



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

OCTOBER 2024

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SLAA Helpline (727) 896-SLAA



We continued to learn about how the defects we had already identified could emerge in milder, but still trouble some forms. Sometimes a new defect in our character was discovered, such as selfishness that had been lurking under dependence, or the fear of intimacy that had hit behind absorption in solitary activity and geographical restlessness.

The Basic Text, page 97

Setting aside time to “get current” with those individuals with whom we had committed relationships was also needed, whether these were spouses, close, friends, or others. We could not achieve partnership with anyone by our own solitary efforts! It took practice and cooperation to learn how to respond to the needs of others without fearing sacrifice of our own dignity, and to be open and honest without defensiveness or destructiveness. *The Basic Text, page 98*

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 spe-





OCTOBER 2024

SAVE THE DATE

**DECEMBER 7
6-9PM**

**GRATITUDE
DINNER**

**Intergroup provides the protein
Please bring a dish to share**



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

We still had many troublesome feelings and reactions to people or circumstances in our lives. Sudden anger could still sweep through us, triggered by something someone said or did, and it often seemed to us that others were even trying to cause this response. Or people with whom we had casual contact sometime seemed to be offering subtle or not so subtle signals of romantic or sexual interest, which could leave us quite off-balance. In groups of people, or even at SLAA meetings, we occasionally could be struck suddenly tongue, tied, unable to communicate on even the most basic level.

The Basic Text, Pg 96



June 25

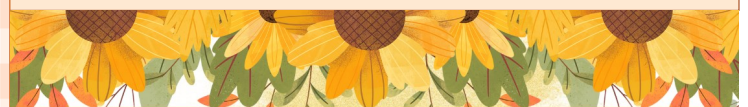
THE TENTH SIGN OF RECOVERY

We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others. – SLAA Core Documents, SLAA Signs of Recovery.

Becoming honest in expressing who we are is difficult for most sex and love addicts (and all humans). Sex addicts need to lie in order to be able to seduce better. Forget about even finding out who they are – everything in their lives is structured around the hunt for their fix. I was a fake image of myself according to what I thought, my prey needed in order to do my sexual bidding. I thought sex was the point of life so why bother finding other interests unless they would make you more interesting to other people? this applied to my life as a love addict as well. I was so concerned with making the object of my affection. Stay that I lost myself. When I lied to myself and others, there was no room for true intimacy to grow. Was a game all about the quick fix and onto the next prospect. True intimacy requires time, honesty, and compromise. I needed the time to get to know myself and work on my character defects in order to have a good relationship with myself, before I could attempt a partnership with anyone else.

I am honest with myself and others today.

A State of Grace, DAILY MEDITATIONS, page 177



**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/)



OCTOBER 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 meeØng 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, MeeØngs, and Intergroups can join the LifeSaver Program.

thank you!

BE A LIFESAVER TODAY!

go.slaafws.org/lifesaver



S.L.A.A. Fellowship-Wide Services
<https://slaafws.org>
+1.210.828.7900

The AugusØne Fellowship, S.L.A.A., Fellowship-
Wide Services is a registered 501(c)3 nonprofit
organizaØon. ContribuØons are tax deducØble.

Our 7th Tradition states: "Every S.L.A.A. group
ought to be fully self-supportØng, declining outside
contribuØons." This means that only people who
consider themselves members of S.L.A.A. can
make a contribuØon.

This thought brought us to step 10, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crap up, we ask God at once to remove them. We discussed them with someone immediately and make them men quickly if we have harmed anyone. then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

*Alcoholics Anonymous
Pg 84*

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

A continuous look at our assets and liabilities, and a real desire to learn, and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self survey and criticism. For the wise have always known that no one can make much of his life until self searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct, what is wrong.

Twelve Steps and Twelve Traditions, pg 88

In all these situations, we need self restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere. We need not be discouraged when we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not for perfection, Twelve Steps and Twelve Traditions, page 91

Today, I Feel Different

Years ago I either could not walk away from a man and was in destructive, painful relationships, usually with men I did not fancy or who I knew were not right for me-or both! Or I compulsively avoided them. I went from one extreme to the other -pursuing them and wanting to climb inside their skin and live there, or doing all I could to stay completely out of their way. Both were anorexic behaviours. Both denied me of the intimacy and love that, deep down, my heart craved. Today I am not clinging to a relationship that is not right for me. I am not in a destructive, painful relationship and I am learning to walk away from what is not right for me, whether that be a relationship I have been in or in the dating process I am currently in. I know today, when I do this, it is healthy behaviour and not hiding out in Anorexia. How do I know? Good question and not one I have found easy to answer. But my answer is this-today I feel differ-

ent. I am conscious and awake and my decisions to walk away from people and relationships are coming from a place of love and not from a place of fear that is the difference. I am becoming more convinced that everything comes from love or fear. Sometimes I ask myself, "Am I doing this out of fear or love?" If it's fear, it's my own self will running riot. If it's love, it's God's will. When I am running away and hiding, that is a fear response. I am giving in to fear and believing the lies it tells me. When I walk away with my integrity and dignity intact and respecting both myself and the other person, that feels like recovery to me. My recovery journey continues to be very human and imperfect. I don't always get it right. But, just as I have been told that the disease of sex and love addiction and anorexia is progressive, so, thankfully is my healing and my recovery and I am very grateful. — Natasha U.K

The Journal, Issue 201