



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

JULY 2024

TampaBaySLAA.org

SLAA Helpline (727) 896-SLAA

2024 TAMPA BAY INTERGROUP **EATING MEETING**

**SATURDAY
AUGUST 24, 2024**

6-9:00 PM

Reach out at meetings for
location details or email:
help@tampabayslaa.org



\$10 Suggested Donation & no one will be turned away

Dinner: groups are asked to coordinate which type of food item (ie: salads, sides, drinks, etc) they wish to bring to the meal, or bring a covered dish (with food in it!)

Fund Raising Auction: all members are encouraged to donate sober items (new, slightly used, and appropriate for Recovering Members of this program.)

Intergroup will provide rotisserie chicken. There are service opportunities for setup, clean up, entertaining, greeting, and more.

WE ASKED TO HAVE OUR LONGING FOR A PERSON OR A PARTICULAR SEXUAL HUNTING GROUND REMOVED, AND FOUND OURSELVES GIVEN A CHOICE. WHEN WE VOLUNTARILY CHOSE TO AVOID THOSE PLACES AND THOSE PEOPLE, THE LONGING EASED.



THE BASIC TEXT, STEP SEVEN, PG 89

Step 7: Humbly asked God to remove our shortcomings.

Tradition 7: Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

Sign 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.

Concept 7: The Articles of Incorporation and the By-Laws of the Fellowship are legal instruments, empowering the trustees to manage and conduct world service affairs. Although the Conference Charter is a legal document; it also relies on tradition and the power of the S.L.A.A. purse for final effectiveness.



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December 28 The Seventh Sign of Recovery

We allow ourselves to work through the pain of our self esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude. – SLAA Core Documents, “SLAA signs of recovery”

Talk about low self-esteem. Putting my self down used to be one of my favorite things to do. A friend in SLAA broke me of that Habit. Whenever I was around her, she would only allow me to say nice things about myself. Doing my sixth and seventh steps also helped me realize that I am human and make mistakes. I don't have to let perfectionism rule my life and make me feel like I'm a piece of crap. my sponsor said, "to have self-esteem, do estimable acts." Being of service accomplishes that. But even when we deal with all those feelings of low self-esteem, this sign of recovery can be difficult. Many of us have been abandoned our whole lives. Through my work in SLAA I was able to stop going for the unavailable people who would surely abandon me, and instead choose the trustworthy, reliable person. I finally learned to feel comfortable in solitude. The person that I used to be was no fun to be around and it was dangerous to be alone with her crazy thoughts. But the person in long-term recovery is great. Who would have ever thought I would say that about myself?

I take a moment for myself and freedom in solitude.

A State of Grace Daily Meditations Pg. 363

**TAMPA BAY INTERGROUP IS ACCEPTING ONE
TIME AND MONTHLY RECURRING 7TH TRADITION
CONTRIBUTIONS THROUGH PAYPAL AND ZELLE**



[HTTPS://TAMPABAYSLAA.ORG/DONATE/](https://tampabayslaa.org/donate/)

2024 **UPCOMING** EVENTS

AUGUST 24
6-9PM

**EATIN'
MEETING**

OCTOBER 12
11AM-2PM

**FALL
PICNIC**

DECEMBER 7
6-9PM

**GRATITUDE
DINNER**

TAMPA BAY INTERGROUP
[HTTPS://TAMPABAYSLAA.ORG/](https://tampabayslaa.org/)

Questions & Answers on Sponsorship

Can a sponsor be overprotective?

In their enthusiasm to help a newcomer achieve sobriety, some sponsors may tend to be overprotective. They worry, undo about the person they sponsor and tend to smother them with attention. In doing so, they may run the risk of having a newcomer depend on an individual member rather than on the AA program. The most effective sponsors recognize that alcoholics who join AA must eventually stand on their own feet and make their own decisions – And that there is a difference between helping people to their feet and insisting and holding them up there after.

Another danger of overprotectiveness is that it may annoy the newcomer to the point of resenting the attempts to help – and express expressing that resentment by turning away from AA.

The AA General Service P – 15 Pamphlet Pg 19

Gentle Currents

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WHEN READY, WE SAY SOMETHING LIKE THIS: "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. AMEN." WE HAVE THEN COMPLETED STEP SEVEN. AA BIG BOOK, PG. 76



The nature of **humility** – which had once been so elusive, complicated, or undesirable to us – was now clearly apparent. We no longer confused it with humiliation, being forced to swallow unpalatable truths. We had come to see that our struggle with character defects and underlying conflicts was a crucible in which our relationship with God was being further refined. A lot of what we thought we were, and thought we couldn't live without, was being boiled away. And this became clearer to us, our attitudes changed profoundly. We felt a deep desire to experience. God's will, in all areas of our lives for its own sake, rather than for some limited, self defined objective. we were becoming vessels more suited to God's purpose. Our capacity to experience fulfillment in our lives directly tied to being more available to God's will for us. SLAA Basic Text, pg 87

The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility and seek the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have. Twelve Steps and Twelve Traditions, pg 76 (AA)

May 24
STEPS

The twelve steps, as originally set forth in Alcoholics Anonymous, do provide a comprehensive and thorough approach to the problem of dealing with addiction, including sex and love addiction. – SLAA basic text, page 67.

The steps gave me a way out of the deep dark hole that I had dug for myself in my addiction. I did what my sponsor said and did all the steps in order. I didn't rush ahead or skip a step. They are brilliant in the way, they are set up. The founders of AA must have had divine inspiration, in my opinion. I need to recognize the addiction before I can begin to believe that something can take it away. I need to have hope before I can surrender to a higher power and clear away the wreckage of the past. We must do daily maintenance, and then it comes full circle with giving back to the program. Each step prepares us for the next one. We are reminded throughout to do each step to the best of our ability. Everyone works the steps differently. But they are set for so clearly that even in their simplest form, addicts gain recovery in all kinds of addictions, including sex and love addiction.

I focus on the step. I am working today and give the other steps to my higher power.

A State of Grace Daily Meditations, pg 145



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Overcoming Over-Sharing

When I first came to SLAA, I was a chronic over-sharer. I would tell anybody anything, no matter how personal or inappropriate. My boundaries were nonexistent, and I had no understanding of anonymity. I would get a hit by trying to shock people, or impress them, or get them to feel sorry for me, by dumping all my traumas and sordid history all over anyone who crossed my path. Joining SLAA became just another thing I could use to prove how messed up I was, to get attention or sympathy, shock, or intrigue.

Shortly after coming into SLAA, but quite a while before actually getting sober, I was out to lunch with a group of fellows from another program. There was someone I wanted to intrigue with, so I started telling him all about having just joined SLAA and why. Thankfully, he had a lot more recovery than I did. He

drew a boundary, ended the conversation and turned away to talk to someone else. I was mortified in that moment, but it was also a real wake up call. He had actually seen what I was trying to do and he didn't fall for it. I realized I wasn't being sexy or funny or intriguing. I was just being sad and creepy.

A big part of my recovery in this program has been learning to have boundaries, including learning when it is appropriate to share personal information and when it isn't. I no longer broadcast my membership in SLAA. I will break my anonymity when it is a true 12th step opportunity to carry the message to a potential sex and love addict, but I have to be careful that I'm not doing it as a means to try to intrigue. Sometimes, if I'm attracted to the person, I will have to put my own sobriety first. I may have to trust that they have their own Higher Power, that they will hear the message, and that it doesn't necessarily have to come from me. M., Los Angeles. The Journal #188

During this process of learning more about humility, the most profound result of all was the change in our attitude toward God. And this was true whether we had been believers or unbelievers. We began to get over the idea that the higher power was a sort of bush-league pinch hitter, to be called upon only in an emergency. The notion that we would still live our own lives, God helping a little now, and then, began to evaporate. Many of us who had thought ourselves religious awoke to the limitations of this attitude. Refusing to place, God first, we had deprived ourselves of his help. But now the words "Of myself I am nothing, the Father doeth the works" began to carry the bright promise and meaning.

Twelve Steps and Twelve Traditions, pg 75 (AA)