



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

JANUARY 2026

Submissions: TBINEDITOR@gmail.com

NEW SLAA Helpline (813) 400-3863

Wanted: Tampa Bay Intergroup SECRETARY

Looking for a reliable SLAA member to serve as Intergroup Secretary. Responsibilities include taking meeting notes, preparing and publishing minutes, and creating the agenda for monthly meetings.

Approximate time commitment: 3 hours/mo.

Step 1: We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.

Tradition 1: Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.

Sign of Recovery 1: We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.

Concept 1: Ultimate responsibility and authority for S.L.A.A. world services always reside in the collective conscience of our whole Fellowship.



Attend the virtual intergroup meeting the first Saturday of the month to learn more and get involved!

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

EMAIL: Help@tampabayslaa.org



JANUARY 2026

June 11

THE FIRST CHARACTERISTIC

Having few healthy boundaries, we become sexually involved with and or emotionally attached to people without knowing them. -SLAA Core Documents, "Characteristics of Sex, and Love Addiction"

Many of us don't know what healthy boundaries are before we come into SLAA. I read many self-help books that tried to explain what they were, but my love addiction always got in the way. Magical thinking, codependency and the need for acceptance were all more important than those rude old boundaries. How could something so seemingly harsh be healthy? Rationalizing away any need for rules made it easier for my addict to become sexually involved with people quickly, and without knowing them. Sex addiction seemed easier to handle than love addiction, because it was like getting drunk, and having a hangover the next morning. After every one night stand, I would promise myself never to do that again. But inevitably, I would meet some fantasy and be off and running. Becoming emotionally attached to people without knowing them almost killed me. I stayed with abusive partners long after I discovered that they weren't the knight in shining armor that I had imagined them to be. SLAA gave me tools to stop the magical thinking and to start building healthy boundaries instead of anorexic ones. I had a dating plan to ensure that I would slowly, and hopefully patiently, get to know someone. I had outreach calls, sharing and sponsor-sponsee interaction to tell me if I was wandering into delusion.

I lean on my Higher Power and fellows to maintain healthy boundaries and sobriety today.

A State of Grace DAILY MEDITATIONS, page 163

Volunteer needed

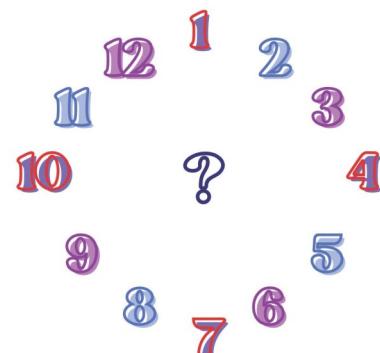
NEWSLETTER

TAMPA BAY
INTERGROUP

The newsletter *editor* is responsible for the planning, creation, and overall oversight of a newsletter, ensuring content is engaging, accurate, and delivered on schedule using SLAA approved literature.

Step Questions Workbook

A Way of Working the Steps Using S.L.A.A. Literature



Sex and Love Addicts Anonymous



THIS WORKBOOK IS S.L.A.A.
CONFERENCE-APPROVED LITERATURE
www.slaafws.org

2nd edition available
now in print from the
www.slaafws.org store
\$10.95

The Augustine Fellowship Step One

Those of us who tried to deceive ourselves in the way we defined our sex and love addiction, either found ourselves, slipping back into the old behavior, or getting into real trouble with our new “steps forward.” We learned the hard way that there was no such thing as half surrender.

The “freedom” to define our own addictive pattern could not be used in a self-serving way. Our addictions are a reality that persists, regardless of any shortsighted, convenient definition. If we were leaving out of our personal definition some behavior that was addictive, it would certainly pull us back into the pattern again.

The Basic Text, Pg. 72.

BECOME AN INTERGROUP REP-AT-LARGE



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

NEEDED FOR HILLSBOROUGH & PINELLAS
FOR INFO. COME TO THE INTERGROUP BUSINESS MEETING

Some of us were caught up in the hypnotic intensity of sexual and romantic encounters or relationships, merging ourselves into our lovers or spouses. These experiences became overwhelmingly compelling, carrying us along with them, exuberantly at first, and then less and less willingly. Unrelenting, the imperiousness with which our sexual and romantic interludes or absorption in a relationship now forced themselves upon us, led to prolonged bondage to our sexual and emotional needs: a real, undeniable craving. The original quest for distraction from life's tensions and responsibilities, for relief from past guilt and present frustration, now lead us into oblivion. The brave New World of morality where “anything goes” became “nothing matters” boomerang, leaving us, grasping for some residual sense of meaning or reality in life. obsession and compulsion, now our masters, meant that control over our sexual and emotional lives no longer resided with us, or within us. We had lost control, regardless of whether we admitted it to ourselves or not.

The Basic Text, Step One page 69.

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NEW YEAR'S RESOLUTIONS

Donate

Tampa Bay Intergroup is accepting 7th tradition contributions through PayPal & Zelle (preferred)

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

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

SPONSORSHIP: My Job Is to Get Out of Higher Power's Way

There are a few things that have made sponsoring work for me. Firstly, my job is to get out of Higher Power's way to keep emphasizing ours is a spiritual program. That applies to me too as a sponsor so regular prayer and meditation around sponsoring is required together with outreach. If I get really stuck then I can always find the answer in the A.A. Big Book chapter on "Working With Others."

Setting healthy boundaries for myself, such as how long calls are and how long I'll wait if they are late is critical for my well-being. Being receptive to the lessons I can learn from my sponsees has also made sponsorship work for me. I've learned so much about relationships, honesty, meditation and inner child work from my sponsees.

Passing on only what I have been given through the readings, outreach and of course my sponsors is important in my experience.

It never works out well if I pretend to know all the answers. It's a real strength to encourage my sponsees to talk to others and to God.

The main challenge I faced at the beginning was a belief that I didn't know enough to be able to pass on to another.

Underneath that were some core feelings of not being enough, perfectionism and grandi

osity that I was somehow responsible for another's sobriety.

I'm grateful to my sponsor for encouraging me to just be available to sponsor who ever wants what I have and then let Higher Power do the rest.

There have been plenty of other challenges since then which I can now see as learning opportunities for acting as if my defects have been removed and for practicing healthy relationships. I've sometimes had to work hard to maintain my boundaries about how long I wait if a call is missed.

I've had to deal with envy about sponsees sex lives and their excitement about dating. There has also been loss when a relationship with a sponsee ends and I've learned to accept and sit with that.

Dealing with sponsees and dating has been consistently challenging and I have needed to remind myself that it is their dating plan, that I'm not in a relationship with their partners so my reactions aren't relevant and are probably my projections.

Most importantly I've learned that my sponsees have their own higher power and it's not me. — Gary H., London

The Journal, Issue 215, pg 10-11