



Gentle Currents



September 2026

THE NEWSLETTER FOR PEOPLE RECOVERING
FROM SEX AND LOVE ADDICTION

Help Line:
813-400-3863

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: SLAA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Characteristic 9: We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.

Sign of Recovery 9: We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.

Concept 9: Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership must be assumed by the Board of Trustees.

Promise 9: We will relate to others from a state of wholeness.

Tampa Bay SLAA Intergroup is accepting one time and recurring 7th tradition contributions through PayPal and Zelle.

www.tampabayslaa.org/donate

What “making amends” means in SLAA

Amends aren’t simply **apologizing** or trying to make someone forgive you. They’re about taking responsibility for the ways your addictive patterns affected another person and, where appropriate, **changing your behavior**.

With sex and love addiction, the harms can be particularly complicated because they may involve:

- Dishonesty, lying, or withholding information
- Infidelity or overlapping relationships
- Manipulation or using someone for validation, sex, attention, or emotional regulation
- Breaking boundaries
- Pursuing someone after they had asked you to stop
- Emotional withdrawal or abandonment
- Making promises you couldn’t keep
- Creating triangles or involving other people in relationship dynamics
- Financial or practical harm resulting from addictive behavior
- Hurting someone while acting from fantasy, obsession, avoidance, or compulsion

But there’s an important SLAA principle here:

Making amends doesn’t mean reopening someone’s wounds just so we can feel forgiven or relieved of our guilt.

That’s why Step 9 includes *“except when to do so would injure them or others.”*

Sometimes the appropriate amends is **direct**. Sometimes it’s **indirect**, such as changing your behavior, respecting someone’s boundaries, repaying something owed, or accepting that you may never get an opportunity to tell the person you’re sorry.

A useful distinction:

Apology:

“I’m sorry I hurt you.”

Amends:

“I recognize that my behavior harmed you. I take responsibility for my part. I’m not asking you to make me feel better or forgive me. Here’s what I’m doing differently so I don’t repeat that behavior.”

And sometimes the most powerful amends is simply:

“I will no longer do this.”



September 8 - THE NINTH STEP

Made direct amends to such people whenever possible, except when to do so, with injure them, or others. SLAA, core documents, "the 12 steps of SLAA"

It can be a terrifying idea to think of contacting someone from the past and admitting to them that we behaved badly. The shame around our actions may have been brewing for years. It's painful to admit, face-to-face, that we were wrong. They might not believe us, or worse, they might try to get revenge and harm us in some way. But confronting shame that we tried to bury with numbing out, behaviors helps us to be humble and clear away the wreckage of the past. We have to confront ourselves when we listen to the person, we are making amends to. They may But confronting shame that we tried to bury with numbing out, behaviors helps us to be humble and clear away the wreckage of the past. We have to confront ourselves when we listen to the person, we are making amends to. They may lovingly understand, or they may tell us a list of grievances. We should hear them and consider where we can improve ourselves from their feedback. If they are wrong in their assessment, we can realize that we have changed. We don't argue with them. We quietly listen and later, take any resentments to our higher power and fellows. I used to take the "except when to do so would injure them or others" part of this step as an excuse not to contact people. So, I let my sponsor decide each case. For some, I had to just let go and write a letter to them that I would never send. I've had emotional miracles happen with a man's making, mending relationships that had been broken for years. Thank God I got over the fear and did the work.

I am willing to make amends today, knowing that my higher power is there.

A State of Grace Daily Meditations, pg 252

Please update us if a meeting has changed or is no longer available.

Please find all the current local in-person meetings here:

tampabayslaa.org/find-a-meeting

Please contact our HelpLine to buy=tify us of any Meeting Changes!

SLAA HelpLine (813) 400-3863

Does Your Home Group Have an Intergroup Rep?

An Intergroup is an assembly of representatives from the local S.L.A.A. Groups whose purpose is to provide information and outreach to those seeking help with sex and love addiction.

The purpose of the Intergroup representative is to be a link in the chain connecting the individual member of an SLAA group to those who are elected to maintain the operation of the intergroup. This allows Intergroup to better serve its members by keeping direct group interaction.

Once each month, representatives and alternates participate in the Intergroup business meeting along with the officers and committee chairpersons. Each group representative attending has one vote that represents their local group.

Now is the time to get involved and help Intergroup stay connected. If you are interested please join us at our next Intergroup meeting which is held the first Saturday of the month. Check out SLAA Tampa Bay website under the meetings section for more information and the specific times.



NEW!

October 5, 2026 there will be a new meeting starting. the Format will be a Step meeting. We will utilize conference approved SLAA Literature, Step Questions Workbook - A way of working the Steps for Sponsors and Sponsees Using SLAA Literature, we will go over each step for 2 weeks allowing for discussion and process of your at-home studies. The meeting will begin at 7:30PM and end at 8:30pm. We are seeking serious committed individuals that can make the meeting weekly or bi-weekly.

For more information contact Bobby at (636) 306-2653

Member Highlight of the Month

I was delighted when asked to provide some thoughts about the ninth characteristic, because it is the root of my sex and love addiction: We avoided responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.

I have been in SLAA for almost one year. It took me at least 6 months to even understand what this characteristic meant. Once I understood it, I was able to let go of the title "victim". My qualifiers didn't ask me to surrender my heart and soul to them. They got a whole lot more than they bargained for or wanted.

My happiness is my responsibility. Caretaking for my partners was not to help them, it was to bind them to me. This came clearer to me when I read what Ross Rosenberg says about codependency in his book *The Codependency Revolution*. He said many love addicts are coming from a place of self-love deficit disorder. In his work with people like me, he learned to help us find how to gain self-love abundance ourselves, then share that with our partners when we became ready for a relationship.

For me, finding self-love abundance came when I faced my chronic, complex trauma. Now I don't need a partner to fix me or distract me. I am free to be me. I am whole with or without a partner.

Oscar B.



Gratitude Dinner

is coming,

November 14, 2026

Let's prepare for another gathering of love, laughter
and food. Time 6-8PM

We're looking for individuals to submit part of their story and how it relates to the 10th Step, Tradition or Characteristic to be featured in the October 2026 Newsletter. Please feel free to send it to us directly at help@tampabayslaa.org or reach out to Bobby at: (636) 306-2653

If you would like to stay anonymous feel free to use an pseudonym, or a pen name. We believe in your anonymity.