



Welcome Home!!



Thank you for joining
The S.L.A.A. Brothers, Sisters & Siblings
in Recovery

12pm PST

3pm EST

8pm BST

Daily Meeting

ALL MEMBERS OF SLAA WELCOME



Chair: Welcome to the (Monday, Tuesday, Wednesday, etc.) meeting of Brothers, Sisters & Siblings in Recovery. My name is ____, I am a recovering sex and love addict and the chairperson for tonight's meeting. We encourage all members to have their camera on. However, anxiety, illness, or just the daily struggle of life can sometimes make that difficult. Having a busy life does not prohibit anyone from finding recovery. If this is your first meeting with us, we ask that you introduce yourself with your camera on so we can get to know you. If you need to have your camera off for the rest of the meeting you will not be removed. After a moment of silence for all addicts in the world; those in withdrawal, those still trapped in addiction, those we have lost, as well as ourselves, please un-mute and join me in the Serenity Prayer.

**Higher Power,
Grant me the Serenity to accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.
Thy will, not mine, be done**

Chair: Please re-mute your microphones. We now take a few moments to check in briefly and introduce ourselves. There will be time for personal shares and getting current later in the meeting. If anyone is looking for a sponsor, or are available to sponsor, please say so in your introduction so that your fellows can assist you.

If any members are having an especially difficult time in their recovery, please let us know by announcing that you have a “**burning desire**” at which point we will hold 2 minutes for you to share whatever it is that's causing you difficulty.

Stop Screen Share
Introductions
MEETING CHAIR PLEASE CHECK IN FIRST



Chair: It is good to see you all here. Thank you for attending and allowing me to be of service. Would a volunteer like to read The S.L.A.A. Preamble?

The S.L.A.A. Preamble

Sex and Love Addicts Anonymous is a Twelve Step, Twelve Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it. To counter the destructive consequences of sex and love addiction, we draw on five major resources:

1. Sobriety. Our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.

2. Sponsorship / Meetings. Our capacity to reach out for the supportive fellowship within S.L.A.A.

3. Steps. Our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.

4. Service. Our giving back to the S.L.A.A. community what we continue to freely receive.

5. Spirituality. Our developing a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

As a fellowship S.L.A.A. has no opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations, movements or causes, either religious or secular. We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior.

We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity. We need protect with special care the anonymity of every S.L.A.A. member.

Additionally, we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.



Chair: We now read The 12 Characteristics of S.L.A.A. I will read the first four then members please read four at a time after:

12 Characteristics of SLAA

1. Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them.



2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves, and God.



3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.



4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.



5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.

6. We sexualize stress, guilt, loneliness, anger, shame, fear and envy. We use sex or emotional dependence as substitutes for nurturing care, and support.



7. We use sex and emotional involvement to manipulate and control others.



8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.



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



10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities.



11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.



12. We assign magical qualities to others. We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.



Chair: The Characteristics of S.L.A.A. can manifest in different ways in each person. There is no set number of characteristics to determine if a person is a sex and love addict. It is recommended that members attend at least 6 meetings before making any final decisions on their recovery so they can make an informed decision. Next, we read The 12 Traditions of S.L.A.A. As before I will read the first four, then members read four at a time after.

12 Traditions of SLAA

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

2. For our group purpose there is but one ultimate authority, a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.

3. The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.

4. Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

5. Each group has but one primary purpose – to carry its message to the sex and love addict who still suffers.

6. An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

7. Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

8. S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

9. S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10. S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



Chair: We find that it is crucial to adhere to the Traditions set by those who came before us. They are the sacred pillars of this program, without which our recovery would not be possible. Next, we read the 12 Steps. Again, I will read the first four, then members please pick up four at a time after me:

The 12 Steps of SLAA

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1. We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.



Chair: Now is time for the reading portion of the meeting. Tonight, the group will read something from the day's topic folder below. Today's service team has decided the literature we will be reading. Tonight's reading is _____

Would someone like to volunteer to be our timekeeper?

Thank you, Timekeeper please keep time for 15 minutes of reading.

If we haven't finished reading after 15 minutes have passed, the group will decide whether we finish reading or go straight into personal shares.

Topics

Sunday-Cover to Cover Basic Text Study	https://1drv.ms/u/s!AiljYt6oJxGPkDss5QkTCB-trrMU?e=wLNvEL
Monday-Step 10: Radical Self Honesty	https://1drv.ms/u/s!AiljYt6oJxGPkDwcBVZD60Jlc01q?e=QVmcBC
Tuesday-Sobriety Challenges	https://1drv.ms/u/s!AiljYt6oJxGPkD3MvxIDzJaT0iOh?e=qQ5ozff
Wednesday-Step 11 Conscious Contact	https://1drv.ms/u/s!AiljYt6oJxGPkD7FldEGTtw4rrB3?e=fwyE99
Thursday-Understanding Sex and Love Addiction	https://1drv.ms/u/s!AiljYt6oJxGPkD8-MHYeRv22DC-p?e=aevwYZ
Friday-Sober Dating	https://1drv.ms/u/s!AiljYt6oJxGPkECVeEMcQv-zhzyB?e=kujTWL
Saturday-Saturday Solutions: The 5 S's of Recovery	https://1drv.ms/u/s!AiljYt6oJxGPkEESPO5xHTncD3Um?e=Qmgwo9



Chair: Now is the time for personal shares and getting current. Would a volunteer like to read our crosstalk guidelines?

Crosstalk Guidelines

Crosstalk is discouraged during our meetings. Examples of crosstalk are:

- Advice-giving
- Criticizing
- Making comments about what others have already shared
- Questioning or interrupting the person speaking
- Talking while someone is sharing
- Speaking directly to another person rather than to the group.

By avoiding crosstalk, we accept what others say because it is true for them. Crosstalk doesn't forbid a person from speaking on a topic already mentioned during the meeting. However, there are some basic guidelines that we have found to be helpful.

When we speak, we share about our own experience, strength and hope. Experience has shown us that the greatest progress occurs when we each focus on our own recovery. You are speaking to help yourself! In this way, we are better able to truly assist our recovery family.

If at any point a member is triggered or feeling uncomfortable, please message either the Host or one of the Co-Hosts so that we know you are having a difficult time. We will do our best to resolve the situation carefully and discreetly.



Chair: Thank you, would our previous timekeeper like to continue keeping time?

Thank you, please listen for _____ they will announce a 1-minute warning and call time when 3 minutes have elapsed. (We will each have 3 minutes with a 1 minute warning.)

We do "popcorn style" sharing in this meeting, meaning we don't raise hands. Members are encouraged to jump in whenever they feel ready,

We will share until 20 minutes past the hour.

The meeting is now open for personal shares.

If there is less than 40 minutes left for sharing, or 30+ attendees, consider using breakout rooms.
(About 10-12 members per room)

PERSONAL SHARES

(Stop Screen Share)



Chair: This brings us to the end of sharing. Thank you all for your vulnerability and openness. If you did not get a chance to share, or would like to ask questions, talk or exchange contact information, please stay for fellowship after the meeting. Now we read the Signs of Recovery, I will read four then members please read four at a time.

S.L.A.A. Signs of Recovery

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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.
2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.
3. We surrender, one day at a time, our whole life strategy of, and our obsession with the pursuit of romantic and sexual intrigue and emotional dependency.
4. We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.
5. We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.
6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.
7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.
8. We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.
9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.
10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.
11. We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.
12. We are restored to sanity, on a daily basis, by participating in the process of recovery.



Chair: We now read the Promises of Recovery. I will read the first four then members please read four at a time afterwards.

SLAA Promises of Recovery.

If you have decided to follow the suggestions in this program, a new life will begin to unfold within you. Along with this new life are promises that will guide and sustain you. They are manifested among us in sobriety, sometimes quickly, sometimes slowly. These are the promises we in SLAA have found:

1.) We will regain control of our lives.

2.) We will begin to feel dignity and respect for ourselves.

3.) The loneliness will subside and we will begin to enjoy being alone.

4.) We will no longer be plagued by an unceasing sense of longing.

5.) In the company of family and friends, we will be with them in body and mind.

6.) We will pursue interests and activities that we desire for ourselves.

7.) Love will be a committed, thoughtful decision rather than a feeling by which we are overwhelmed.

8.) We will love and accept ourselves.

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

10.) We will extend ourselves for the purpose of nurturing our own or another's spiritual growth.

11.) We will make peace with our past and make amends to those we have hurt.

12.) We will be thankful for what has been given us, what has been taken away, and what has been left behind.



Chair: The 7th Tradition states "Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions." The links being posted now are for our outreach groups, email, and our 7th Tradition link. We also post the link for the S.L.A.A. FWS bi-monthly magazine, The Journal, which can be a valuable resource between meetings. Please donate to the running of this meeting when it is COMFORTABLE for you to do so. Self-care must take priority.

Email: BrothersNSisters.Recovery@gmail.com

BSS Co-ed WhatsApp Group : <https://chat.whatsapp.com/KedZx7BUntP8j7jOznTFYF>

12 Step Sisters WhatsApp Group: <https://chat.whatsapp.com/IPTgDjNMsU45gYUHNARiW>

Men's Only WhatsApp Group: <https://chat.whatsapp.com/DFapfuGp2Hn2FXE1NnTX6V>

BSS Service WhatsApp Group: <https://chat.whatsapp.com/BAF9MFxNHzy9MIbyDbSeT3>

BSS Gratitude Shares: <https://chat.whatsapp.com/Ho5px3Yvs64B8NUobOQTL1>

BSS Literature Committee: <https://chat.whatsapp.com/JlqDZxrNW42DVyxemAY7LQ>

BSS OR WhatsApp Group: <https://chat.whatsapp.com/Jl20xGo5G69DDI8E2a30xl>

7th Tradition link: <https://paypal.me/12StepFamily>

The Journal: <https://slaafws.org/thejournal/>

CHAIR: ARE THERE ANY OTHER S.L.A.A. RELATED ANNOUNCEMENTS?



Chair: This brings us to the end of our meeting. If you didn't get a chance to share or would like to ask questions, please stay for fellowship. This is a good way to find a sponsor and connect with your fellows.

The opinions expressed here belong only to those who shared them. They do not reflect the thoughts or opinions of S.L.A.A. as a whole.

We now close out our meeting with the We form of the Serenity Prayer:

Higher Power

Grant us the Serenity to accept the things we cannot change,
Courage to change the things we can,
And Wisdom to know the difference.

Keep Coming Back!

It works if you work it, so work it, you're worth it!

Who you see here, what you hear here, when you leave here let it stay here.



YOU ARE NO LONGER A



Please read following slides BEFORE starting fellowship



Fellowship Statement

PLEASE READ THIS STATEMENT WHEN FELLOWSHIP BEGINS

CHAIR: (*PLEASE CHECK IN WITH MEMBERS AFTER EVERY THIRD RESPONSE*)

WE DEDICATE THE FIRST TEN MINUTES OF FELLOWSHIP TO NEWCOMER/GENERAL QUESTIONS. ANY MEMBER CAN ASK A QUESTION. WE ENCOURAGE MEMBERS TO USE THE "RAISE HAND" FUNCTION. QUESTIONS CAN ALSO BE ASKED AND ANSWERED IN CHAT.

MEMBERS WHO WOULD LIKE TO OFFER FEEDBACK WILL BE CALLED ON IN ORDER. WE ASK THAT MEMBERS FOLLOW THE FEEDBACK GUIDELINES (NEXT SLIDE) WHEN GIVING FEEDBACK IN ORDER TO MAINTAIN A SAFE SPACE THAT ADHERES TO TRADITION.

MISSED/SECOND SHARES: WE HOLD SPACE FOR MISSED/SECOND SHARES AFTER ALL QUESTIONS HAVE BEEN ANSWERED. PLEASE TRY TO STICK TO THE REGULAR 3 MINUTE WINDOW. FEEDBACK CAN BE REQUESTED IN A FELLOWSHIP SHARE. PLEASE ASK ALL MEMBERS FOR CONSENT TO RECEIVE FEEDBACK IF OFFERING FEEDBACK IN FELLOWSHIP.

REMEMBER: WE ARE ALL JUST ADDICTS TRYING OUR BEST TO STAY SOBER.

WOULD A VOLUNTEER LIKE TO READ THE FEEDBACK GUIDELINES?



Feedback Guidelines:



NEVER GIVE UNSOLICITED FEEDBACK

Feedback should only be given with the permission of the fellow receiving it. Always respect our recovery family's wishes.

We are not here to offer advice or solve each other's problems. We can share based on our personal experience, strength and hope but never tell one another what to do. Feedback should always come from a place of love and support.

We are all sharing things that are difficult, some of us may have even buried them over time, please keep this in mind when offering feedback. Please keep your feedback focused on how you can relate. Never judge, criticize or invalidate another's experience.

If anyone is having an issue with unwanted feedback, it is suggested that healthy boundaries are clearly stated. If this does not work please bring the issue to the attention of BSS Service members or the BSS Service group as soon as reasonably possible.

Members can request that these guidelines be read at any point if anyone is feeling uncomfortable about feedback received in any BSS Recovery space.





CHAIR:

The meeting is now open for newcomer questions followed by missed/second shares.

