



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

**JUNE 2025**

TampaBaySLAA.org

SLAA Helpline: (813) 400-3863

**URGENT: The Tampa Bay Intergroup is seeking a delegate  
to attend the ALL 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.

**2025 TAMPA BAY INTERGROUP**

**EATING  
MEETING**

**SATURDAY  
AUGUST 23, 2025  
6-8:00 PM**

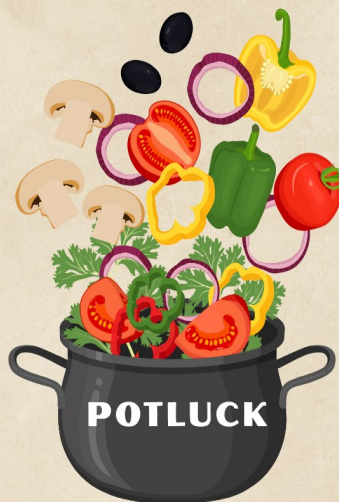
Reach out at meetings for  
location details or email:  
[help@tampabayslaa.org](mailto:help@tampabayslaa.org)

\$10 Suggested Donation & no one will be turned away.  
Significant others welcome!

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 the protein. There are service opportunities for setup, clean up, entertaining, greeting, and more.



**Step 6:** Were entirely ready to have God remove all these defects of character.

**Tradition 6:** An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problaems of money, property, or prestige divert us from our primary purpose.

**Sign of Recovery 6:** We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.

**Concept 6:** The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the Board of Trustees.





## JUNE 2025

### Higher Power is Like the Aircraft Marshaller

I'm grateful to be recovering in this program. In the last 18 months, I have grieved a very stultified job. I have grieved the loss of accumulated recovery in S.L.A.A. to a relapse in this program. Through real estate transactions, I have had to change homes and lost two homes. I have a father that's 90 years old and refusing care, a mother who is 85 with dementia. And all of those stressors in my life. And with my new more profound version 2.0 of recovering in this program, I have thrown myself into service. And I felt like Higher Power said to me, start a 7:00 a.m. women's meeting and that's outside of East Coast business hours. And I've done that and that has been a tremendous enhancement to my life and recovery. I feel like it's really opened up a better, stronger channel with my Higher Power. I am not weighed down in angst and grief from my losses. I'm not worried about the way that my brain thinks life should look like. It's been wonderful to create relationships with women in this fellowship that are doing the really difficult work of being present and available to other women.

They are doing the really hard, deep emotional work of self-love, self-acceptance, and validation.

And I am becoming less focused on those other external things that I felt weighed down and pulled down by.

So, there are stressors in life. And even now, having lost nine years of sobriety in this program, I am so grateful to be where I am right now. Today, I have surrendered my whole life strategy of and obsession with the pursuit of external validation. Right now, I'm at a point of acceptance and of not caring if I'm ever in a relationship again, and that's a gift from doing service work in this program.

Tampa Bay Intergroup  
is accepting 7th tradition  
contributions through PayPal & Zelle  
(Zelle preferred-no fees)

**Consider setting your autopay to a recurring  
\$5 monthly donation**

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

### CONFERENCE HEALTHY RELATIONSHIPS COMMITTEE (CHRC)

**Got a fresh perspective on what a healthy partnership is?  
Join in & help us write.....**

**Project 1 - How to have Healthy Friendships +  
Spirituality**

**Project 2 - Sober Dating Experiences**

**Project 3 - Sex Trade Program**

**Project 4 - What is a Healthy Relationship**

**WE MEET EVERY 3RD SUNDAY (2PM PST)**

**Meeting ID: 842 0465 4837**

**Password: happy**

I have an enhanced relationship with this program and I'm more comfortable with me. So, the stressors, although heavy and hard, have been a tremendous way for Higher Power to be like the guy at the airport with the glowing marshalling batons who directs the planes on the runway. Anyway, that's where I am. Thank you for listening.

—Michelle

The Journal, Issue 214, pg 24





# *Gentle Currents*

## JUNE 2025

### **TAMPA BAY INTERGROUP WANTED FOR HILLSBOROUGH & PINELLAS**

#### *Intergroup Reps at Large*

**The Rep-at-Large  
serves as a literature  
coordinator to the  
member groups of  
their county**

September 13

#### **THE SIXTH CHARACTERISTIC**

*We sexualize stress, guilt, loneliness, anger, shame, fear, and envy. We use sex or emotional dependence as substitutes for nurturing care, and support. – SLAA Core Documents, "Characteristics of Sex and Love Addiction"*

Before sobriety, I initiated sex to avoid feeling guilty instead of talking about things I did wrong in my relationship. When I was stressed at work, sometimes I flirted with my boss or watched Internet porn to lessen anxiety. When I was lonely, I watched porn instead of going out in the world. When I was angry, I had revenge sex. feelings of shame made me hunt for a conquest to try and boost my ego instead of talking about my feelings. I believed that if I had sex with enough people, I would be better than the people I envied. I used to think that everyone used sex to get what they wanted or to ease painful feelings. I didn't see any other way to make people stick around. What is nurturing care and support anyway? I never saw it growing up. I only saw rage and drama and narcissism. But I began to understand the meaning of those words when people listened without interrupting in SLAA meetings, when my sponsor met with me for free every week and when people took my phone calls and listened to my rantings. Practice with this helped me choose a partner who gave me support and pointed out when I was sexualizing instead of dealing with feelings. Today, I can give myself nurturing care instead of acting out to avoid painful feelings.

***Experiencing the full range of feelings is an integral part of my recovery.***

A State of Grace, DAILY MEDITATIONS page 257.

**We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable, can he now take them all – every one? If we still cling to something we will not let go, we ask God to help us be willing.**

***Alcoholics Anonymous page 76.***

#### **What Does a Sponsor Gain From Sponsorship?**

As we begin to apply the spiritual principles of the program in our own lives, we may yearn to anchor our program and service to others. Sponsorship is a powerful way to assist others in their recovery while strengthening our own. When others look to us for guidance, we discover in ourselves a capacity for humility, as we allow the words of our Higher Power to flow through us. The experience of sponsorship, as with many spiritual experiences, does not leave us unaffected. Our own determination to work the SLAA program often grows stronger as we see the effects of sex and love addiction in the lives of others. We often see our own recovery in a new light. We acknowledge our own progress and healing and become willing to give back to the program some of the benefits we have gained.

**SPONSORSHIP:**

***A Return from Isolation pamphlet.***





## JUNE 2025

**STEP SIX:** The old emotional habits, which were still so much a part of us had subtle pay-offs, which made them difficult to surrender. Many of us, ourselves victims of emotional deprivation in our early years, had learned to survive by cultivating hatred, anger, and resentment as motivating forces, seeking to insulate ourselves from hurt and fear. Now we discovered that we had crippled ourselves by using this monotonous strategy of distrust and isolation in all relationships, whether they were inherently hostile, or not. In the extreme, we had become incapable of trust and authentic intimacy with anyone, even people who now seemed in our recovery to be more willing to trust us and to work towards partnership. *The Basic Text, page 85–86.*

**Defects of character/character defects:** personality, flaws, or shortcomings that block our spiritual growth and get in the way of our recovery. Examples include fear, selfishness, dishonesty, self – pity, and pride. These are also called “liabilities” or “shortcomings.” Addressing our defects of character is the focus of steps six and seven.

*Plain Language Big Book: A Tool for Reading Alcoholics Anonymous page 79.*

### Character Assets in Step Six

I first encountered the term character assets when working my **Step 6**. The A.A. Big Book says a complete inventory requires a look at both the good and bad sides of our personality. However, in Steps 4 and 5 there was only mentioned character defects. My sponsor had me start **Step 6** by going through the long list I had

made of my character defects, and describe the corresponding character assets. Was my personality only comprised of defects, or were there also positive sides that I could strengthen in my recovery? One important thing my sponsor taught me was that many character defects are only exaggerated character assets. For instance, fear could be viewed as exaggerated caution.

Caution is an asset, preventing me from doing careless and possibly stupid things. Working on strengthening my positive personality traits, and “modulating the volume” of my character defects made my recovery so much easier. I have tried working on extinguishing character defects before. If it did not in fact make the defects

stronger, the efforts proved useless. I do not take away defects, or dysfunctional ways of thinking and acting, in my recovery. Instead, with the help of my character assets I add new ways of thinking and acting. This gives me a choice of how to respond in different situations.

—Fredrik L, Sweden  
the Journal,  
Issue 156, pg 12

***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://slaafivs.org/telephonemeetings>**

**PHONE: (813) 400-3863 (Helpline)**

**EMAIL: [Help@tampabayslaa.org](mailto:Help@tampabayslaa.org)**

