



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

MAY 2020

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA

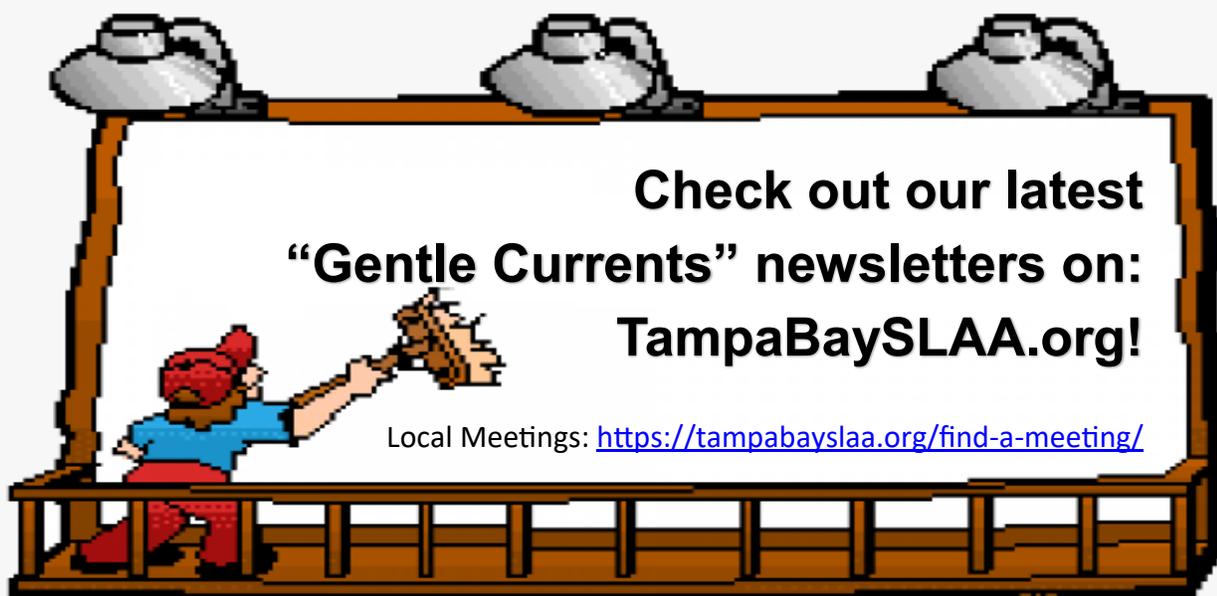
Step 5: “While some people felt they would be more comfortable sharing bits and pieces with several people, most of us felt we needed to find one person with whom to be totally honest for this first inventory. Too many of us had addictive patterns that included being only partially honest with different people. Forging a link of total honesty with one human being was an important step in humility. More importantly, in finally telling all, we could break the terrible, lonely isolation that had kept us from getting what we craved all along—unconditional love and acceptance for what and who we really were, both good and bad.”

SLAA, The Augustine Fellowship, page 82-83

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition 5: Each group has but one primary purpose -- to carry its message to the sex and love addict who still suffers.

Sign of Recovery 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.





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MEASURING PROGRESS

Affirming our ability to cleanup character defects – personal progress in improving our characters.

- Practicing honesty.
- Practicing humility (Step 7).
- Being able to recognize and admit how our behavior is driven by our character defects (Step 6).
- Remembering things in the past in being able to admit how we have wronged others (Steps 4 and 5).
- Reacting to situations more appropriately than we would have in the past.
- Our darkest secrets are no longer our own burden.

Examples of possible TOP-lines:

- Brush teeth twice a day
- Make those three outreach calls each day
- Get to bed early enough to be fresh the next day
- Eat three meals daily
- Limit TV
- Meditate
- Pray
- Attend all of my normal meetings per week
- Talk to my sponsor
- Journal

Bottom-Line Behaviors

Generally, self-defined activities *which we refrain from* in order to experience our physical, mental, emotional, sexual, and spiritual wholeness.

Examples: Bottom-line behaviors are self-defined activities that we refrain from in order to experience our physical, mental, emotional, sexual and spiritual wholeness.

Recovery begins with admitting that following our addictive path is making our lives unmanageable and we are powerless to stop. Each person in S.L.A.A. acts out differently. Therefore, our bottom lines are self-defined. It is up to each one of us, with the help of our Higher Power, our sponsor and others to

learn to recognize our addictive patterns. We can then set bottom lines, which we refrain from in order to stay sober.

For example, here are some possible bottom-lines:

Having sex with someone who is married

Pursuing a new relationship before ending an existing one

Having sex outside of a committed, monogamous relationship

Following someone home uninvited

Top-line behaviors are what we are attempting to accomplish: self-defined activities that we participate in to enhance our physical, mental, emotional, sexual and spiritual wholeness.

Exercise: LIST 10 top line behaviors to help stay sober during the COVID-19 crisis



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INTRODUCING THE NEW S.L.A.A.

LifeSaver Automatic Monthly Giving Program

Now more than ever, F.W.S. needs your 7th Tradition support. Individuals, Groups, and Intergroups can sign up to make automatic monthly contributions.

[SHARE THIS FLYER](#)

DOUBLE YOUR MONTHLY CONTRIBUTION BY GIVING NOW
DUE TO THE EXTRAORDINARY GENEROSITY OF MEMBERS LIKE YOU, IF YOU JOIN NOW, CONTRIBUTIONS WILL BE MATCHED DOLLAR FOR DOLLAR UP TO:

\$101,000 TOTAL

THIS IS AN UNPRECEDENTED OPPORTUNITY TO ENSURE THE LONG-TERM FINANCIAL SECURITY OF S.L.A.A.

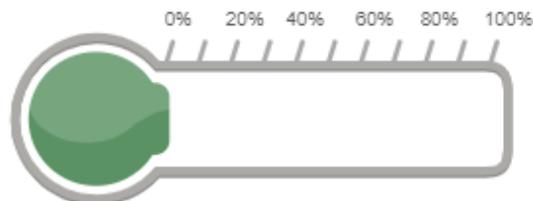
YOUR LIFESAVER CONTRIBUTIONS:

- ✓ Expand outreach materials and programs for the addicts still suffering
 - ✓ Fund new S.L.A.A. technology initiatives
 - ✓ Create and fund new benefits for F.W.S. Employees

[Become a LifeSaver Today »](#)

You will be taken to our contribution service, **Qgiv**, at the link, <https://secure.qgiv.com/for/llfprof/>. No affiliation is implied.

LifeSaver Program Contributions



\$492.00

achieved

\$101,000.00

May is
Individual
Contribution
Month

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Did you know Fellowship-Wide Services also has a newsletter discussing the business of SLAA around the world? Check it out at:

<https://slaafws.org/NEWSLETTERS/2020-03/FWSNewsletterSpring2020.pdf>

Service opportunities at SLAAFWS.org

CONFERENCE BY-LAWS COMMITTEE (CBC)

Mission Statement:

The Conference By-Laws Committee is responsible for maintaining and updating the current S.L.A.A. By-Laws, in cooperation with the BOT. It acts in an advisory capacity to the BOT and Fellowship-Wide Services and the Conference with regard to potential or requested By-Law changes. The committee also works with the BOT to facilitate changes to the by-Laws passed in accordance with Article XIV of the By-Laws.

For more info: SLAAFWS.org

Announcement from Fellowship-Wide Services:

Due to the ongoing concerns and uncertainty resulting from the COVID-19 pandemic, we have made the difficult decision to cancel the July 2020 in-person ABC/M and IRC in Sacramento.

Calling all writers!

#185 July/August Issue

Dealing With Fear: *How do you deal with fear in recovery?* Have you had a particularly fearful situation that Program Tools helped you overcome? Please share your experience, strength, and hope and any coping skills. Deadline: May 15, 2020

#186 September/ October *Tools for No Contact* Have you ever gotten through the pain of a no contact rule to come to some new revelation about yourself, clarity, peace, or mindfulness? Please share any tools that make no contact easier. Deadline: July 15, 2020



<https://slaafws.org/journalsubmit> for more information