



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

OCTOBER 2022

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

I learned from my Step work how to recognize when my character defects are causing me disharmony and I have learned to stop, reflect, check in with my Higher Power, and ask for serenity, courage and wisdom to disengage from toxic emotions to redirect to behavior aligned with recovery. — Natalie K., Chicago The Journal, Issue #162

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 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.

Sign of Recovery 10: We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.

Concept 10: Every service responsibility is matched by equal service authority – the scope of this authority is always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and by-laws.

“I use the tools of the program daily to help me recover.”

A State of Grace Daily Meditations, pg 48

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.



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October 4

The 10th step Continued to take personal inventory, and when we were wrong promptly admitted it. – SLAA Core Documents, “The Twelve Steps of SLAA”

It’s humiliating to promptly admit I’m wrong. I want to hide out for a few days and mutter an apology under my breath. But if I’m taking personal inventory every night, I can’t avoid it like I used to. Writing down all of my anger and fears on paper forces me to take a realistic look at my behavior. Also, included in the writing is a list of my assets and things I am grateful for. Funny how quickly I forget these things. But it wouldn’t be a thorough personal inventory without them. I think “continued” is an important word here. I must make self searching a regular habit. I promptly admit my faults keeping me honest and humble. This step takes patience and persistence and understanding. If I can’t understand my writing, I take it to my sponsor to interpret. I usually find the right path to take to clean up my mess. Sometimes I find out that I handled something fairly well. Taking this step helps me avoid the emotional hangover. If I clear out my fears and anger before they become too huge, I don’t become physically ill over them. That alone makes this step worthwhile to practice.

My daily inventory keeps me honest and humble.

A State of Grace Daily Meditations, pg. 278

After we were sober a while, we began to name this need which drove us into more and more desperate and hopeless sexual/romantic situations: the need for our lives to have meaning. Having a steady income could be important, having a creative outlet was a pleasure, having mutually supportive friendships was essential. But none of these things gave our lives meaning in the way we craved meaning.

Return to philosophy and major religions to see how other, non-addicts, derive meaning for their lives. The answers seemed to be that the purpose of life is to love. Perhaps our hungry search for “love” was not so far off base after all. While we were not able to extract lasting meaning from our addictive relationships, our need for meaning was real. We were right that a meaningful life is one filled with love, but we had distorted that meaning with selfishness, seeking only to “get” rather than to “give,” to “rip off” rather than to contribute. There could be no enduring meaning in “love” it was a rapid conception commodity on an open market. In SLAA the 11th and 12th steps brought with them an idea it was a breath of fresh air; it could be a more complete expression of love to both give and receive. Each mode was the others’ complement. Neither, unto itself, was complete.

*The Augustine Fellowship/SLAA building partnerships
Pg 141*

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>

PHONE: (727) 896-7522 (Helpline)

EMAIL: Help@tampabayslaa.org

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SUNDAY
11/27/22
9:30am ET to 2pm ET

Come join us right after Thanksgiving and be with those you are grateful for!

www.slaadvi.org/speaker-event-application by 9/25/22

–Fiona, London

Living amends power my relationships. Not being led by self-will as a result of recovery is the foundation for clear boundaries and communication.

-Jenny San Francisco

The Journal, Issue 187

The 10th Tradition
SLAA has no opinion on outside
issues; hence the SLAA name
but never be drawn into public
controversy. – SLAA Core Docu-
ments, “The Twelve Traditions”

I might really hate the candidate for president who isn't in my party, but I keep that to myself when sharing in a meeting. If a newcomer came in and heard me ranting about politics they might run from the conflict or use it as an excuse to say no one in the program has recovery. Or I might make a fellow sufferer worry about the state of the nation and they might use that as an excuse to act out. I try to focus my shares on experience, strength and hope. If I can't do that, I get current. I avoid wasting my time on global issues that I can't fix in a three-minute share (the courage to change the things I can). We don't have specialty groups that have any outside affiliation (Tradition Three). AA learned from its predecessors' mistakes that if you associate your groups with a movement and that movement fails, the fellowship fails. If we take sides on an issue, we waste our time mired in controversy instead of going about the business of recovery.

I maintain a pillar of dignity for myself and others.

A State of Grace
Daily Meditations, pg 297

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THE SIMPLE TRUTH WAS THAT WHEN OUR OWN SPIRITUAL CONDITION WAS LESS THAN SOLID, EVERYONE AROUND US SEEMED TO BE "SICK" WITH A MALAISE WHICH, UPON REFLECTION, WAS REMARKABLY LIKE OUR OWN! REGARDLESS, WE HAD TO CONCLUDE THAT IT WAS SILLY AND FUTILE TO LET OURSELVES BE UPSET AT WHAT WE SAW AS DISEASED ACTIONS BY OTHERS, ESPECIALLY IF WE HOPED THAT OTHERS WOULD CONTINUE TO BE TOLERANT OF OUR OWN FREQUENT RELAPSE INTO DISHONESTY OR MANIPULATIVE BEHAVIOR. WHEN WE FOUND OURSELVES GETTING BOUND UP, WE STROVE HARD TO FLAG OUR OWN FRAILTY, TO LABEL IT, UNDERSTAND IT, AND FORGIVE OURSELVES FOR HAVING IT. AND IT WAS IMPORTANT NOT TO ENTERTAIN THE IDEA THAT WE COULD SAVE FACE WITH OTHERS BY KEEPING OUR KNOWLEDGE OF THESE DAY-TO-DAY STRUGGLES GOING ON WITHIN OURSELVES A SECRET.

ONE AREA IN WHICH WE OFTEN EXPERIENCED DIFFICULTY WAS IN CONTINUING TO BE OPEN AND FORTHRIGHT ABOUT OUR FEELINGS AND MOTIVES AND OUR EXPECTATIONS OF OTHERS. WE WOULD HIDE DISAPPOINTMENT, HURT, FEAR, OR ANGER UNDER A FAÇADE OF ACCEPTANCE. WE WOULD KEEP SILENT ABOUT THE MILD FANTASIES THAT CAME TO MIND OVER SOME PERSON WITH WHOM WE HAD REPEATED CONTACT, ASSURING OURSELVES PRIVATELY THAT OF COURSE WE WOULD DO NOTHING ABOUT IT. WE FOUND THAT IT WAS NOT ENOUGH TO HAVE THE INTENTION TO AVOID WRONGS. WE HAD TO PUT INTO ACTION ON A CONTINUOUS BASIS THE PRINCIPLES WE HAD USED IN OUR INVENTORIES AND AMENDS MAKING. WE HAD TO CONCENTRATE ON MAKING FREQUENT APPRAISALS THROUGHOUT THE DAY OF OUR OWN INTENTIONS AND SHORTCOMINGS, AND TO DO AS MUCH AS WE COULD TO MAKE THESE RIGHT AS THEY HAPPENED.

THE AUGUSTINE FELLOWSHIP, SLAA
THE TWELVE STEP PROGRAM, PG 97

LETTING GO of watching porn via my cell phone and in the porn shop has been an evolutionary process. My sex and love addict was immensely obsessed and compelled addictively with porn. I had to first admit I was powerless, and my life had become unmanageable. Then I had to seek the help of a Higher Power. I had to write frequent prayers asking God to eradicate and curtail my compulsions and obsessions for porn. I had to meditate. I had to be very honest and accountable about my feelings and notions with my sponsor and accountability recovering friends through texting and phone calls. Working the Twelve Steps with my sponsor is vital. Lastly, asking God to remove my character defects: anger, resentment, self-hatred, slovenliness, pride. Letting go is a slow evolutionary process. I often fall like a child learning to walk. But I get help from God, sponsor, my support group, recovery friends, and therapists to help me let go of porn. I have let go of rationalizing, self-entitlements, and my lust for porn. Remember, God loves you unconditionally. And- be very gentle with yourself. Handle your recovery with gentleness! — Louis, Philadelphia, PA

