



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

MAY 2023

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**Tampa Bay Intergroup is accepting
one-time and monthly recurring 7th
Tradition contributions from
individuals and meeting groups
through PayPal.**

<https://tampabayslaa.org/donate/>

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition 5: Each group has but one primary purpose -- to carry its message to the sex and love addict who still suffers.

Sign of Recovery 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.

Concept 5: The "Right of Appeal" prevails so that minority opinion is heard and personal grievances receive careful consideration.

The loneliness and isolation, which was both the root of the disease, and a consequence of it, would not be eased until we began reconciliation with God, and with other human beings.

The Augustine Fellowship, SLAA, The Twelve Step Program, pg 82

I act as if about many things, not just those involving faith. I act as if I love myself when I make a mistake and try to forgive myself. I act as if I deserve good things when I practice self-care. I act as if God will protect me when I trust healthy people even though I'm scared. It essentially involves fantasy, pretending. I have lots of experience in that! I try to use those muscles I'd previously developed for self-harm to now heal myself.

— ANONYMOUS





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January 9 THE FIFTH CHARACTERISTIC

We feel empty and incomplete when we are alone. Even though we fear, intimacy and commitment, we continually search for relationships and sexual contacts – SLAA, Core Documents, “Characteristics of Sex and Love Addiction”

Society often tells us that we are in complete if we are alone. We have a big hole of emptiness. The only higher power can fill. Being alone in my apartment, with my insane thoughts was intolerable in my first year of sobriety, but we don't have to be alone when we have a meeting and fellowship to go to or even outreach calls. We may fear, intimacy and commitment. After all, being vulnerable in intimacy, usually got us into painful situations in the past. Further, commitment sounds like prison to a sex and love addict. But interaction with fellows, and our sponsors and service commitments can help us practice and get more comfortable with both. In SLAA, we have come to find that a continual search for relationships and sexual contacts yields nothing but insanity, well, I search for conscious contact with a higher power, yields serenity.

I embrace intimacy and solitude. Today, I will pray and meditate when I feel lonely, and know that I will be fine with my higher power by my side.

A State of Grace, Daily Meditations, pg 9

...IT WAS TEMPTING TO SEEK FORGIVENESS FROM THOSE WE HAD HURT BY MAKING THEM WHOLESAL RECIPIENTS OF OUR “FIFTH STEP,” THE GOAL OF MAKING AMENDS WAS NOT AN IMMEDIATE OBJECTIVE OF THIS STEP, AND COULD NOT BE A HIDDEN AGENDA IN TAKING IT.

The Augustine Fellowship, SLAA,
The Twelve Step Program, pg 83

Many of us recognized that a characteristic of our sex, and love addiction was that our lives were divided into carefully segregated compartments, underscored by secrecy and confidentiality. This was so, regardless of whether we had been promiscuous, or had maintained addictive, romantic or emotional ties, with more than one person at a time, or had been hooked into dependency on one person. Indeed, we even took pride in our ability to keep a secret, to keep our story straight, to keep our feelings, hidden, to go it alone.

The Augustine Fellowship, SLAA,
The Twelve Step Program pg 81

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>

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WE NEEDED TO REMEMBER



that the success of any venture into reconciliation was to be found in our sober capacity to be emotionally and mentally present to the relationship, on something like a consistent basis. Our striving for evenness, amidst all the cross-currents, was success, regardless of whether the relationship survived or not.

The Augustine Fellowship, SLAA Building Partnerships, pg 148

All of A.A.'s Twelve Steps ask us to go contrary to our natural desires...they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

Twelve Steps and Twelve Traditions, pg 55

Many of us had discovered our sex and love addiction to be a further manifestation of an addictive pattern in other areas, such as alcoholism, compulsive, overeating, and gambling.

**The Augustine Fellowship, SLAA,
Finding & Working with Other Addicts,
pg 117**

May 4 Passion

Even if we seemed to possess some positive traits, such as authentic concern for others, we could see that these had been perverted by our addiction, leaving us full of conflict and working at cross purposes. The line between compassion and passion had been never clear to us. SLAA, basic text, page 73.

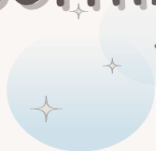
The dictionary defines passion is a strong feeling of enthusiasm or excitement for something or someone. The feelings can be sexual, romantic, angry, etc. It says that strong feelings can cause you to act in a dangerous way. Sex and love addicts know that all too well. In my addiction, I tried to rationalize my behavior as "I'm just a passionate person." But that passion got me in dangerous, dramatic situation all the time. Most situations ended in anger and someone getting hurt. The sexual feelings seemed easier to handle because I could numb out. But the romantic feelings (love addiction in my case) made me lose my mind. As addicts, we never knew how to control feelings. Once felt, they overwhelmed us. Fellowship, steps, and reliance on a higher power, or a map out of the maze of dangerous passions. We emerge into enthusiasm and excitement for service work, and our family and fellows. Passion can be a good thing if managed with the tools of the program of SLAA. It takes practice and commitment, but it can be done.

Today, I rely on my higher power to guide my feelings.

A State of Grace, Daily Meditations,
pg 125

Setting Bottom Lines

the Journal, Issue 164



Quote:

The "freedom" to define our own addictive pattern could not be used in a self-serving way. Our addictions are a reality that persists regardless of any short-sighted, convenient definition. S.L.A.A. Basic Text, Page 72

Share:

I've had difficulty setting boundaries for myself and my life, so I didn't know how to set bottom lines. I started with very clear definitions, such as, "Don't have sex with married people." It was helpful to be specific and to work with my sponsor every step of the way. If I put "having a sexual thought" on my bottom line, I'd have to pick up a desire chip every couple of hours. But if I left off some items because I wasn't ready to let go of them, it wouldn't be long before I ended up back in the same pit of despair. As I grew in recovery, I became more aware of how my addiction controlled me on subtle levels. The definition of my sobriety grows with me. If I make an excuse like, "It's not on my bottom line, so it's okay," what once was not a problem could become one. It's important that I am honest with myself and with my sponsor in evaluating how I define my sobriety, whether I've been sober for three days or three decades.

Affirmation:

As I make progress in recovery, I will check in with myself and my sponsor to stay mindful of my behavior and make changes to my bottom lines as necessary.

