



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

APRIL 2024

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA



Looking for Love in all the Wrong Places A Virtual Workshop Exploring Love Addiction

Saturday May 4, 2024 9:45 until 12:00 EST

Do you feel that you would lack your identity if you were not someone's lover, romantic interest, or partner? Do you find yourself in relationships that you believe you cannot leave? Do you find that you have a pattern of repeating unhealthy or toxic relationships? Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you? This workshop on love addiction may be right for you.

Schedule

9:45	Introduction and Video
9:55	Speakers on Love Addiction
10:35	Small Group Discussion
11:10	Large Group Sharing
11:55	Closing
12:00	Optional Fellowship Sharing

Limited to people with a desire to stop living out a pattern of sex and love addiction (not partners, spouses, or therapists). This workshop is not conference approved and does not represent the views and opinions of SLAA as a whole.

For registration and Zoom link RSVP: Jeff B at lablom@gmail.com

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

Sign of Recovery 4: We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.

Concept 4: The "Right of Participation" is maintained by allowing members the opportunity to cast one vote up to the level at which they are trusted servants.



RECURRING TROUBLE

The most common symptoms of emotional insecurity are worry, anger, self-pity, and depression. These stem from causes which sometimes seem to be with us and at other times to come from without. To take inventory in this respect, we ought to consider carefully all personal relationships which bring continuous or recurring trouble. It should be remembered that this kind of insecurity may rise in any area where instincts are threatened. Questioning directed to this and might run like this: looking at both past and present, what sex situations have caused me, anxiety, bitterness, frustration, or depression? Appraising each situation fairly, can I see where I have been at fault? Did these perplexities beset me because of selfishness or unreasonable demands? Or, if my disturbance was seemingly caused by the behavior of others, why do I lack the ability to accept conditions I cannot change, these are the sort of fundamental inquiries that can disclose the source of my discomfort and indicate whether I may be able to alter my own conduct and so adjust myself serenely to self discipline.

Twelve Steps and Twelve Traditions, pg 52



TAMPA BAY INTERGROUP

WANTED FOR HILLSBOROUGH & PINELLAS



THE REP-AT-LARGE
SERVES AS
A LITERATURE
COORDINATOR TO
THE MEMBER GROUPS
OF THEIR COUNTY

But how are we to accomplish this INVENTORY? Our shared experiences showed us that no two people would do it exactly like; there was no one, single “right way” to go about it. What we were really after was not just the relief of confession, of having completed a specific checklist or narrative of our lives. What we needed to achieve was some real understanding about ourselves, as much as possible, without fear, pride, or reservations. We needed to find some bedrock from which to assay without illusion who, and what we had been in the world, what we had held ourselves up to be to others and to ourselves. Furthermore, we needed to see the motives behind the roles we played and the image we presented, to understand the payoffs we had derived from our addiction.

SLAA Basic Text, pg 79



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The Twelve Steps of Recovery: Step Four

Four of the scariest words in the English language are “we need to talk”—especially when arranged in that order and spoken by our spouse. Similarly, the prospect of taking “a searching and fearless moral inventory of ourselves” evokes feelings of fear (more like terror), anxiety, dread, alarm, horror, and vulnerability, among others. Because of Bill W’s writing style, the Fourth Step is much maligned. A “moral” inventory! The very idea! Actually, most people contemplating this step misunderstand and misinterpret Bill’s words, believing that the Fourth Step should be, at best, an amoral inventory, and at worst, an immoral inventory. Nothing can be further from the truth! Bill often taught new concepts or ideas by comparing them with commonplace, well-understood concepts and ideas. Thus, Bill compares our personal inventory with a businessman who takes a commercial inventory of his merchandise. He further describes this physical inventory as “a fact-finding and a fact-facing process” in an effort to “discover the truth” about the “stock-in trade.” Bill eschewed using the same descriptive word twice. Knowing this quirk about his writing style allows us to compare this physical inventory with our self-inventory. Our Fourth Step should be a: ① searching – or “factfinding” ② fearless – or “fact-facing” and ③ moral – or truthful “inventory” or accounting of our nature or character, which is our “stock-in-trade.” “Moral” as used by Bill W in the Fourth Step simply means that our inventory must be honest— “truthful.” It includes both our oft neglected good points as well as those pesky character defects (“damaged or unsalable goods”) that we will uncover in the Sixth Step and will ask our Higher Power to remove in the Seventh Step. By accepting Bill W’s invitation to be rigorously honest with ourselves in the Fourth Step,



**TAMPA BAY INTERGROUP IS
ACCEPTING ONE TIME AND
MONTHLY RECURRING 7TH
TRADITION CONTRIBUTIONS
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[HTTPS://TAMPABAYSLAA.ORG/DONATE/](https://tampabayslaa.org/donate/)

we can come out of denial and admit “the exact nature of our wrongs” first to the God of our understanding, then to ourselves, and finally to another human being in our Fifth Step. By honestly facing ourselves—both our positive traits and our shortcomings—we can be free from the chains of our past and have a True Connection with our Higher Power. As promised in Step Eleven of the SLAA text, “Thus we came to find intimacy with ourselves, intimacy with God, and then intimacy with others.” What a gift! -Robert H. Santa Clara, CA



APRIL 2024

In the spiritual nature of the 7th Tradition
one person steps up to help another
Help F.W.S. now by joining the

LifeSaver Program

SIMPLE, AUTOMATIC MONTHLY GIVING

What does your donation help F.W.S. do?


- ◆ Publish and print literature
- ◆ Develop digital literature
- ◆ Build a new meeting finder
- ◆ Maintain our website
- ◆ Plan for continued growth

Without your continued support, F.W.S. cannot provide these vital services. Every contribution helps.

TOGETHER, WE MAKE ALL THIS POSSIBLE.
S.L.A.A. members, Meetings, and Intergrups can join the LifeSaver Program.

thank you!

BE A LIFESAVER TODAY!
go.slaafws.org/lifesaver



ATTENTION:

SLAA Fellowship Wide Services is **looking for a new WEBMASTER!**

If you're interested in this important service position, or have questions, please email:

Juanita J. (BHRPC Chair) at juanitaj@slaafws.org

April 2

THE FOURTH STEP

Made a searching and fearless moral inventory of ourselves. —SLAA Core Documents, “The Twelve Steps of SLAA”

I followed the traditional fourth step format from Alcoholics Anonymous, and I listed every person I had a resentment against. I wrote what they had done to make me resent them, and how it affected me. I was searching and I was fearless. But somehow, I managed to skip over the section that addressed my part in those events. When I took my fifth step, my sponsor pointed this out to me. It was an eye-opening experience. I'd been so focused on what others had done to me, it never occurred to me that I might have any blame in those situations. My fourth step was the groundwork for the enlightenment I found in my fifth step, and I took this into my sixth and seventh steps when examining my character defects. With the knowledge of my own faults, I was able to forgive the faults of others and carry out my eighth and ninth steps. None of this would have happened without the thorough work I did on my fourth step. Some people say that the fourth step separates the men from the boys. I'd rather say that it separates those who grow from those who go.

Higher Power, help me to be honest with myself about my assets and liabilities.

A State of Grace, DAILY MEDITATIONS, pg 93

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