

The 10th Step Promises

Now we were truly feeling some sense of deep release from the Past! We were free of much guilt from our misdeeds, from the shame of having fallen short of our inner values. In many instances the values we had thought were ours had turned out to be someone else's, and we had shed or changed these to allow the seeds of our own personal wholeness to take root and grow.

We were indeed living new, positive, unfolding lives. Whether in partnership with others or in solitude, we had truly been granted a spiritual release from our sex and love addiction. While vigilance was still important, the choices we had to make now seemed easier. We felt increasing confidence in our developing partnership with God, and were full participants in the Fellowship of S.L.A.A. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self.