

# SLAA Trailblazers

Virtual Face to Face Meeting

Monday 7.45pm UK Time



# Meeting Information

- Monday 19.45 - 21:15 UK Time to check your time zone go to: [www.worldtimebuddy.com](http://www.worldtimebuddy.com)
- SLAA Trailblazers Monday Virtual Face to Face Meeting is a video group meeting of Sex and Love Addicts Anonymous [www.slaauk.org](http://www.slaauk.org)
- Video meeting – go to Zoom.us. Click on Join meeting and enter ID: 633-543-389
- Email: [slaa.trailblazers@yahoo.com](mailto:slaa.trailblazers@yahoo.com) with any questions.
- This meeting is conducted via video-conference. Detailed instructions can be accessed [here](#).
- To make a 7<sup>th</sup> Tradition contribution to SLAA Trailblazers please use PayPal sending your contribution to [slaa.trailblazers@yahoo.com](mailto:slaa.trailblazers@yahoo.com)

# Connection Information

The Monday SLAA Trailblazers Video meeting uses a web conferencing system, so all you need is any PC, Mac, iPhone, smartphone, iPad or tablet with a camera, microphone and speakers attached and turned on to participate. Group conscious has asked that we all keep video enabled when we are on. Well before the meeting, go to <http://zoom.us> and create a free account. To protect your anonymity DO NOT **log in via Facebook or Google, even if the site suggests this**, just use your first name and first letter of your last name, e.g., “June S.”

SLAA Trailblazers meetings are held each Monday and last for 1 hour and 30 minutes, from 19:45 until 21:15 UK Time , which in the US is typically 10.45 PACIFIC TIME and 13.45 EASTERN TIME, except for a few weeks each year, as Europe and US changes to and from daylight saving time on different dates. To determine the current time, please go to: [www.worldtimebuddy.com](http://www.worldtimebuddy.com) and compare your local time to 19.45pm UK Time

A few minutes before it is time for the meeting to start, go to <http://zoom.us> click on “join meeting,” and enter meeting ID:

**633-543-389**

We have room for a maximum of 25 participants. If there is enough demand, we may add additional meetings in the future. Some may wish to remain after the formal meeting to chat, share on topics, answer questions, and exchange email or phone contacts where this is safe for you to do. We encourage all to stay for general fellowship time. We use e-mail, phone calls and [slaasupport@yahogroups.com](mailto:slaasupport@yahogroups.com) between meetings to support each other, we encourage you to share your contact details only with members who are safe contacts for you.

The Seventh Tradition states we are self-supporting through our own contributions . Your contributions go towards Group Expenses such a Zoom.us, group e-literature, a group website and Fellowship World Wide Services (<http://www.slaafws.org>). Be mindful of your own needs first, and give only as you can.

We look forward to meeting you and working the SLAA program with you.

# Introduction

**[At 19:45 UK Time]**

Welcome to the Monday SLAA Trailblazers Video Meeting of Sex and Love Addicts Anonymous. This meeting lasts for 1 hour and 30 minutes.

*[ANNOUNCEMENT for March and October 2016 when close to Daylight Savings Time changes say: "Please note that Europe and US change to and from daylight saving time on different dates. The meeting is at 19.45 UK Time the Local Time of the Meeting May Change for you please go to [www.worldtimebuddy.com](http://www.worldtimebuddy.com) to check the time.]*

My name is..... I am a sex and love addict and your Leader for this meeting. This is a closed meeting, meaning than only those desiring to stop living out a pattern of sex and love addiction may attend.

By group conscious, you are asked to keep your video on during the meeting. You can use the "Gallery View" in the upper right hand corner to see everyone at the same time. Since this meeting is conducted via video connection, we will conduct it like a regular meeting. The video will focus on you after you begin to talk, or if any noise comes from your connection. Please sit close to the microphone, and speak loud enough, so that all may hear what you have to share. Please mute your line using the button on zoom, if you are not sharing. The Meeting Leader may mute your line if needed, and may change your screen name for you.

I hope you will find in this Fellowship the help and friendship I have been privileged to enjoy. 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 Serenity Prayer.

**[Start Sharing Screen—Use "Desktop share" and maximize your browser.]**

# 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.*

Would Chairperson please read:

# The SLAA 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.

**Chairperson reads first two, Other volunteers share reading two at a time:**

## **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.

**Chairperson reads first two, Other volunteers share reading two at a time:**

# **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 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

**Chairperson reads first two, Other volunteers share reading two at a time:**

# **Characteristics of Sex and Love Addiction**

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.

**[STOP SHARING SCREEN]**

# Introductions & Feelings Check

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, that will come later please be brief. If this is your first SLAA Meeting, please let us know so that we may welcome you?

(Allow all present to introduce themselves)

Email and phone calls are supportive of everyone. We encourage members to share contact details with members of the group who are safe for you.

Service is a program tool. Will you please sign up to lead a meeting?  
Email [slaa.trailblazers@yahoo.com](mailto:slaa.trailblazers@yahoo.com) if you are willing to lead a meeting.

(Post this in the group chat window)

Business meetings are held on the first Monday of each month, immediately following the recovery meeting. E-mail [slaa.trailblazers@yahoo.com](mailto:slaa.trailblazers@yahoo.com) to have an item added to the agenda, and then attend the Business meeting.

# Sharing and Cross Talk:

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 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, 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.

If a share breeches these guidelines any member may indicate this through a quiet raising of the hand or by sending a message TO THE GROUP using the 'Chat Window'.

**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.

## If Newcomers are Present:

[IF THERE ARE NO NEWCOMERS GO TO NEXT SLIDE]

**(IF THERE ARE NEWCOMERS)** - 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. Please talk to members after the meeting and exchange numbers with members who constitute safe contacts for you.

For the next 10 minutes we will ask two members to share their experience, strength and hope in recovery from Sex & Love Addiction for 5 minutes each. If there are no sharers or if there is any time remaining, we will read Step 1 from the SLAA Basic Text.

Would someone be able to keep time please?

Would someone please share their experience in recovery? **(SHARE 1)**

Would someone else like to share their experience in recovery? **(SHARE 2)**

**(If no sharers or time remains)** We will now read Step 1 pausing after each paragraph to allow for brief comments.

[GO TO GETTING CURRENT]

# Format

The format of this meeting alternates weekly – Step/Tradition corresponds to month:

- Week 1: Tradition Meeting [**Followed by Group Conscience**]
- Week 2: Topic Meeting (Topic Chosen by Chair)
- Week 3: Chair ESH Meeting
- Week 4: Step Meeting
- Week 5: Topic Meeting (Topic Chosen by Chair)

Reading of a Step, Tradition or S.L.A.A. related topic **10 minutes** followed by time for sharing on the topic and/or getting current

**Would someone be able to keep time please?**

Some suggestions for possible topics and references (PLEASE PREPARE READINGS IN ADVANCE SO ALL CAN READ ALONG USING SCREEN SHARE):

- *Any Step*
- *Any SLAA Pamphlet or Article from The Journal*
- *The Withdrawal Experience (Chapter 5 SLAA Basic Text)*
- *Anorexia (S.LAA Anorexia pamphlet or Anorexia Step 1-3 Booklet)*
- *The Reconciliation Project (Chapter 8 p147 SLAA Basic Text) " Partnership in a Committed Relationship (Chapter 8 p142 SLAA Basic Text)*
- *New Partnerships (Chapter 8 p153 SLAA Basic Text)*
- *Partnership or Living Alone (Chapter 8 p139 SLAA Basic Text)*
- *Characteristics of Sex and Love Addiction.*
- *40 questions for self-diagnosis (pick a number randomly read share)*
- *Signs of Recovery from Sex and Love Addiction*
- *The Promises of Sex and Love Addicts Anonymous*

# Getting Current

- Each of us now has the opportunity to share on the topic and to “get current” on what is currently happening in our lives, with particular emphasis on stimulating or intriguing sexual and emotional situations which appear to pose major threats to maintaining sobriety in S.L.A.A. "Getting current" is indispensable, as only through this ongoing sharing of our "current" trials can our lives be maintained as "open".
- Time is divided equally between those present, so this evening sharing will be for \_\_\_ minutes **(Minimum of 2 minutes)** and ends 10 minutes before the end of the meeting **[5 minutes after the hour]**.
- **Timekeeper:** would you be happy to carry on keeping time?
- **The meeting is now open for sharing.**

**[5 minutes after the hour]** This brings us to the end of sharing. If anyone hasn't had a chance to share, we invite you to stay on for fellowship after the meeting.

The 7<sup>th</sup> Tradition states 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 PayPal sending your contribution to [slaa.trailblazers@yahoo.com](mailto:slaa.trailblazers@yahoo.com) I will post the address in the chat window

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

**START SHARING SCREEN**

**Chairperson reads first two, Other volunteers share reading two at a time:**

## **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.

**Chairperson reads first two, Other volunteers share reading two at a time:**

# **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.

**STOP SHARING THE SCREEN**

# 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), Secretary (name), Chair Person (name) , Treasurer (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 leader this evening, we look forward to someone else volunteering to lead the meeting next week. To lead 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

**[SHARE SCREEN]**

# Serenity Prayer & 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.*

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

*Keep coming back it works if you work it  
so work it you're worth it*

**[IF IT IS WEEK 1 WE WILL HAVE A GROUP CONSCIENCE MEETING IMMEDIATELY FOLLOWING THIS MEETING FOR MAXIMUM OF 20 MIN]**

# SLAA Trailblazers

*You are NOT alone:*

Group Email: [slaa.trailblazers@yahoo.com](mailto:slaa.trailblazers@yahoo.com)

Yahoo Group: [slaa.support@yahoo.com](http://slaa.support.yahoo.com)

