only and to please momentarily turn on video and show your faces at this time. To help reduce background noise, please mute your audio when not called on to share. You can mute your audio by going to the bottom of your screen and pressing the microphone icon or by pressing "6" if you are calling in.

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 giving advice. We encourage only the sharing of our personal experiences. We resolve our problems by talking to our sponsor or to one another before or after the meeting. We strive to use "I and me" statements instead of "you, we and us." We urge everyone to participate. Our sharing of our experience, strength and hope are the foundation of our healing process.

# Graphic and Legal Statement

Please try to relate to feelings instead of incidents. In sharing we shall strive to be honest without being graphic. It is important to discuss our struggles without triggering others. In areas of acting out, specific language such as towns, addresses, locations, publication names, and website addresses will be avoided in our disclosures.

Anonymity is the foundation of our program. It is essential if we are to continue the 12 Step work of S.L.A.A.

However even this basic principle may give way to the pressure of individual consciences or legal requirements. Therefore we, the members of this S.L.A.A. meeting, make clear to newcomers and old timers alike that speaking of any potentially illegal activity, especially relating to minors, endangers the speaker and lays a burden of knowledge on others that they may not be willing to assume.

This includes statements made individually to members, including to your sponsor, which is not a legally protected relationship.

# Announcements

## Breaking the Cycle

*Understanding Trauma in  
Addiction Recovery*



- May 2nd Trauma and Addiction Wkshp
- IG Secretary and Treasurer position open
- Calendar sign up to chair a meeting is being passed around quietly.
- ESH Blog 2026 will focus on each Sign of Recovery. Please contact Aari.

# Sponsorship

Sponsorship is one of five resources in recovery mentioned in our preamble.

If you are willing to serve as a sponsor or temporary sponsor, would you please raise your hand?

If you need a sponsor or temporary sponsor, we encourage you to make connections after the meeting with someone who raised their hand.

# Today's Topic

# Milestones in Recovery

- **Desire chip** – For those with a desire to remain sober "just for today"
- **Daily chips** – one day, one week, one month, etc.
- **Annual chips** - 18 months, One Year, ...



# Seventh Tradition

Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

# How to Get Current

1. Share your specific bottom-lines that you have broken or may be in danger of breaking
2. Share what may be triggering you
  - a. Emotions - Fear, a sense of entitlement, shame, etc.
  - b. Responsibilities you may be trying to avoid
  - c. People, events, and places that may be activating you
  - d. H.A.L.T.? (Am I hungry, angry, lonely, or tired?)
3. Share any resources you intend to use to keep your sobriety or ways you may need support from the group

# 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.

# Signs of Recovery

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.

***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.

**A message about 13th Stepping** – 13th stepping is manipulating another person in recovery, especially a newcomer, into a sexual, emotional, or romantic relationship. This behavior is wholeheartedly discouraged in S.L.A.A.

Will those of you who wish to, please join me in the \_\_\_\_\_ Prayer after a moment of silence for the addict who still suffers. (Hand holding is optional.)

# 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

# Serenity Prayer (We Version)

God grant us

the *serenity* to accept the things we cannot change

the *courage* to change the things we can

and the *wisdom* to know the difference

# Morning Prayer

God, direct my thinking today

So that it be empty of self-pity,

dishonesty, self-will, self-seeking, and fear.

God, inspire my thinking, decisions, and intuitions.

Help me to relax and take it easy.

Free me from doubt and indecision.

Guide me through this day and show me my next step.

God, show me what I need to do to take care of any problems.

I ask all these things that I may be of maximum service to you

and my fellow man.

In the spirit of the steps I pray.

# Buddhist Lord's Prayer

Higher Power, which is all around us,

True Love be your name.

Your universal spirit, your will be done,

On earth as it is in consciousness.

Give us each day your daily freedom,

And the willingness to forgive ourselves

As we forgive others.

Lead us not into fear, and show us in faith there is no error.

For unconditional love is the awareness, the courage, and the

spiritual awakening, now and forever.

*Namaste.*

# Lord's Prayer

Our Father, who art in Heaven,  
Hallowed be thy name.

Thy kingdom come, thy will be done  
on earth as it is in Heaven.

Give us this day our daily bread and forgive us our trespasses  
as we forgive those who trespass against us  
and lead us not into temptation but deliver us from evil.

For thine is the kingdom,  
the power, and the glory, forever and ever.

# Third Step Prayer

God, I offer myself to Thee  
To build with me and to do with me as Thou wilt  
Relieve me of the bondage of self,  
that I may better do Thy will.

Take away my difficulties,  
that victory over them may bear witness  
to those I would help  
of Thy Power, Thy Love, and Thy Way of life.

# Seventh Step Prayer

My Creator,

I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of  
character,

Which stands in the way of my usefulness to you and my  
fellows.

Grant me strength as I go out from here to do your bidding.

# Eleventh Step Prayer

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O divine Master, grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying to self that we are born to eternal life.

# Twelfth Step Prayer

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on & give to others,

Both in & out of the Fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day

On the road of spiritual progress.

I pray for the inner strength & wisdom

To practice the principles of this way of life in all I do & say.

I need You, my friends, & the program every hour of every day.

This is a better way to live.

# Set Aside Prayer

God, today help me set aside  
everything I think I know about You,  
everything I think I know about myself,  
everything I think I know about others, and  
everything I think I know about my own recovery  
So I may have an open mind and  
a new experience with all these things.  
Please help me see the truth.

# Thomas Merton Prayer

My Lord God, I have no idea where I am going. I do not see the road ahead of me.

I cannot know for certain where it will end, nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this you will lead me by the right road, though I may know nothing about it.

Therefore, will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.