



THE BOTTOM LINE



January 2023 Edition

Step 1: *“We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.”*

“For me, December can feel like a wash in the recovery world. My schedule gets off, its tempting to isolate (or see friends and family I’d much rather avoid) and when I’m struggling in my addiction, it feels like *“it can just wait ‘till the next year”* to take action. It’s in these moments that I reach out to my sponsor and be reminded to keep it simple, and to live in today. I actually don’t have the ability to control tomorrow, and the stress of tomorrow can make me want to act out today. With the added pressure of trying to walk into a new year as a brand new person it can be easy to forget what made life in sobriety work. Which, for me, is regularity: Going to meetings, sharing honestly about my feelings and fears, and trying my best each day to work the 12 steps. In Step 1, we Admit we were powerless ... Today, I am powerless over wanting to have unrealistic expectations for myself as a way to get high off the disappointment or attention it may bring, and recognize that thinking too much into the future makes my life unmanageable. Today, I commit to keeping it simple, and continuing to put together 24-hours of sobriety at a time.” - ET

#NEWYEARNEWME Make a list of top line behaviors that you can lean on this year instead of acting out. ❤️

INSPIRATION LINES

Call for 24/7 relief to listen and be inspired by a new recorded Speaker each week

6-Minute Recording: (215) 574-2120

20-Minutes Recording: (215) 574-2121

TELEPHONE MEETINGS

www.slaafws.org/telephonemeetings

We want to hear from you!

Share your experience on Step 2!

Email in a short blurb to be featured in next month’s issue!

BottomLine@SlaaLosAngeles.org

Virtual Meeting Guide:

www.slaalosangeles.org/virtual-meetings

Donations

Venmo: @SlaaLosAngeles

Paypal app: @slaala

Paypal: donate@slaalosangeles.org

Amazon: smile.amazon.com

Choose “SLAA Los Angeles Inc” as your “charity.”

Please note in the Memo what the donation is for.

venmo



@slaalosangeles.org
phone # last 4: 8741

In-Person Meeting Guide:

www.slaalosangeles.org/copy-of-current-meetings

Local Intergroup

www.slaalosangeles.org

S.L.A.A. Los Angeles, Inc.

P.O. Box 480379,

Los Angeles, CA 90048, USA

310-595-8741

40 QUESTIONS FOR SELF DIAGNOSIS excerpted © 1985 The Augustine Fellowship, S.L.A.A.,
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The following questions are designed to be used as guidelines to identifying possible signposts of sex and love addiction. They are not intended to provide a sure-fire method of diagnosis, nor can negative answers to these questions provide absolute assurance that the illness is not present. Many sex and love addicts have varying patterns which can result in very different ways of approaching and answering these questions. Despite this fact, we have found that short, to-the-point questions have often provided as effective a tool for self-diagnosis as have lengthy explanations of what sex and love addiction is. We appreciate that the diagnosis of sex and love addiction is a matter that needs to be both very serious and very private. We hope that these questions will prove helpful.

YES | NO -

- | 1. Have you ever tried to control how much sex to have or how often you would see someone?
- | 2. Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you?
- | 3. Do you feel that you don't want anyone to know about your sexual or romantic activities? Do you feel you need to hide these activities from others – friends, family, co-workers, counselors, etc.?
- | 4. Do you get “high” from sex and/or romance? Do you crash?
- | 5. Have you had sex at inappropriate times, in inappropriate places, and/or with inappropriate people?
- | 6. Do you make promises to yourself or rules for yourself concerning your sexual or romantic behavior that you find you cannot follow? Yes
- | 7. Have you had or do you have sex with someone you don't (didn't) want to have sex with?
- | 8. Do you believe that sex and/or a relationship will make your life bearable?
- | 9. Have you ever felt that you had to have sex? Yes [] No [] 10.) Do you believe that someone can “fix” you?
- | 10. Do you believe that someone can “fix” you?
- | 11. Do you keep a list, written or otherwise, of the number of partners you've had?
- | 12. Do you feel desperation or uneasiness when you are away from your lover or sexual partner?
- | 13. Have you lost count of the number of sexual partners you've had?
- | 14. Do you feel desperate about your need for a lover, sexual fix, or future mate?
- | 15. Have you or do you have sex regardless of the consequences (e.g. the threat of being caught, the risk of contracting herpes, gonorrhea, HIV, etc...)?
- | 16. Do you find that you have a pattern of repeating bad relationships?
- | 17. Do you feel that your only (or major) value in a relationship is your ability to perform sexually, or provide an emotional fix?
- | 18. Do you feel like a lifeless puppet unless there is someone around with whom you can flirt? Do you feel that you're not “really alive” unless you are with your sexual / romantic partner?
- | 19. Do you feel entitled to sex?

- | 20. Do you find yourself in a relationship that you cannot leave?
- | 21. Have you ever threatened your financial stability or standing in the community by pursuing a sexual partner?
- | 22. Do you believe that the problems in your “love life” result from not having enough of, or the right kind of sex? Or from continuing to remain with the “wrong” person?
- | 23. Have you ever had a serious relationship threatened or destroyed because of outside sexual activity?
- | 24. Do you feel that life would have no meaning without a love relationship or without sex? Do you feel that you would have no identity if you were not someone’s lover?
- | 25. Do you find yourself flirting or sexualizing with someone even if you do not mean to?
- | 26. Does your sexual and/or romantic behavior affect your reputation?
- | 27. Do you have sex and/or “relationships” to try to deal with, or escape from life’s problems?
- | 28. Do you feel uncomfortable about your masturbation because of the frequency with which you masturbate, the fantasies you engage in, the props you use, and/or the places in which you do it?
- | 29. Do you engage in the practices of voyeurism, exhibitionism, etc., in ways that bring discomfort and pain?
- | 30. Do you find yourself needing greater and greater variety and energy in your sexual or romantic activities just to achieve an “acceptable” level of physical and emotional relief?
- | 31. Do you need to have sex, or “fall in love” in order to feel like a “real man” or a “real woman”?
- | 32. Do you feel that your sexual and romantic behavior is about as rewarding as hijacking a revolving door? Are you jaded?
- | 33. Are you unable to concentrate on other areas of your life because of thoughts or feelings you are having about another person or about sex?
- | 34. Do you find yourself obsessing about a specific person or sexual act even though these thoughts bring pain, craving or discomfort?
- | 35. Have you ever wished you could stop or control your sexual and romantic activities for a given period of time? Have you ever wished you could be less emotionally dependent?
- | 36. Do you find the pain in your life increasing no matter what you do? Are you afraid that deep down you are unacceptable?
- | 37. Do you feel that you lack dignity and wholeness?
- | 38. Do you feel that your sexual and/or romantic life affects your spiritual life in a negative way?
- | 39. Do you feel that your life is unmanageable because of your sexual and/or romantic behavior or your excessive dependency needs?
- | 40. Have you ever thought that there might be more you could do with your life if you were not so driven by sexual and romantic pursuits?

If you answered yes to one or more of these questions: you may be a sex and love addict. Great news - you are not alone! We recommend attending a few different meetings this week to better understand how you may identify with the program. It works if you work it. :)

Our Santa Monica Beach Meeting is back!



6:30 PM Fridays



810 Pacific Coast Highway. Parking Lot 8 North

We meet on the sand in between lifeguard tower 8 and the volleyball courts. **Bring beach chairs or a blanket.** *If we have rain or heavy wind, please meet at Mel's Drive-In 1670 Lincoln Blvd.*

For more information Call or Text Max B: 732-337-1926

In Person Meetings

For more information please visit: www.slaalosangeles.org/copy-of-current-meetings

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
SUNDAY	8:30 AM	In-Person Only	Outdoor	Griffith Park Merry-Go-Round 4730 Crystal Springs Dr	Focus on Spirituality	10 Min Meditation + Speaker +Participation. Bring something to sit on. Free parking lot.
SUNDAY	10:00 AM	Hybrid	Indoor	SHARE! 6666 Green Valley Circle Culver City, CA 90203	Love Addiction Focus	10 Minute Reading, Participation, Chips last sunday of the month
SUNDAY	11:00 AM	In-Person Only	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069	Serenity on Sundays	Closed meeting. All genders.Meditation & Sharing. LA County Policy on Masks.
SUNDAY	12:30 PM	In-Person Only	Indoor	Reed Park in Joselyn Hall 1133 7th St Santa Monica	Top Lines	All Gender
SUNDAY Men Only	1:00 PM		Indoor	Pathfinders Club 3367 Glendale Blvd Los Angeles, CA 90039	Men's Stag	Men's Stag - Enter through the door to the right of the main entrance door or the back door.
SUNDAY Once Per Month Only!	3:30 PM	BOTH In-Person AND Online	Indoor	Silverlake Community Church Fellowship Hall 2930 Hyperion Ave Los Angeles, CA 90027	INTERGROUP MEETING	Second Sunday of the month only. Intergroup meeting for SLAA Los Angeles. Intergroup Reps from each meeting in LA vote on issues. Literature & Chips Pickup.
SUNDAY	4:00 PM	In-Person Only	Indoor	Presbyterian Church 5751 Platt Ave Woodland Hills, CA 91367	Step Study	One Hour Step Study

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
SUNDAY	4:00 PM	In-Person Only	Indoor	SHARE! 6666 Green Valley Circle Culver City, CA 90203	A Path to Healthy Relationships	All Gender, Speaker Meeting, Chips Given, Newcomer Focus
SUNDAY	5:00 PM	In Person & Online	Indoor	Van Ness Recovery House 1919 N Beachwood Dr	Anorexia Focus	Breaking thru the chains of anorexia. All genders.
SUNDAY Women Only	7:00 PM	BOTH In-Person AND Online	Indoor	MCC United Church of Christ in the Valley 5730 Cahuenga Blvd. North Hollywood, CA 91601	Sunday Brentwood Meeting	Meeting has a rotating format of speakers, reading, and open sharing, and goes from 7-8:30PM.
SUNDAY	7:30 PM	In-Person Only	Indoor	Mount Olive Lutheran 1118 Allen Ave Pasadena, CA 91104	-	All Gender Meeting is downstairs
MONDAY	7:30 AM	BOTH In-Person AND Online	Indoor	Harmony Toluca Lake Church 4301 Cahuenga Blvd Toluca Lake, CA 91602	Thank God it's Monday: Valley Ed	1 Hour Alternates between a guest speaker and a Step from the SLAA basic Text
MONDAY New Location	8:30 AM	In-Person Only	Indoor	Farmers Market 6333 W. 3rd Street Los Angeles, CA 90036	Thank God It's Monday	Community Room upstairs in the food court. All Gender. Literature Meeting.
MONDAY	Noon	In-Person Only	Indoor	Colorado Center 2500 Broadway Ave Santa Monica, CA 90404	Building Relationships	1 Hour. All Gender. Group Sharing Community Room Across from Helen's Cycles
MONDAY	7:00 PM	BOTH In-Person AND Online	Indoor	Downtown SHARE! 425 S Broadway Los Angeles, CA 90013	All Welcome Downtown	All Gender. Chips Given. Newcomer Focus NOTE To attendees: Please show up at least 5 minutes early
TUESDAY	8:30 AM	In-Person Only	Indoor	Farmers Market 6333 W. 3rd Street Los Angeles, CA 90036	Don't Miss The Miracle	Community Room upstairs in the food court. All Gender. Speaker. 1 hour meeting; Focus on spirituality 10 min meditation
TUESDAY	6:00 PM	In-Person Only	Indoor	Share! 6666 Green Valley Circle, Culver City	Serenity Rainbow!	Harmony Room. Closed Slaa Meeting for Trans, Queer or Questioning people.
TUESDAY	7:00 PM	BOTH In-Person AND Online	Indoor/ Outdoor	St. Luke's Evangelical Lutheran Church, 5633 E Wardlow Rd Long Beach, CA 90808	Long Beach 7 pm Study St Luke's	All Gender. Literature Study. Chips Given. Closed Meeting. Please bring a mask. Small Meeting.
TUESDAY	7:30 PM	In-Person Only	Indoor	Neighborhood Unitarian Universalist Church 301 N. Orange Grove Blvd, Room 25 upstairs Pasadena, CA		Closed Literature Meeting. All Gender. Handicapped Access. Newcomer Focus. Speaker Meeting. Chips Given.

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor or	LOCATION	MEETING NAME	COMMENTS
TUESDAY	7:30 PM	Hybrid	Indoor	The Oaks Medical Campus 4849 Van Nuys Blvd Suite 103 - Entrance in alley	Straight Pepper Diet	Book/Step Study - Entrance is between building and parking structure - off Huston Ave
WEDNESDAY	8:30 AM	BOTH In-Person AND Online	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069 online ID: 88066048247	Healthy Relations hips	Will be both online and in-person For online password, email: WeHoRecoverySLAA@Gmail.com
WEDNESDAY Men only	5:30 PM	In-Person	Indoor	Farmers Market Community Room 3rd and Fairfax 6333 W. 3rd Street	Fantasy Island	Men's Stag 1 Hour Everyone Shares
WEDNESDAY Women only	6:00 PM	BOTH In-Person AND Online	Indoor	Atlantic Alano Club 600-1/2 Redondo Ave Long Beach, CA 90814 online ID: 791 0609 5069	Healing Hearts	Women only- Speaker, Open Sharing, Literature. Email HealingHeartsLBC@gmail.com for zoom password.
WEDNESDAY	7:30 PM	In-Person Only	Indoor	WHRC 626 N Robertson Blvd West Hollywood, CA 90069	Restored to Sanity	Steps 1 2 & 3. All Addicts Welcome / Masks Required Park at Library on San Vicente
WEDNESDAY	8:30 PM	In-Person Only	Indoor	Pathfinders Alano Club 3367 Glendale Boulevard Los Angeles, CA 90039	Meditatio n	All Gender. On Glendale Blvd about 1 mile north of the 5
 THURSDAY	6:00 PM	In-Person ONLY	Outdo or	Silverlake Community Church 2930 Hyperion Ave. Los Angeles, CA 90027	Brunswic k Patio	Socially distanced. 1.5 hour, 20 minute speaker, Tag-pass sharing on a topic. Chips given. Birthdays celebrated. Has an ASL interpreter on the 2nd Thursday of every Month.
THURSDAY	6:15 PM	BOTH In-Person AND Online	Indoor	SHARE! 6666 Green Valley Circle Culver City, CA 90203	Courtshi p: From Fantasy 2 Reality	All Gender Chips Given Closed (identify S.L.A.A. only)
THURSDAY	8:00 PM	IN PERSON	INDOO R	SHARE! 6666 Green Valley Circle Culver City, CA 90203	ALL GENDE R	* All Gender * Speaker * Meditation * 90 Minute Meeting
FRIDAY Men Only	8:30 AM	In-Person Only	Indoor	St. Bedes 3590 Grand View Blvd Los Angeles, CA. 90066	Focus on the Solution	Men Only- 1 Hour Meeting Parish Hall entrance on Charnock. The focus is on the solution. Book study, speaker and voluntary sharing. Time for Newcomers.
FRIDAY	Noon	In-Person Only	Indoor	Colorado Center 2500 Broadway Ave Santa Monica, CA 90404	Building Relations hips	All Gender - 1 hour, Group Sharing Community Room Across from Helen's Cycles

DAY	TIME	IN PERSON OR HYBRID	Indoor/ Outdoor	LOCATION	MEETING NAME	COMMENTS
FRIDAY Beach Meeting!	6:30 PM	IN-PERSON ONLY	Outdoor	Santa Monica - Parking lot 8 North. on the beach	11TH STEP	11th Step by the Sea PARKING INFO ABOVE!
FRIDAY Men Only New Location	6:30 PM	In-Person ONLY	Indoor	Echo Park United Methodist Church - Enter on Reservoir St - 1226 N Alvarado St	Men's Stag	Men's Stag - Meditation, alternates between Participation only, and Speaker/Participation Meeting.
FRIDAY Women and Non-Binary	8:30 PM	BOTH In-Person AND Online	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039		Women and Non-Binary, 1 Hour Speaker Meeting. MASK & PROOF OF COVID VACCINATION REQUIRED.
SATURDAY	9:30 AM	BOTH In-Person AND Online		MCC - United Church 5730 Cahuenga Blvd North Hollywood, CA 91601	Fantasy, Romance, Intrigue	All gender, 1.5 hour
SATURDAY Men Only	10:00 AM	In-Person ONLY	Indoor	The Log Cabin 621 N Robertson Blvd West Hollywood, CA 90069	SLAA Beach Boyz	Men's Stag
SATURDAY	10:00 AM	In Person ONLY	Indoor	Douglas Park 2439 Wilshire Blvd Santa Monica, CA 90403	Artists in Recovery	All Gender Speaker Meeting 1.5 hour
SATURDAY	11:00 AM	In-Person ONLY	Indoor	WHRC 626 N Robertson Blvd, West Hollywood, CA 90069	Tools of Recovery	Room # 2 (Small Room). Speaker, Meditation, & Participation.
SATURDAY Men Only	12:00 PM	In Person	Indoor	The Log Cabin 621 N Robertson Blvd West Hollywood, CA 90069	Men's Stag	Men Only. 1 Hour Meeting.
SATURDAY	4:30 PM	In-Person ONLY	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039	Sober Dating	The In-Person meeting and the Online meeting are now two separate meetings
SATURDAY	6:00 PM	In-Person ONLY	Indoor	Pathfinders Club 3367 Glendale Boulevard Los Angeles, CA 90039	Signs of Recovery	All Gender, Mask Optional, Speaker/Share format with a focus on the Signs of Recovery, Chip Meeting. Formerly at Kaiser.

To be of service to SLAA community and help it grow. Tradition Five says "Each group has but one primary purpose — to carry its message to the sex and love addict who still suffers." The more meetings we have, the stronger our fellowship will get. The more people we attract, the more opportunities we have for our recovery.

Imagine starting a meeting that will serve a great purpose to those who need it for many years to come!

www.slaalosangeles.org/start-a-new-meeting

Recovery Word Search

M A N I F E S T Q Q R E C O V E R Y N A R N A
A D D I C T I O N K K F J E O E R A V X E D D
H J K A I X E R O N A P N M O M E F G K S I M
Y U V R E V I E C E D X O W T O D J C J T S I
R F Y C N E D N E P E D I E H T N E U M O T T
A I N V E S T M E N T C T N U I E C S G R R O
R C O M P U L S I V E K A R M O R I S N E A V
O B S E S S I O N K W F R A I N R F E I M C E
P S S E L R E W O P U I E E L A U I N N O T R
M O T I V E N R E T T A P Y I L S R I N T I W
E Z X N O I S S E S B O S W T O P C T I I O H
T C V Q V W I L L I N G E E Y N J A P G O N E
S I B E H A V I O R O R D N N Y Z S M E N H L
D K Y V I N T E N S T I O N S W G X E B A H M
S T E P O N E L B A E G A N A M N U U R L F N
K C O M M I T M E N T S N O I T C A I R F J L

Find the following words in the puzzle. Words are hidden ↑ ↓ → ← and ↘

ACTIONS
ADDICTION
ADMIT
ANOREXIA
BEGINNING
BEHAVIOR
COMMITMENT
COMPULSIVE
DECEIVE
DEPENDENCY
DESPERATION
DISTRACION

EMOTIONAL
EMPTINESS
HUMILITY
INTENSIONS
INVESTMENT
MANIFEST
MOTIVE
NEW YEAR NEW ME
OBSESSION
OVERWHELM
PATTERN
POWERLESS

RECOVERY
RESTORE
SACRIFICE
STEP ONE
SURRENDER
TEMPORARY
TRAUMA
UNMANAGEABLE
WILLING

**REMEMBER, WORDS CAN
BE BACKWARDS TOO 😊*