

**Lists/Guidelines shared by the  
speaker during the  
2020 UK Convention  
Sun Jan 5th**

**Take what you like and leave the rest**

Not Conference-approved and not draft literature

## HOW TO MAKE A COMPATIBILITY LIST

Your Compatibility List acts like a shopping list, directing you toward partners who are right for you and helping you avoid partners you don't need and who will be a waste of time.

Your Compatibility List will clarify and define how you "resonate" (you resonate with, or are turned on by, people whose vibrational energy is similar to yours) in ten different areas of your life, and therefore reveal what kind of resonance, or compatibility, you're looking for in a partner.

Write down the qualities you are looking for from the list below:

- |    |   |     |   |
|----|---|-----|---|
| 1) | <b>Physical Style</b><br>Appearance<br>Eating habits<br>Personal fitness habits<br>Personal hygiene   | 6)  | <b>Communication Style</b><br>How he communicates<br>Attitude toward communication<br>Other forms of expression                               |
| 2) | <b>Emotional Style</b><br>Attitude toward romance and affection<br>How treats you<br>How expresses feelings<br>How treats the relationship                          | 7)  | <b>Professional/Financial Style</b><br>Relationship with money<br>Attitude toward success<br>Work and organizational habits                   |
| 3) | <b>Social Style</b><br>Personality traits<br>How interacts with others  | 8)  | <b>Personal Growth Style</b><br>Attitude toward self-improvement<br>Ability to look at self and change<br>Willingness to work on relationship |
| 4) | <b>Intellectual Style</b><br>Educational background<br>Attitude toward learning<br>Attitude toward culture<br>Attitude toward world affairs<br>Creative expressions | 9)  | <b>Spiritual Style</b><br>Attitude toward Higher Power<br>Spiritual practices<br>Philosophy of life<br>Moral views                            |
| 5) | <b>Sexual Style</b><br>Attitude<br>Skill<br>Ability to enjoy  | 10) | <b>Interests and Hobbies</b>  |

The more specific you are on your list, the more helpful it'll be to you in determining whether you're in the right relationship.

One way to be thorough is to remember qualities that were missing from past relationships that caused conflict or problems, and to include them.

**Source Unknown**  
**April 14, 2015**  
**Abridged**

## Sober Self-Pleasure/Masturbation Guidelines

### Questions to ask before

- Do I have a sponsor?
- Have I gone through withdrawal?
- Am I sober from my bottom-line behaviors 3 months?
- Have I worked the first 3 Steps with a sponsor?
- When ready or becoming ready - Do the Pros/Cons exercise and share with sponsor

### Masturbation Guidelines (review with sponsor)

- Frequency – consider once a week to start (will also depend if in a committed relationship)
- Cannot masturbate if in H A L T (hungry, angry, lonely, tired) or having negative thoughts.
- Pray before and after
- Remember to breathe and bring self into body (stay out of fantasy)
- Concentrate on the 5 senses (esp. touch, smell, hearing, even seeing and taste)
- Bookend with sponsor first few months; normal to feel shame/guilt but it is part of sober self-care
- Am I S A F E (borrowed from Out of the Shadows – P. Carnes 2001); not a secret, not abusive, not avoiding painful feelings and not empty but taking care of sexual needs/instinct

**PROs/CONs Exercise (Clarity Exercise)**  
**A Process for Changing Bottom Line Behaviors or Making Difficult Decisions**

STATE THE ACTION TO BE TAKEN and follow the suggestions below:

What are the positives and negatives to the action?

List the PROs

List the CONs

Why do I want to take this action?

Identify your MOTIVES:

What do I expect to get from this action?

Determine your EXPECTATIONS:

What am I afraid of right now related to this action and in general?

Itemize your FEARS:

What can happen as a result of this action?

Consider the CONSEQUENCES:

Considering all the answers to the above; ask these 3 questions:

Can I live with the consequences?  
Are my expectations reasonable?  
Am I trying to avoid a fear?

Before deciding anything...

Discuss with your sponsor-get feedback and be open-minded.  
Then "let go and let God" for 24-hours.  
Talk with sponsor again if suggested.

**PROs/CONs Exercise (Clarity Exercise)**  
**A Process for Changing Bottom Line Behaviors or Making Difficult Decisions**

**State the action to be taken:**

**List the PROs/CONs-What are the positives/negatives to the action?**

**Identify your MOTIVES-Why do I want to take this action?**

**Determine your EXPECTATIONS-What do I expect to get from this action?**

**Itemize your FEARS-What am I afraid of right now related to this action and in general?**

**Consider the CONSEQUENCES-What can happen as a result of this action;**

**After answering the above ask these 3 questions:**

- 1. Can I live with the consequences?**
- 2. Are my expectations reasonable?**
- 3. Am I trying to avoid a fear?**

**Discuss with your sponsor-get feedback and be open-minded.  
Then “let go and let God” for 24-hours.  
Talk with sponsor again if suggested.**

# Dating Sober Guidelines

## Before Dating

1. Identify bottom-line behaviors with a sponsor
2. At least work Steps 1-3 if not first 5 so grounded in spiritual program
3. Have a period of abstinence including withdrawal
4. List/know desirable qualities in a partner-be clear about what want from physical to spiritual/cocreate with HP-without a working relationship with HP relying on addiction
5. Decide on "deal breakers"-those things that help you decide this person is not for me
6. Talk to sponsor about sexual intimacy-progression of to break through shame in talking about
7. Check to see if living life in a healthy manner-balanced in work, program, family, friends-connection to HP/others

## First Few Dates

1. Pray before/during/after
2. Monitor H.A.L.T. signs
3. Breathe, be present and available to self and other
4. Listen to what other person is saying
5. Bookend dates-check in with sponsor what feelings come up and who the person is
6. Have clear boundaries-no dumping or over disclosure
7. Watch for red flags
8. Observe how you feel when you are with them
9. Don't be afraid to say "No!"
10. Develop backup plan(s) for moment feel triggered/call sponsor/serenity prayer/leave
11. Meet in public places for 1-2 hours first few dates
12. No dressing provocatively
13. No kissing first date
14. Keep it light, friendly (positive) and FUN

## After Date

1. Journal/share/thank HP/practice being available during everyday life events
2. Expect new areas of sex and love addiction will be triggered
3. Ask yourself, "Do I like who I am when I with this person?" If not, do not pursue
4. Write down signs of your addiction when dating. There will be new behaviors that were not apparent before.
5. Be willing to do whatever it takes to stay sober: Sobriety more important than dating.
6. It is normal to have sexual feelings. It is OK not to act on them.

## Progressing to Physical Intimacy

1. Emotional intimacy before physical intimacy
2. Recognize you and partner will make mistakes that may hurt you-this doesn't mean it is over
3. Respond to partner's requests, needs and feelings as you would want your partner to respond to yours
4. Do not expect to change the other
5. Be thoughtful and willing to compromise
6. Even when hurt or angry REMEMBER that you care about your partner and act accordingly
7. Do not expect your partner to read your mind, ask for what you want/need and know other may not be able to give you what you want/need
8. Disclosure of membership in S.L.A.A. suggested before beginning a committed monogamous relationship and/or before decision to have sexual intimacy.

## Dating within the Fellowship

### Advantages

- Person understands the addiction and what is involved in recovery
- Both speak recovery language
- Understands, respects and accepts boundaries
- Intimacy deeper because core values of sobriety and recovery are in common
- Greater sense of honesty

### Disadvantages

- Limit ability to share openly and honestly in meetings about relationship.
- Makes other members of the fellowship uncomfortable and hearing more info than want to hear
- If relationship ends members get caught in middle.
  - It is suggested not to pursue a relationship with a fellow S.L.A.A. member early in recovery.
  - If do, it will progress quickly because learned tools for developing intimacy and less secrets, less mystery and deeper level of bond.

# **5 BIG EMOTIONS**

Little Book of Big Emotions Ericka M. Hunter 2004

25 November 2005

## **ANGER**

*“The Verboten One”*

### Acting In

Suicidal  
Depressed  
Anger phobic  
Frustrated  
Upset

Anger

### Acting Out

Mad  
Furious  
Raging  
Homicidal

## **FEAR**

*“Vulnerability Ability”*

Uneasy  
Nervous  
Tense  
Jumpy  
Restless  
Worried  
Apprehensive  
Paralyzed  
Terrified  
Panicked  
Scared  
Alarmed  
Anxious

## **GLADNESS**

*“Grace in Action”*

Tolerant  
Curious  
Pleased  
Excited  
Grateful  
Satisfied  
Happy  
Marvelous  
Peaceful  
Joyful

## **SORROW**

*“Complicated Accumulation”*

Disappointed  
Blue  
Hurt  
Distressed  
Pained  
Tearful  
Desolate  
Grief stricken  
Hopeless

## **SHAME**

*“Emotional Paralysis”*

### Doing Shaming

Denying  
Projecting  
Feeling discomfort  
Blaming  
Rationalizing  
Lying  
Being rigid  
Feeling satisfied  
Shifting  
Feeling vulnerable

### Being Shamed

Discomforted  
Confused  
Embarrassed  
Vulnerable  
Accepting  
Shame  
Helpless  
Depressed  
Paralyzed

## Another Third Step Prayer

G-d/hp...I ask

For my head to be filled with thoughts of recovery

For my eyes to only see things that are good for me

For my nose to fully breathe in the air of life

For my mouth to open in gratitude and to stay away from backbiting

For my neck to bow in front of you and no other

For my shoulders to be strong enough to bare the weight of my being

For my hands to go up in praise, reach out to someone who needs help and ask for help when I need it

For my heart to be filled with love compassion and humility

For my stomach to be filled emotionally physically and spiritually

For my legs to take me to places where I should go and not to places where I should not be

And for my feet to be firmly planted on your earth to walk without pride