

SLAA Trailblazers

SLAA Women's Anorexia
Recovery Meeting
Saturday 4:45 PM UK Time



Introduction

[Chairperson--please confirm that we have a co-host in place before starting the meeting]

[16:45 UK time]

Welcome to the Saturday SLAA Trailblazers Women's Anorexia Recovery Meeting. This meeting lasts for 90 minutes.

My name is.....and I am a sex and love addict, anorexic, and the chairperson for this meeting. This is a closed meeting.

By group conscience, you are asked to keep your video on during the meeting. These guidelines are to keep the meeting a safe place to share. The meeting host may mute your line if needed and may change your screen name for you.

Let's open the meeting with a moment of silence to remember who we are, why we are here, and the addicts who still suffer both inside and outside of these rooms, as well as those who have died as a result of this disease.

Please unmute and join me in the Serenity Prayer.

“ God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

The 12 Steps of SLAA

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.

The 12 Traditions of SLAA

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 centres 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.

Readings continued...

We will now read:

WEEKS 1,3, and 5:
The Characteristics
of Sexual Anorexia
(SLIDE 7)

WEEKS 2 and 4: The
Characteristics of Sex
and Love Anorexia
(SLIDE 8)

Characteristics of Sexual Anorexia

**WEEKS 1,3,
and 5**

1. Sexual anorexia can be hidden underneath extreme behaviors, like sexual promiscuity, compulsive eating, compulsive cleaning, alcoholism, and co-dependency; and/or deprivation behaviors like hoarding, compulsive saving, compulsive dieting, food anorexia, and phobic responses.
2. Sometimes our distorted thinking has been influenced by culture, or social or religious groups that view sex negatively.
3. Fearing sexual pleasure, we have rigid and judgmental attitudes about sex behaviors. Fearful of being discovered, we become socially and spiritually anorexic.
4. Preoccupied and obsessed with others being sexual, we have a vivid fantasy life.
5. We sometimes have a morbid and persisting fear of sexual contact; therefore, we obsess and are hyper-vigilant around sexual matters.
6. We can cycle from sex addiction to sexual anorexia out of deprivation and isolation but feel safer in sexual anorexia.
7. We have distorted perceptions of our body appearance. We sometimes fear being noticed at all and want to disappear.
8. We can have extreme loathing of body functions to avoid anything connected with sex.
9. We sometimes obsess, get depressed, and/or have self-doubt about sexual adequacy.
10. We sometimes have excessive fear and preoccupation with sexually transmitted diseases.
11. We sometimes feel grandiosity from avoiding sex but still worry and obsess about the sexual intentions of others.
12. We sometimes have shame and self-loathing over sexual experiences and will react with self-destructive behavior to limit, stop, or avoid sex.

Characteristics of Sex and Love Anorexia

WEEKS 2 and 4

1. Having few healthy boundaries, we become sexually repulsed by and/or emotionally threatened by people without knowing them.
2. Fearing intimacy and vulnerability, we avoid closeness with others, 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 nurturing, we compulsively avoid and stay away from romantic and sexual relationships, sometimes going for years at a time without participating in dating or sustained relationships.
4. We over idealize love and sex or, conversely, confuse love and sex with physical and sexual abuse, shame, immorality, engulfment, enmeshment, pity, and/or the need to rescue or be rescued.
5. We retreat into safety by being alone. Even if we long for intimacy and commitment, we continually avoid relationships and sexual contacts.
6. We are deeply anxious and insecure but may cover feelings of stress, guilt, loneliness, anger, fear, and envy with a persona of independence and self-sufficiency. We may use self-reliance, martyrdom, and/or deprivation as substitutes for nurturing, care, and support.
7. We judge others and/or project that others judge us. We employ distancing strategies and build emotional walls. We withhold love and sex to feel in control and/or to control and manipulate others.
8. We may substitute intimate relationships with romantic or sexual fantasies and may use pornography, adult bookstores, strip clubs, compulsive masturbation, anonymous sex, and/or sex workers to feed this fantasy world.
9. We avoid responsibility for ourselves by focusing on others, denying our own feelings, wants, and needs and being emotionally unavailable in relationships.
10. We stay enslaved to isolation.
11. We may mask our fears of authentic connection and sexuality by involving ourselves in addictive romantic and sexual relationships with unavailable people.
12. We assign magical qualities to others. We idealize and fear them, then resent them for the power they hold over us.

Introductions and Feelings Check

By group conscience, this is a video only anorexia meeting and it is requested that everyone be visible onscreen. Audio-only meetings over the telephone or Skype are available for those who don't wish be visible.

If you need to briefly be away from your camera please type brb (be right back) in the chat window. If your video is off for a prolonged period the host may reach out and ask you to share your video.

Now is the time in which we introduce ourselves by our first names. Please let us know where you are joining us from and how you are feeling at this moment. This is not the time for general sharing or getting current. That will come later, so please be brief (**allow all present to introduce themselves**). **[Stop sharing screen so that participants may see each other]**

[Start sharing screen]

We encourage members to share contact details with members of the meeting who are safe for you. There will be time to exchange information at the end of the meeting.

Service is a program tool. Will you please sign up to chair a meeting? If you are willing to chair a meeting, send a message to our WhatsApp meeting at [<https://chat.whatsapp.com/KQAsuTff0PG0wgFI8QQp0r>].

Business meetings are held on the first Saturday of each month, immediately following the recovery meeting.
E-mail SLAAIntIWARM@gmail.com to have an item added to the agenda, and then attend the business meeting.

Stepping Up & Milestones

Is anyone stepping up today? [if not, skip to milestones]:

Stepping Up: At this point of the meeting we ask the group to join us as we celebrate another example of the miracles that abound in SLAA. This portion of the meeting is known as “Stepping Up”. The sponsor is asked to introduce a newcomer who has 30 days of continuous back-to-back abstinence, has taken the first three steps and is now ready to become a sponsor. Sponsor and sponsee share for two minutes each. Would someone be able to keep time please?

Sponsor then sponsee share for up to two minutes each.

Chairperson: Feel free to unmute and celebrate this accomplishment.

Milestones

Chairperson: Is anyone here celebrating their first 60 days of SLAA HOW sobriety?... 90 days?... 6 months?... 9 months?... 1 year or longer?

Chairperson: Feel free to unmute and celebrate these milestones.

Meeting Format

The purpose of this meeting is to focus on the topic of anorexia recovery, not to meet nor hide from prospective friendship, romantic, or sexual partners. Our message is that the power of the 12-Steps can transform our relationships and our lives.

The format of this meeting rotates weekly.

- **Week one:** Experience, strength, and hope Chair (remember: business meeting)
- **Week two:** Step of the month from the SLAA BASIC TEXT
- **Week three:** Selected Anorexia Reading from a choice of:
SLAA UK ANOREXIA 12-STEP WORKBOOK, ANOREXIA: ARTICLES FROM THE JOURNAL (1999-2016), or
the SLAA ANOREXIA 1-2-3 PAMPHLET
- **Week four:** Tradition of the month from the *TWELVE STEPS AND TWELVE TRADITIONS*
- **Week five:** Selected Reading from the SLAA BASIC TEXT

Steps and traditions of the month will be read in full. Other readings and chair will be timed for up to 10 minutes.

Would someone be able to keep time please?

[Share literature on screen if possible, otherwise stop screen share so that participants may see each other]

Would a volunteer please read:

Sharing and Cross-Talk:

[Start sharing screen]

A share is an experience that has helped us to grow and has given us a new sense of awareness. As you share your experience, please also share your strength and hope.

It is requested that we refrain from cross talk, which is defined as the offering of advice, interrupting, holding a conversation on the side, disputing, commenting upon, or responding to another's share. These guidelines also apply to the use of the chat window. Please do not use the chat window while others are speaking except to type brb, welcome, or thank you.

Please limit your sharing to your experience in SLAA, refraining from using YOU or WE, using I or ME instead. Please keep your sharing to SLAA related topics, refraining from reference to other fellowships by name or non SLAA- related literature and therapists or authors by name. Please refrain from explicit reference to sexual practices, as others in the group may be triggered into acting out. We encourage you to share with your sponsor or a trusted outreach partner those practices which cause you shame, as this will deprive them of the power that is in their secrecy.

Anonymity is the spiritual foundation of all our traditions. We must feel safe in order to speak freely within this fellowship, so the principle we agree to strictly abide by is: who you see here, what you hear here, when you leave here, let it stay here.

Sharing

- Each of us now has the opportunity to share or get current.
 - If you would like to share please type your name in the chat box. The chairperson will invite you to share in the order your name appears (the order of names may appear different for the chairperson). If you cannot access the chat box, the chair will enter your name for you.
 - **Time:** Time is divided equally between those present, so this evening sharing will be for ___ minutes and end 10 minutes before the close of the meeting **[5 minutes after the hour]**.
- In meetings with 25 participants or more, we will split into breakout rooms.*
- **Timekeeper:** Would someone be willing to keep time? The timekeeper will start the time after the person introduces themselves *(including their questions, if used)*.

The meeting is now open for sharing. [Stop sharing screen so that participants may see each other]

The 7th Tradition

[Start sharing screen]

[@ 18:05] This brings us to the end of sharing. If you didn't get chance to share, please stay for fellowship after the meeting.

The 7th Tradition states that we are self-supporting through our own contributions. Your contributions go towards group expenses such as Zoom.us, a future website, and Fellowship World Wide Services (<http://www.slaafws.org>). Be mindful of your own needs first, and give only as you can. Please use GiveButter sending your contribution to <https://givebutter.com/SLAAIntIWARM>.

Would all available sponsors please post in the chat window, state the length of your sobriety and to what level you are able to sponsor. Newcomers or those looking for a sponsor, please feel free to IM potential sponsors directly after the meeting.

Are there any service reports or SLAA related announcements? (**PLEASE ANNOUNCE ANY SERVICE POSITIONS VACANT --explain what is involved in the relevant position**).

That brings us to the close of this SLAA meeting.

The SLAA Promises

If you have decided to follow the suggestions of 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 manifesting among us, sometimes quickly, sometimes slowly.

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 to nurture our own spiritual growth and that of others.
11. We will make peace with our past and make amends to those we have harmed.
12. We will be thankful for what has been given us, what has been taken away, and what has been left behind.

The 12 Signs of Recovery in SLAA

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.

In Closing

The opinions expressed here today are our own and not necessarily those of SLAA as a whole. I would like to thank the following people for helping to make this meeting possible through their service:

Host: (name), Co-Host: (name), Secretary: (name), Treasurer: (name), Chair Person: (name), and Time Keeper: (name).

I would also like to thank everyone who shared, read, or simply attended; without you this meeting would not have happened. Thank you for the opportunity to serve as chairperson this evening. We look forward to someone else volunteering to chair the meeting next month. To chair a meeting, a member should have a minimum of 2 weeks of SLAA sobriety from bottom lines.

Take what you like, and leave the rest. Reason things out, talk to each other, let there be no gossip or criticism amongst us. Rather, let the peace and love and understanding of this programme grow in you one day at a time.

Please unmute your microphone, and join me in the Serenity Prayer

Serenity Prayer and Anonymity



God, grant me the serenity

to accept the things I cannot change,

the courage to change the things I can,

and the wisdom to know the difference.

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

Everyone: *Keep coming back. It works if we work it, so let's work it, we're worth it.*

Meeting Literature

The literature read at this meeting is available for purchase.
Your purchase supports Fellowship Worldwide Services.

For the **SLAA BASIC TEXT** and anorexia literature including **ANOREXIA: ARTICLES FROM THE JOURNAL (1999-2016)**, the **ANOREXIA 1, 2, 3 pamphlet** and **ANOREXIA RECOVERY TOOLS** visit:

<https://store.slaafws.org/>

For the **TWELVE STEPS AND TWELVE TRADITIONS** visit:

<https://onlineliterature.aa.org/12-12-Soft-Cover>

You are never alone:

Group E-mail: SLAAIntlWARM@gmail.com

Skype SLAA Trailblazers Service Box:
<https://join.skype.com/eEfFM6YGNdak>

Skype SLAA Trailblazers General Chat IM Box:
<https://join.skype.com/axey28GMj5LU>

WhatsApp Group: [SLAA Anorexia](#)



Business Meeting Format

We open the business meeting with the Serenity Prayer in the we version, to remind us that we are not alone:

**GOD, GRANT US THE SERENITY,
TO ACCEPT THE THINGS WE CANNOT CHANGE,
THE COURAGE TO CHANGE THE THINGS WE CAN,
AND THE WISDOM TO KNOW THE DIFFERENCE.**

- Please introduce yourself with your name and how you identify in this fellowship each time you would like to share on motions and other business meeting agenda items. We can also vote in those wishing to fill any vacant, ongoing service positions.
- Our agenda begins with service positions for the upcoming month and a treasurer's report.
 - 1) *Secretary for the upcoming month/6 months*
 - 2) *Host and co-host for the upcoming month*
 - 3) *Chairperson for the upcoming month*
 - 4) *Treasurer's report – balance and activity*
 - 5) *Other Items*

Business Meeting Format /...cont'd

Item 1). Would someone volunteer to be secretary for the next six months?

This involves monitoring the SLAA WARM email (SLAAIntIWARM@gmail.com), responding to email where appropriate, tracking items for and coordinating the monthly business meeting.

Item 2). Would someone volunteer to be host for the next month?

The host logs into ZOOM as SLAA Trailblazers and starts the ZOOM meeting. During the meeting the host monitors the chat for cross talk, deploys the “cross talk statement” if needed, and contacts members privately if their video is off, to remind them that the meeting is video only.

Would someone volunteer to co-host for the next month? The co-host shares the script using the ‘Share Screen’ option in ZOOM.

Item 3). Would someone volunteer to act as chairperson for the next month?

The chair leads the meeting by reading the script, inviting participants to share in the order their names appear in chat, and creating a welcoming and inclusive group atmosphere.

Item 4). Treasurer’s report.

Business Meeting Format /...cont'd

Other agenda items:

We ask that the person who brought the item forward explain whether the request is for direction, a decision, or discussion.

- We ask them to put forward a motion.
- We then ask for a seconder. Once the motion is seconded, we ask for discussion, thoughts, or comments.
- Once all who wish to have had a chance to share, we vote, asking first if there are any objections. If there are no objections, the motion is accepted.
- If there are objections, we count the number and then ask for those in favor. If there are more in favor than opposed, the motion is accepted.
- If there are more opposed than in favor, the motion is defeated.

When all agenda items are addressed or we reach our 20 minute limit, whichever comes first, the business meeting is concluded.

- Now we have come to the end of our business meeting. Will all who wish to, join me in the we version of the Serenity Prayer, to remind us that we are not alone, and that our Higher Power is leading us:



*God, grant us the serenity
to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference.*