

Suggestions for Newcomers excerpted © 1985 S.L.A.A.

What is sex and love addiction?

We in .S.L.A.A.. believe that sex and love addiction is a progressive illness which cannot be cured but which, like many illnesses, can be arrested. It may take several forms - including (but not limited to) a compulsive need for sex, extreme dependency on one person (or many), and/or a chronic preoccupation with romance, intrigue or fantasy. An obsessive/compulsive pattern, either sexual or emotional (or both), exists in which relationships or sexual activities have become increasingly destructive to career, family and sense of self-respect. Sex and love addiction, if left unchecked, always gets worse.

However, if we follow a simple program which has proven successful for scores of other men and women with the same illness, we can recover. In S.L.A.A., we learn to accept the reality of having this addiction and surrender any notion that we can control it successfully on the basis of our unaided will. Admitting personal powerlessness over this affliction, we cease our addictive behavior and turn to guidance from a Power greater than ourselves, make restitution for harm done to others, and reconstruct our lives physically, mentally, spiritually, and emotionally.

What suggestions does S.L.A.A. give new members?

From S.L.A.A.'s experience, those who are recovering from sex and love addiction suggest that you:

- A. Define your bottom line behavior.
- B. Don't act out - just for today, this hour, this moment - no matter what! IT WILL PASS.
- C. Ask for help on a daily basis.
 - Set aside a time of prayer each morning and ask "Help me to stay away from _____ for today."
 - Set aside a time of thanks each night and express gratitude for the help received by saying "Thank you."
- D. Attend S.L.A.A. meetings regularly.
- E. Join a group.
- F. Get active in your group and in S.L.A.A.
- G. Get a sponsor or talk to an S.L.A.A. person on a daily basis for your withdrawal period.