

Oct/Nov
2017

THE BOTTOM LINE



Running out of Bottom Lines?

Each meeting gets 10 free Bottom Lines monthly. For only \$3 more your meeting can have an EXTRA 10 COPIES! Talk to your Intergroup Representative.

For information on phone and online nationwide and international meetings and to keep you connected to the SLAA fellowship:

SLAA Local Los Angeles

www.slaalosangeles.org

P.O. Box 945
Venice CA 90294
(323) 957-4881

For general questions, email:
info@slaalosangeles.org

For Bottom Line requests, email:
thebottomline@slaalosangeles.org

For web site inquiries, email:
webmaster@slaalosangeles.org

SLAA National San Antonio, TX

www.slaafws.org
Fellowship Wide Services
1550 NE Loop 410
Suite 118
San Antonio, TX 78209
(210) 828-7900
(210) 828-7922 fax

For general questions, email:
<http://www.slaafws.org/contact>



**THE JOURNAL IS LOOKING FOR
SHARES FOR A SPECIAL ISSUE ON THE
TOPIC OF DIVERSITY**

“ We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity.”

This recent change to the S.L.A.A. preamble reflects the idea that we can all find recovery from sex and love addiction, no matter our differences. Have you ever felt that you didn't fit in? Do you feel that you fit in in S.L.A.A.? Do you feel that the program is reaching as many people as it could be? How can we continue to carry the message to as many people as possible?

Please send your shares on diversity to:

www.slaafws.org/contact/Conference+Journal+Committee

Topics may include:

- Gender Relations
- Sexuality
- Cultural Viewpoints
- Unique Bottom Lines
- Acceptance
- Fitting In
- Identifying with Feelings
- Encouraging Diversity
- Unity
- Gender Identity
- Other topics welcome!

Telemeetings

20 Meetings Scheduled at Various EST/GMT Times

Meetings are daily, see slaafws.org/telephonemeetings for a list of times.

For any *last minute meeting time or location changes*, be sure to *email the webmaster* at webmaster@slaalosangeles.org AND leave a message on the phone line at (323) 957-4881.

YOU ARE NOT ALONE.

Sex and Love Addicts Anonymous, or S.L.A.A., is a program for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment. We use the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous to recover from these compulsions. The following behaviors have been experienced by members.

- Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them.
- Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships....
- We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
- We sexualize stress, guilt, loneliness, anger, shame, fear and envy....
- To avoid feeling vulnerable, we may retreat from all intimate involvement,...Excerpts from the **Twelve Characteristics of Sex and Love Addiction** ©1985



You may be experiencing one or all of these characteristics, but only you can decide for sure if S.L.A.A. is right for you. To help you make this decision, it is suggested that you complete the **40 Questions for Self-Diagnosis**. If you answer yes to any combination of these questions and think you may be struggling with sex and love addiction, you are welcome in S.L.A.A.

Now What?

You have already taken a big step in seeking information about the program of S.L.A.A. If you believe this program is for you, the next thing to do is find out **if there is a meeting in your area**. Gathering with other sex and love addicts at an S.L.A.A. meeting is the primary way we learn how to get sober and maintain recovery. There are no dues, fees, or registration process to attend a meeting, only voluntary contributions. By giving and receiving support from others like us, we not only have a better chance of recovering, but we also begin to learn how to engage with people in a non-addictive way.

An essential piece of literature to help you start and stay with the program is the **S.L.A.A. Basic Text**. This book contains information about discovering the illness, beginning recovery, defining sobriety, the Twelve Steps of S.L.A.A. and contains personal stories of others who have gone from addiction to recovery. There are also pamphlets that can be of great help. These include the **Welcome** pamphlet, **An Introduction to Sex and Love Addicts Anonymous**, **Suggestions for Newcomers**, **Questions Beginners Ask**, and **Addiction and Recovery**.

The Twelve Step program of S.L.A.A. has helped many of us break free from the grip of sex and love addiction. **You Are Not Alone.**