

SLAA, “Breaking Through the Chains of Anorexia” Meeting Format Sunday 5pm

Hello, and welcome to the “Breaking through the Chains of Anorexia” Sunday night meeting of Sex and Love Addicts Anonymous.

The main focus and objective of this meeting is recovery from Sexual, Social and Emotional Anorexia. My name is _____ and I am a _____. Would all who care to, please unmute your microphone and join me in the Serenity Prayer.

Please re mute your microphone.

Virtual Meeting Statement:

I’d like to ask everyone to mute their microphones at this time, and leave them muted unless you are speaking. Feel free to use “jazz hands” in lieu of clapping or saying hello throughout the meeting. You’ll also notice that there are different options for how to view other members on your screen, so feel free to adjust to SPEAKER VIEW or GALLERY VIEW based on personal preference.

In order to maintain a safe virtual space for everyone, we ask that individuals be mindful of behavior and content that may be triggering to others’ addictions:

- **SCREEN NAMES:** Please be sure that your screen name is your first name, or first name and last initial only. This can be changed from your Zoom screen by clicking on Participants, finding your name, and clicking “Rename”.
- **VISUAL TRIGGERS:** Please be mindful of your physical location, and anything else on your screen that may be triggering to others.
- **CONFIDENTIALITY:** During the meeting, please use headphones if there is anyone in your vicinity who may be able to hear the meeting.
- **CROSS-TALK:** In order to maintain the boundaries of safety, we ask that all members be considerate and refrain from cross-talking or advice-giving. Cross-talk is defined as speaking while another member is speaking, or commenting directly on someone else’s share. In this virtual space, we ask that you maintain these same guidelines in the Chat window and be considerate about messaging individuals or the group while someone is sharing.

Can we please have the **SLAA PREAMBLE** sheet read?

Thank you. Because this is an Anorexia meeting, we have changed the phrase “Sex and Love Addiction” to “Sexual, Social and Emotional Anorexia in most of our readings.

Can we please have the **ANOREXIA STATEMENT** read?

Thank you. Let’s all now unmute and one at a time please state your first name, and if you feel comfortable doing so, the nature of your addiction.

Thank you, let’s all re-mute. Can we please have someone volunteer to read the **12 STEPS OF SLAA FOR ANOREXICS?**

SLAA, “Breaking Through the Chains of Anorexia” Meeting Format Sunday 5pm

Thank you.

Anorexia is not just a fear of intimacy. In some way every person alive is afraid of intimacy, for shyness, modesty and sense of privacy are natural human endowments. But we anorexics have made fear of intimacy into a fixed policy, automatically operating.

Having become aware of this lack of love in our lives, we tried to change our conduct. We found that we could not change it, we understood that we were addicted to it. It was conduct we repeatedly engaged in and could not stop despite its consequences.

Anorexia is a part of sex and love addiction and an SLAA meeting is a place for anorexics to be heard, and to hear, in turn, about the anorexic aspect of addiction and about how to recover from anorexia. Here we discover what the process is for each of us. You are not alone.

Can we have the **LIST OF CHARACTERISTICS** read?

Do we have a group timer? [LEADER CHOOSES] Thank you.

This meeting has a lead speaker once a month that will share their experience, strength and hope in anorexia for 10 minutes. Do we have a speaker?

Thank you. We will now meditate for 3 minutes.

Thank you. We have now come to the sharing portion of the meeting. Through this voluntary sharing of ourselves in a supportive environment, we gain courage to begin developing authentic, unhurried intimacy with ourselves and others. We ask that sharing focus on recovery from sexual, social and emotional anorexia. However, you may share about something else if you need to. In order to create a safe and respectful environment, there is no “cross-talk”. This means we do not interrupt another person’s share, only “I” statements are used, and we refrain from giving advice or commenting on another person’s share during the meeting.

We will now share until 6:15pm, if there are less than 15 people in the room, shares will be 4 minutes (3+1). If there are more than 15 people in the room, shares will be 3 minutes (2+1). I will call upon the first person and they in turn will call upon the next person.

If you would like to share, click on the “participants” icon at the bottom of your screen, then click the “raise hand” button in the pop-up window at any time from here on out. If you are a dial-in caller, press *9 to raise your virtual hand. If you are called on, *6 will unmute your microphone.

Who would like to begin?

(Sharing till 6:15pm)

Thank you all for participating. The Sharing portion of our meetings is now closed. If you didn’t get a chance to share, please stay and talk to someone after the meeting. It is now time to observe the 7th tradition, which states that each meeting is self-supporting through its own contributions. A Venmo link for donations will be added to the chat, can we please have the **SIGNS OF RECOVERY FROM ANOREXIA** read?

May we have the Secretary’s Report?

**SLAA, “Breaking Through the Chains of Anorexia” Meeting Format
Sunday 5pm**

May we have the Literature Report?

May we have the Treasurer’s Report?

May we have the Intergroup Report?

May we have the Men’s Phone List announcement?

May we have the Women’s Phone List announcement?

Are there any other SLAA related announcements?

Can we please have **THE ANOREXIA PRAYER** read to us?

Thank you. While healing from our sex and love addiction we set bottom lines to protect ourselves from self destructive behaviors. While growing beyond sexual, social and emotional anorexia, we set top lines to assist us in self care. We will now share our top lines, please unmute your microphones. If you don’t know what “top lines” are just share with us what you would like to do this week to take loving care of yourself.

Can we have the readers choice of either **THE BLESSINGS** or **THE PROMISES** read to us?

Spending time with others in recovery is an important part of healing from anorexia. many of us stay in this room to talk after the meeting. I will keep the room open for as long as people want to stay and talk.

In closing, let’s remember that anonymity is the spiritual foundation of this program. Who you see here, what you hear here, when you leave here, let it stay here.

We end this meeting with **THE UNITY PRAYER** which can be very powerful in healing a sense of aloneness which is often present in those suffering from anorexia. After a moment of silence, please unmute and join me in the **UNITY PRAYER**

The meeting is now over.