



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

SEPTEMBER 2022

SLAA Helpline (727) 896-SLAA

FORGIVENESS

The most important amends were those which we needed to make face-to-face, requiring considerable courage, humility and preparation. It was important to be accountable for the effect our amends could create, as well as for the wrongs which made them necessary. Especially in these cases we found that it was wise to consult with other sober members of SLAA about exactly when and what kind of amends would be made, and under what conditions. More than one of us went off with good intent, only to find ourselves in situations of seductive solitude, being solicited once again by a person who seemed determined to misunderstand our purpose. We came to expect that in the amends-making, as in all areas of our lives, God would give us a willingness and the intuition to know what settings and words would be appropriate for our purpose. But it was also true that, in these matters, God often spoke most clearly through the very human voices of experienced SLAA members!

The Augustine Fellowship SLAA

What is S.L.A.A.?

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.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 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.

Sign of Recovery 9: We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.

Concept 9: Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership must be assumed by the Board of Trustees.



HAPPY FALL Y'ALL

Gentle Currents

SEPTEMBER 2022

FOR MORE INFO CONTACT
BRUCE AT 727-509-5351

**NEW SLAA
MEETING**

THE HERNANDO COUNTY A CLUB

18922 TITUS RD HUDSON, FL 34667

THURSDAYS 5PM

A CLUB 727-861-7608

A 12 Step support group for those who are struggling with sexual compulsion and/or emotional dependency. We will share our experience, strength, & hope with you. You are not alone! No dues or fees. The meeting is an in person meeting and is located at the very back room of the A Club at 5pm.

BUILDING PARTNERSHIPS

There is a danger, however, in choosing a life alone. It may be that, as we find intimacy with self and become involved in our new lives, we come to enjoy our own company to the exclusion of others. It is one thing to be comfortable and fulfilled by ourselves, it is quite another to become self centered in our isolation. Just as we could temporarily retreat from the search for sexual adventure to fantasy and masturbation, in sobriety we can hide from the risks of human relationships in solitary pursuit of selfish pleasures. We have found that if we do not find balance and meaning in our lives, then we are all too easily drawn into non-sexual relationships that are not unlike the addictive ones. Our relationships with causes, with our heroes or gurus, and with ourselves must be subject to the same principles which keep our sexual lives sober. Real life is not without tensions, unhappiness, and conflict, if we are honest with ourselves and others. If we are to grow in sobriety, we must be willing to look for dishonesty and self-centeredness in all our activities, lest we find ourselves seeking to escape from life once again. The basic principle is this: self dignity and unselfish caring for other human beings are both part of a life committed to sobriety. The things we have learned about living in a partnership, either in a marriage or in some other intimate, committed relationship, are equally as important in the whole array of non-sexual relationships with other human beings, regardless of whether we are choosing to "live alone" or not.

The Augustine Fellowship SLAA, pg. 141

Can I Ever Expect to Have Sex in Love Again?

Love and sex within a true partnership does not seem to feed the addiction. The kind of relationship seems to embody much of what was sought so desperately and futilely elsewhere. The road to such partnership requires much self undoing before building can commence. First a sense of wholeness and dignity is developed through maintaining sobriety on a daily basis and from working the 12 steps. Personal wholeness is a natural result of willingness to trust God, clean house, and help others.

Pamphlet: Questions Beginners Ask



SEPTEMBER 2022

August 8 The Ninth Characteristic

We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.

– SLAA Core Documents, “Characteristics of Sex and Love Addiction”

When I was trying to fix my partner, I didn't have time to look at my childhood issues or fix the problems with my career, or even do the laundry. Trying to help an emotionally unavailable person feeds my addiction to drama. Situations can get very dramatic when confronting someone who doesn't want to deal with emotions. It's interesting that this characteristic uses the word “attaching.” The unavailable person doesn't want me insinuating myself in his or her life. In this ninth characteristic situation, I wasted a lot of valuable time investigating and chasing my partner around. I might as well admit I was stalking. When I came to SLAA I didn't want to admit that that was a characteristic of my addiction. That's just a normal relationship, right? But there it was in black and white in the characteristics. One meeting that I went to even printed each characteristic in a huge font on a sheet of paper and had everyone share on it. I couldn't ignore it anymore. I had to start looking at myself instead of my partner's faults. No one allowed me to just sit there and complain; I had to get into action with the steps.

Today, I focus on myself and my recovery.

“Have you ever prayed for a character defect to be removed for a long time and found that it stuck around for you to learn a lesson or because it helped you or others in some way?”

Jealousy is a character defect that I am revisiting right now. I've prayed for it to go away, but it's come back in all my relationships (including friendships and work relationships). Sometimes it's easy to get over it, sometimes it's more complicated. I used to let people I was dating know that I could be jealous, and at first, it helped to be honest. Then, it became a way to control their behavior and not face my feelings of low self-esteem and mistrust. It also helped me realize that I needed to be cautious of who I trusted. Right now, I'm taking it one situation at a time. This character defect may never go away, but I get a chance to deal with them better every time they get triggered. — Kelly-Joy J., Montreal *The Journal #198*

We will do our best to keep this List updated to reflect changes in SLAA In-Person locations or Online meetings. Please contact our Helpline to notify us of any Meeting Changes.

CLICK HERE FOR OUR CURRENT MEETING LIST: (it's updating regularly)

<https://tampabayslaa.org/find-a-meeting/>

IN NEED OF A PHONE MEETING? CLICK HERE: <https://slaafws.org/telephonemeetings>

FREEDOM, HOPE AND JOY

Though abstaining from addictive, bottom line behavior(s) is painful, the pain does not last forever. Emergence from withdrawal is marked by a noticeable decrease in the desire to continue to act out in our addictive patterns. Our recognition of our addiction, willingness to stop acting out, practice of the steps and of the tools of the SLAA program, and faith and trust in a power greater than ourselves enable us to begin to build a life free of our addictive behaviors. Not only have we come to accept withdrawal is a necessary step in recovery, we have also developed an appreciation for it. We feel joy in experiencing, perhaps for the first time, our self-worth, our self respect, our dignity. A power greater than ourselves is indeed restoring us to sanity, and our gratitude is profound.

*Pamphlet: Withdrawal—
Gateway to Freedom, Hope and Joy*

The Program has taught me how to love myself because I now no longer think of myself as fundamentally broken or unlovable. I no longer put myself in unhealthy situations due to my fear of being alone. I am okay to be myself, and I love the man I am today.
— Anonymous, Los Angeles

The Journal Issue #183

MAKING AMENDS

