



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

[TampaBaySLAA.org](http://TampaBaySLAA.org)

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**MARCH 2025**

SLAA Helpline (727) 896-SLAA



**Step 3:** Made a decision to turn our will and our lives over to the care of God as we understood God.

**Tradition 3:** The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.

**Sign of Recovery 3:** We surrender, one day at a time, our whole life strategy of, and our obsession with the pursuit of romantic and sexual intrigue and emotional dependency.

**Concept 3:** To insure effective leadership, each element of S.L.A.A. - the Conference, the Board of Trustees, staff, and committees - all possess the "Right of Decision."

Attention: The Tampa Bay Intergroup is seeking a delegate to attend the virtual Annual Business Meeting

**Thu Aug 7 – Sun Aug 10, 2025**

The Annual Business Conference/Meeting (ABC/M) is the once a year event at which Conference Delegates participate in discussing Items (IFDs) and voting on Motions to provide consensus and direction to Fellowship-Wide Services. More importantly, the ABC/M is dedicated to forming community-wide group conscience and supporting service and recovery within the S.L.A.A. program.



MARCH 2025

## Finding a Therapist Who Treats Sex and Love Addiction

Some of our members have benefited from working with a counselor or therapist who understands sex and love addiction. How do you find someone who has this experience? Here are a few recommendations.

1. When searching the internet, include terms such as “CSAT” (which stands for Certified Sex Addiction Therapist), “sex addition therapist,” “love addiction therapist,” “relationship addiction therapist,” “porn addiction therapist,” or “sexual anorexia therapist.”
2. Attend local S.L.A.A. meetings and share that you are looking for a therapist who has experience working with people with this issue.
3. When meeting with a counselor for the first time, ask them for details about their experience working with people with sex and love addiction.

Please keep in mind that the information on this page is not to be taken as a recommendation for seeking this type of help. We are providing this information for those interested since some visitors to this website have requested it.

**“How do you deal with a partner’s different timeframe (less or more sexual desire) & gain intimacy instead of creating distance?”**

Establishing mutual communication is an important fundamental in building a better partnership. A lot of the time the lines of communication do not transmit completely so my suggestion would be to pray together to a higher power. In other words work together to summarize the problem and turn it over to a higher power, **step 3** as a couple. If the individual is not in program and Step Three is not working, then go from Steps Six and Seven to Steps Ten and Eleven, or just Step Seven, then Step Eleven. -Anonymous

I feel that communication is the basis of forming intimacy. I would set up a time to speak about each other’s needs. Almost like a 10 minute meeting we each share for a number of minutes and come up with a compromise and a plan for connection.  
— Cara L., NY

*Communication and compromise*

-Anonymous

Journal, Issue 201

*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>



February 18

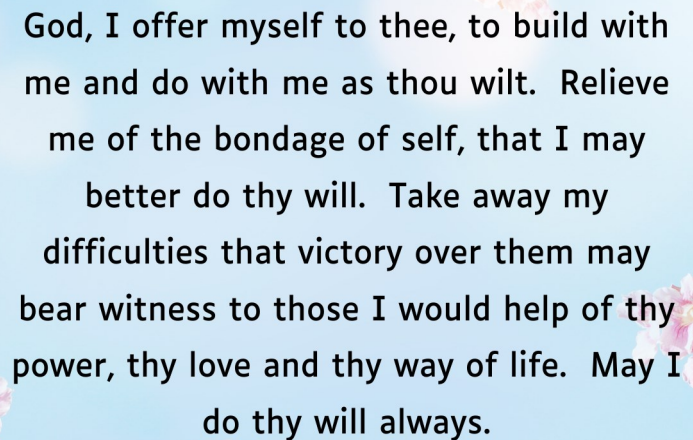
THE THIRD TRADITION

*The only requirement for SLAA membership is the desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves in SLAA group, provided that as a group they have no other affiliation.- SLAA Core Documents, "The Twelve Traditions."*

I naturally assumed that I was a pretty open minded person. The truth is, I was like most. My circle of friends was generally made up of those who were in similar camps, politically, religiously, economically and culturally. My addiction was a game changer. It put me in a room with people with very different perspectives on life. "We are people who normally would not mix," says the Big Book of Alcoholics Anonymous. One fear of beginning in meetings, is the fear of becoming like one of "them," whatever "them" happens to be. What we find when we enter the rooms are people whose world views, support systems, and belief structures served them well in so many ways, but failed to help them stop living out a pattern of sex and love addiction. A desire to stop acting out and a common cure forged and insoluble bond. I sit across from people with whom I would never have chosen to acquaint. I have a sponsor who believes differently and so many ways. yet, I find that is different as we are, we are not so different. We all want to get sober. We are here to help ourselves and help one another. That is more important than all the things that typically divide.

*I choose a sober way of life and to truly connect with my fellows.*

A State of Grace DAILY MEDITATIONS, pg 49



God, I offer myself to thee, to build with me and do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties that victory over them may bear witness to those I would help of thy power, thy love and thy way of life. May I do thy will always.

Alcoholics Anonymous, pg. 63

If we were successful in not acting out addictively by days end, we thank God, whatever we understood God to be, for having helped us live another 24 hours free from bottom line sex and love addiction. The time honored serenity prayer became a part of our daily repertoire For handling challenging and potentially dangerous situations;:

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done.\*

As we looked at the remaining steps, we saw that they were structured on the principle of step three. Our cup of diseased behavior would be emptied out, and we would cleanse it as best we could, making it ready for God's grace to refill it, in accordance with God's plan, not our own.

The Basic Text page 77.



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## A Guided Meditation from a Meeting

SETTLE INTO MEDITATION JUST WHERE YOU'RE SITTING NOW.  
EITHER CLOSE YOUR EYES OR JUST LOWER YOUR GAZE – WHATEVER HELPS YOU TO BRING YOUR FOCUS  
INWARD  
AND NOTICE YOUR INNER EXPERIENCE.

WHAT IS IT LIKE?

NOTICE ANY PHYSICAL SENSATIONS.

NOTICE WHAT YOUR BODY FEELS LIKE TO SIT IN WHATEVER POSITION YOU ARE SITTING IN.

NOTICE YOUR BREATHING– AIR FLOWING IN AND OUT.

IF THERE ARE ANY NOISES, LET THEM COME INTO YOUR AWARENESS AND PUSH THEM OUT OF YOUR  
MIND.

IMAGINE YOU ARE SITTING UNDER A TREE. LABEL THE LEAVES OF THE TREE WITH ANY INTRUSIVE  
THOUGHTS. LET THE LEAVES BLOW AWAY WITH THE WIND.

ARE YOU IN THIS MOMENT?

WHEN THOUGHTS COME IN, WHATEVER IT IS, JUST NOTICE IT.

WELCOME IT– WHATEVER IS ARISING IN YOUR EXPERIENCE–

EVEN IF IT'S UNPLEASANT- EVEN IF YOU WOULD RATHER IT WASN'T AROUND.

ALLOW YOUR EXPERIENCE EXACTLY AS IT IS IN THIS MOMENT.

IF THERE IS AN EMOTIONAL FEELING, EXPERIENCE IT.

EXPERIENCE WHAT IS ALIVE IN YOU, IN YOUR BODY, YOUR FEELINGS.

DOES IT CHANGE AS YOU OBSERVE IT?

HIGHER POWER IS WITH YOU EXACTLY AS YOU ARE.

PERHAPS THERE ARE COLORS, MORE TEXTURES.

EXPERIENCE THEM FOR A MOMENT.

AND NOW BRING YOURSELF BACK INTO THE ROOM.

SLOWLY AND GENTLY OPEN YOUR EYES.

COME BACK AND SEE YOU, CONNECT WITH THE WORLD AROUND YOU.

THANK YOU FOR SHARING THIS EXPERIENCE  
—ANONYMOUS

*The Journal, #210*



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

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

**NEW ENGLAND INTERGROUP:  
HYBRID IN-PERSON/ZOOM  
RECOVERY EVENT**

**SPRING GATHERING 2025 THEME:  
RECOVERY—THE SOLUTION**

Sat., April 26, 2025 11:00AM - 4:00PM (EST)

Shift + Click [here to register](#)