

Sunday 7:30-8:40 PM-UK Time.

WOMEN'S SLAA HOW ANOREXIA SKYPE MEETING.

Sunday 7:30 pm - 8:40 pm. UK Time.

Updated 1st January 2017.

Italics and in red are used for instructions. They do not need to be read. **Highlighted sections** need to be given particular emphasis.

Tech Secretary (Host)

*Log into the **SLAAHOWANOREXIA** profile 15 minutes before the meeting and call in the Co-Secretary, who opens the meeting. Call in people for the meeting, as they request to be added, while the Reading Secretary selects members for the positions and readings needed for the meeting: Chairperson, E-Literature person, Timekeeper, someone to read the 12 Steps of SLAA, Tradition of the month, the Characteristics of Sexual Anorexia, The HOW Concept and Tools, and the non-FWS approved Promises. Enter the names and the positions in the IM window.*

Reading Secretary opens the meeting:

Welcome to the Sunday Women's SLAA HOW Anorexia SKYPE meeting. My name is _____, I am a sex and love addict/anorexic and your Secretary for this meeting. Would all members please observe the following Skype etiquette. Please make sure all your other phones are switched off or on silent. Meetings will start promptly. However, the Host will call the group 10 to 15 minutes before the scheduled start time in order to greet newcomers and select members for service. If you arrive late or are dropped from the call, please IM the Host directly-do not call, and you will be brought into the meeting without disturbing other members. Please enter quietly with your microphone muted. To maintain call quality, please keep your microphone on mute unless you are invited to speak. This is done by opening the 'call' drop down menu, then selecting the mute option. **If the call drops out for technical reasons, please wait for the Host to redial the whole group back into the meeting.**

If you wish to participate in our meetings, please go to the group's website for the format and readings.

(E-lit post) <https://sites.google.com/site/slaahowanorexia>

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 behaviour 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 behaviour. 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. In SLAA literature, anorexia is described as the compulsive avoidance of giving or receiving social, sexual or emotional nourishment.

We ask each member not to cross talk or instant message in the meeting's IM box during the meeting – except “Congratulations” or “Welcoming newcomers”. If at any point during the meeting there is cross talk in the IM box, the E-literature secretary will post the No Cross Talk statement which can be viewed in the IM box now.

(Chair does not read and E-lit posts) No Cross-Talk Statement:-Please avoid cross talk which means interrupting others when they are sharing, directing your comments toward someone else, making comments on other peoples' shares, using people's names during your share. Also please refrain from using words like “we” or “you” during your share. No one can think or speak for anyone of us. The only exception to cross talk is during a speaker meeting where people can comment on the speakers share. Remember, we are all working to achieve our realities, not those of others.

At the end of the meeting you may wish to connect with other SLAA members. If so, it is suggested that you read our safety suggestions in order to keep yourself safe. This can be viewed in the link in the IM box.

(E-lit post) <https://sites.google.com/site/slaahowanorexia/slaa-resources/slaa-safety-statement>

Skype limits our group to 25, so please accept our apologies if the meeting is full. Now, I will hand you over to this week's chairperson _____.

Chairperson:

Hello, my name is _____, I'm a recovering sex and love addict/anorexic and the Chairperson for this meeting. Would you please keep your microphones muted 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."

(*Chairperson*) If there is anyone here at SLAA for the first time, please unmute your microphone and give us your first name so we can get to know you (*person gives name*). We welcome you to this meeting. Some of what you hear here may seem strange, but we recommend that you try to listen to the similarities rather than differences. We also recommend that you attend 6 meetings before deciding whether SLAA is for you.

Would _____ please read the Characteristics of Sexual Anorexia?

(*E-lit post these from script below*) <https://sites.google.com/site/slaahowanorexia/anorexia-characteristics>

CHARACTERISTICS OF SEX AND LOVE ANOREXIA

(Developed by SLAA members during a women's retreat. Not FWS approved.)

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 the 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 prostitutes 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.

Would _____ please read the 12 Steps of SLAA?

(E-lit post these from script below) <https://sites.google.com/site/slaahowanorexia/12-steps-and-traditions>

The Twelve Steps of S.L.A.A.

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.

Would _____ please read Tradition of the month from “The 12 Traditions of SLAA”? (January = Month 1 = Tradition 1 etc) *(E-lit posts relevant tradition for the current month)*

The Twelve Traditions of S.L.A.A.

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 the 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 to 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 to 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 to 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.

Stepping Up

(Chairperson) Please unmute and reveal if anyone is stepping up today?

(Only read If yes, otherwise skip to Milestones) 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 sobriety, has taken the first three steps and is now ready to become a sponsor. Sponsor and sponsee share for two minutes each. The timekeeper will keep time with a 2 minute time limit and will unmute his/her microphone and give a warning after 1 minute with one minute to wrap up. Thank you.

Milestones

Is anyone here celebrating their first 60 days of SLAA HOW sobriety?... 90 days?... 6 months?... 9 months?... 1 year or longer? *(If yes please read the following, otherwise skip to HOW Concept and Tools)* Please un-mute and join me in celebrating this SLAA sobriety milestone. *(Clapping for the member.)* Please re-mute your microphone.

Would _____ please read the HOW Concepts and Tools?

(E-lit post these from script below) <https://sites.google.com/site/slaahowanorexia/slaa-resources/how-concept-tools>

THE HOW CONCEPT AND TOOLS

The Sex and Love Addicts Anonymous H.O.W. Concept has been formed to offer the sex & love addict (who accepts the twelve steps and twelve traditions as a program of recovery) a disciplined and structured approach. The SLAA H.O.W. groups have been formed in the belief that our disease is absolute and therefore only absolute acceptance of the H.O.W. program will offer any sustained sobriety to those of us whose compulsion has reached a critical level. Therefore, the H.O.W. defined bottom-line sobriety; the steps, traditions and tools of recovery are not suggested. Rather, we accept them as requirements for our recovery. We commit ourselves to a black & white sobriety so that we may deal with the grey areas of living. In H.O.W. we've found that if we commit to using the Tools of Recovery on a daily basis our disease of sex & love addiction can be arrested one day at a time. Here are the tools as we work them according to the H.O.W. concept:

BOTTOM-LINE SOBRIETY

Our willingness to stop acting out in our own bottom-line addictive behaviour on a daily basis.

LITERATURE AND WRITING

We use the AA Big Book and the 12 Steps and 12 Traditions as tools of examination and release.

TELEPHONE CALLS

We make 4 calls a day – 1 to our sponsor and 3 outreach calls to other SLAA members. The phone is like a lifeline, we need the contact, it can be like a mini meeting.

MEETINGS

We recommend you attend a minimum of 3 meetings per week

PRAYER AND MEDITATION

Our practice of daily prayer and meditation is to develop a relationship with a power greater than ourselves which can guide and sustain us in recovery.

SERVICE

This is freedom from the bondage of self as we work out our solution on an altruistic plane.

SPONSORSHIP

A SLAA H.O.W. sponsor is a sex & love addict who, thank God, has 30 days of continuous sobriety working SLAA H.O.W. In keeping with our 2nd tradition, our leaders are but trusted servants – they do not govern. A sponsor should be a person we are not in danger of acting out with, or are likely to find intrigue with. A potential sexual partner as sponsor would interfere with the primary purpose of the sponsor relationship, which is recovery through the programme of SLAA. Sometimes this means the sponsor should be of the same sex; sometimes of the opposite sex. Discretion, common sense and our higher power can guide us in our selection.

(chair continues to read and E-lit posts this and corresponding week) The format of this meeting rotates on a set weekly schedule:-

*(Chairperson read one of the 4 versions depending on the week and skip the others.)**

On the 1st Sunday, we read the step of the month from the SLAA Basic Text. We read for 10 minutes then open the meeting for sharing.

On the 2nd Sunday, we study the 50 anorexia diagnostic questions *(these are found at end of script)*. The chair chooses the first question. **Choose a question for the next person**, read your question and then share on that topic or get current. **If time permits people can share again after everyone has shared, whether getting current or answering a question.**

On the 3rd Sunday, we have a guest speaker. Today we have asked _____ to share their experience, strength and hope with us for 15 minutes. The timekeeper will unmute his/her microphone and give a warning after 10 minutes and one at the last minute so the speaker may wrap up their share. Now, let's welcome _____.

On the 4th Sunday, we read from the book Sexual Anorexia-Overcoming Sexual Self-Hatred by Patrick Carnes. We read for 10 minutes then open the meeting for sharing.

On the 5th Sunday, we read from dating or relationship material. We read for 10 minutes then open the meeting for sharing.

http://www.slaafws.org/download/FreeJournalIssue/Journal_Free_Issue.pdf

***Chairperson:**

The meeting is now open for sharing for everyone who has 14 or more days of SLAA bottom line sobriety. We have 2 minutes to share. The timekeeper will give us a one minute warning to wrap up. At 20 minutes after the hour, newcomers and those less than 14 days can share. **If time permits people can share again after everyone has shared.**

Please send a message in the IM box if you would like to share. Include your first name and if you have more than 14 days of bottom line SLAA sobriety. Newcomers or those with less than fourteen days of sobriety, please type your name and type the word "newcomer or -14" in the IM box, where it applies. Sponsors who have slipped may share after 7 days of SLAA bottom line sobriety.

A share is an experience that has helped us to grow and has given us a new sense of awareness. Our group conscience decision suggests that when asked to share, speakers refrain from reference to non SLAA literature, authors or counsellors by name. When the Chairperson invites you to share, please unmute your microphone using the 'call' drop down menu and start speaking. When you have finished your share, please re-mute your microphone. We ask you to consciously respect your time boundary so as many members as possible may share today. If you go over your time boundary the Secretary may ask you again to wrap up. Again, the e-literature secretary will repost the No Cross-talk Statement if it has been breached.

(Pick names from the list in the IM box for sharing.) “Would _____ like to share”?

Chairperson (at 20 minutes past the hour): It is now time for newcomers and those with less than 14 days to share. “Would _____ like to share”?

(at 30 minutes past the hour) This brings us to the end of sharing for today, I will now hand the meeting back to the secretary. Thank you.

(Secretary): A “Top-Line”- is a positive behaviour that enhances our recovery from this addiction. At this meeting we promote taking positive Top-Line Action. “Supporting yourself with self-care” is a good example. Each member is encouraged to think of a Top-Line Action to post in the IM box. I will now invite each member to share a top line that will promote their recovery today. You are encouraged to be specific, and keep it simple.

Our seventh tradition tells us that we must be fully self-supporting through our own contributions. There is no charge for this meeting but you can contribute by giving service. We also ask that you donate at your next face to face meeting. The e-Literature secretary is posting a link where you can buy literature.

(E-lit post) <http://store.slaafws.org>

Would all available sponsors please post in the IM box the length of your sobriety and the level to which you can sponsor. Newcomers looking for a sponsor, please feel free to IM potential sponsors **directly**. Newcomers, if you would like a call please contact members directly after the meeting.

(Secretary Reads and E-lit post) We have a monthly business meeting directly after the **first Sunday meeting of the month**, where we will discuss and vote on any proposed changes. Please feel free to attend to have your say.

If you wish to purchase any SLAA related Literature, please go to www.store.slaafws.org

Are there any Service reports for this meeting?

Are there any SLAA related announcements?

Can we have a volunteer who has 14 days of continuous back to back SLAA HOW sobriety to chair our next meeting?

Would _____ please read the “ non SLAA approved Promises”

(E-lit post from script below) <https://sites.google.com/site/slaahowanorexia/slaa-resources/slaa-promises.html>

(non SLAA approved) Promises

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 sometimes quickly, sometimes slowly. These are the promises we in this S.L.A.A. group 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.

(E-lit post this with names also) I would like to thank the following people for making this meeting possible: Host: , Secretary: , Chairperson: , E-Literature: , Timekeeper: and those that did the readings.

In closing, we would like to remind you that the opinions expressed here were strictly those of the people who gave them and does not represent SLAA as a whole. Take what you like and leave the rest.

Also, ANONYMITY is the spiritual foundation of our program. If we are to recover, we must feel free to say what is in our minds and hearts. Therefore, whom you see here, what you hear here, when you leave here, please let it stay here. Reason things out, talk to each other, but let there be no gossip or criticism among us. Instead, let the peace, love and understanding of the program grow in you one day at a time. Please stick around for fellowship after the meeting.

After a moment of silence, please keep your microphones muted and join *(You or the guest speaker)* in the Serenity Prayer.

MEETING ENDS AT 8.40PM APPROXIMATELY.

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Business Meeting Format.

The Reading Secretary usually leads the business meeting, asking for all to note proposed motions.

We start with the “we” version of the serenity prayer, then draw up an agenda; service positions, the meeting format, and other issues can be discussed.

***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.***

At this point in the business meeting, we open the floor to the rest of those present.

Ask if anyone has any thoughts on the meeting script and any proposed changes to it.

If there are any other items, we ask the person who brought up the item to explain the request - for direction, for decision, or for discussion. We ask them to put forward a motion.

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

Once all items on the agenda are decided or we reach 20 minutes, whichever comes first, the business meeting is concluded.

Secretary: And now we have come to the end of the business meeting. Will all who wish to, join me in the Serenity Prayer in the ‘we’ version remembering 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.***

Thank everyone for their presence at the business meeting.

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50 ANOREXIA DIAGNOSTIC QUESTIONS.

1. Do you go for long periods without being involved in a sexual or romantic relationship?
2. Do you go without social activities for extended periods of time?
3. Although in a relationship, have you found that, for a long while, you have not experienced: romance?, Sexuality?, Intimacy?, Friendship?
4. Are you alone more than you want, but feel unable to change that?
5. At work do you have trouble developing relationships, talk only when absolutely necessary, or hide out in the work?
6. Do you avoid relationship with a certain gender?
7. Do you stay aloof when in groups?
8. Are you afraid of being noticed?
9. Does being in the presence of others exhaust you, even if you like them?
10. Do you habitually panic or push people away when they start getting too close?
11. Do you usually try to withdraw from or completely control emotions, sexual feelings, or group situations?
12. Do you feel uncomfortable when offered nurturing, affection, or love?
13. Do you usually dread encountering someone to whom you are attracted?
14. Do you feel safer when a relationship remains at the level of flirting and intrigue?
15. Do you feel a deep pessimism about your ability to experience a lasting intimate relationship?
16. Are you continually attracted to people who don't meet your needs?
17. Are you afraid to relax around people because you fear it might lead to a sexual situation?
18. Do you fantasize about having a relationship without actually pursuing a relationship?
19. Do your sexual habits, masturbation for instance, keep you from relationships?
20. Anhedonia means the refusal to receive or give pleasure. Do you practice it?
21. Do you regularly disown your physical and emotional need for others?
22. Do you have a hard time playing and having fun with others?
23. Is it so difficult for you to set healthy boundaries with others that you withdraw entirely?
24. Does everything have to be perfect before you get involved?
25. Do you envy more outgoing people?
26. Do you feel your demonstrativeness is inauthentic?
27. Does shame about your life cause you to avoid relationships?
28. Do you use your feelings of superiority or inferiority to set yourself apart from others?
29. Do you think that no healthy, attractive person or group of people would want someone like you?
30. Do you have a hard time letting people know you care about them?
31. Do you think you are not "enough" - smart enough, attractive enough, old enough, young enough, successful enough, and healthy enough, _____ to deserve a relationship?
32. Do you stay in relationships because you feel you don't deserve anything better or can't have anything different?
33. Do you find it overwhelmingly difficult to show emotion or to tell the truth to someone you wish to be involved with?

34. Do you drive others away by coldness? Aggression?, Timidity?
35. Do you prefer being alone, rather than question the choices that keep you alone?
36. Is your fear of rejection or of looking foolish so intense that you seem to be permanently stuck?
37. Do you suspect that your capacity to move toward intimacy with another is damaged or dead?
38. Do you have an overwhelming fear of being socially, sexually, or emotionally exploited or used?
39. Do you usually feel resentful or envious toward people who have intimate relationships or active social lives?
40. Do you find sex repugnant?
41. Do you feel sex is only for healthy people and will therefore never be for you?
42. Are you more open to people you cannot be sexually close to?
43. When you do date someone, do you set a time limit beforehand on how long you will date that person?
44. Are you tied to your family of origin to the exclusion of others?
45. Are you mainly attracted to unavailable people?
46. Do you consider it not worth the trouble to engage with others because past experiences have been threatening or painful - especially if others want to get close to you?
47. Do you feel more comfortable or more in control when you decline sex or relationship or social invitations?
48. Are you habitually more open to strangers than those you are close to?
49. Do you feel so different from others that you are afraid no one can care about you or understand you?
50. Do you feel that love is missing from your life, yet don't know what to do about it?