



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

TampaBaySLAA.org

AUGUST 2020

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ESTABLISHING TOP-LINES

SETTING BOTTOM-LINES

"In maintaining my sobriety, I find it more useful to keep in mind what I call my top line rather than my bottom line. My top line is what I do want for myself, my program goals. I want to integrate myself physically, emotionally, mentally, and spiritually; to relate to others from a state of wholeness; to live making decisions from a place of freedom and clarity rather than compulsion and confusion; to feel sufficiently safe to stay open enough to find the little realities of life moving, rather than needing to get dropped off a cliff to get a thrill. I want to be present, see things the way they are, and be glad to be alive. These things are beginning to happen for me."

©1986 *Sex and Love Addicts Anonymous* pg. 270

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8: S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

Sign of Recovery 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.

Healthy Top-Line Behaviors (Examples)

- Pray and meditate
- Leave the house today
- Take care of myself (brush teeth, etc)
- Talk to my sponsor before turning down an invitation to a social event
- Show up for my commitments (dates, meetings, etc.)
- Playing a musical instrument
- Taking a class
- Exercising
- Communing with nature
- Expressing creativity
- Asking for help and support from friends
- Scheduling a time for social interaction, partnership and intimacy
- Saying affirmations each day
- Calling as many people as needed to actually talk with someone, not just leaving voicemails
- Play games or sports with others



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"Bottom-lines" are self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual and spiritual wholeness.

Acting Out:

To engage in addictive behavior. Engaging in a behavior which is one's bottom line, is often referred to as having a slip.

Trigger

A person, place, thing, or environment that sets off an urge to act out.

"The people who recover from sex and love addiction are those who define their bottom-line addictive behavior. They start now and add to it later if necessary. They don't act out—just for today, this hour, this moment, no matter what. This is their sobriety definition."

Questions Beginners Ask Pamphlet ©1985

We of the Tampa Bay Sex and Love Addicts Anonymous (S.L.A.A.) Intergroup are in continuous need of your donations. We wish to acknowledge the many local groups that contribute to our support.

As members of these groups, we realize that many struggle just to pay the basic costs of holding regular meetings/Zoom meetings and we are grateful for the contributions you continue to make.

You may now make donations directly through our website: <https://tampabayslaa.org/>

Bottom-Line Behaviors

- ◆ Having sex with someone who is married
- ◆ Pursuing a new relationship before ending an existing one
- ◆ Having sex outside a committed, monogamous relationship
- ◆ Having sex with a prostitute
- ◆ Following someone home uninvited
- ◆ Doing anything that could reasonably get me arrested
- ◆ Lying to my spouse
- ◆ Masturbating to pornography
- ◆ Having anonymous sex
- ◆ Going to strip clubs and peep-shows
- ◆ Having sex on the first date
- ◆ Having unprotected sex
- ◆ Having sex when I don't want to
- ◆ Contacting a former sex partner
- ◆ Pursuing inappropriate or unavailable people
- ◆ Compulsively avoiding sex in a committed, long-term relationship
- ◆ Not entering or leaving a relationship without consulting my Higher Power and trusted advisors



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An excerpt from *The Journal*

My bottom-line behaviors are one-night stands, pornography, and sex or intrigue with married women. Those in S.L.A.A. with experience told me that all my bottom lines are anorexic. At first, I did not know what they meant.

It makes sense to me now. What I liked about one-night stands was their brevity. One night, one of my trophy girls passed out drunk in my bed after we finished our sexual frenzy.

I stayed up reading almost until sunrise so that she would sleep it off enough so I could wake her and send her home, all to avoid sleeping next to her. It's not that she was unattractive. It's just that I'm an anorexic sex and love addict...all of my bottom-line behaviors are anorexic.

It's now possible for me to experience love. It started with my sponsor, then I was able to love my family with real emotion and they could feel the difference. I used to just fake it. I love now in ways I didn't know were possible, and none of the people I love are one-night stands, porn stars, or the wives of others.

I can even cuddle with my girlfriend without feeling like I need to wiggle free after a few minutes. Thank God I'm free of the craziness. They tell me that one day at a time, I can live life without falling into bottom-line behaviors, provided I maintain my spiritual condition. I just keep coming back to S.L.A.A. and follow the few simple suggestions that always work when we truly follow them.

Vladimir, Russia (Issue #116)

<https://slaafws.org/journal/theJournalFreeOutreachCOLOR.pdf>

Conference Healthy Relationships Committee (CHRC)

Mission Statement:

The Conference Healthy Relationships Committee is responsible for the development and implementation of resources and tools that enhance our recovery as sex and love addicts by increasing our capacity for building and sustaining healthy relationships of all types.

Current Projects:

- Developing a weekly telephone meeting focused on healthy relationships of all kinds.
- Compiling already existing resources within S.L.A.A. regarding healthy relationships in hopes of developing a central resource.
- Developing an audio/digital source for experience, strength, and hope, speakers, topics, inspiration, etc. as a resource available to all.
- Ongoing writing projects for developing new literature.

We meet via conference call for 1 hour the first Sunday of each month. If you would like to be of service and join the CHRC or have any questions, please contact us through the form on this page:



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S.L.A.A. Twelve and Twelve Book Project

The Conference Steps, Traditions, and Concepts Committee (CSTCC) is working on a new book:

The 12 Steps and 12 Traditions of S.L.A.A.

The book will provide tools and support for S.L.A.A. members to get sober, stay sober, and live in recovery and will give S.L.A.A. meetings a basis for studying the Steps and Traditions as they apply in S.L.A.A. We need your written experience, strength, and hope. Our goal is to represent the full range of S.L.A.A. experience with the Steps and Traditions. *Your share is important.*

Steps:

Write about any or all of the following:

- *How you worked (or work) the Step
- *What the Step has meant for you
- *How the Step has helped you to stay sober
- *A personal story that conveys your experience with the Step
- *Your understanding of the Step
- *Ways you help a sponsee work the Step
- *Please focus on one Step at a time. Write about as many Steps as you want. Write as much or as little as you wish.

Traditions:

Write about any or all of the following:

- *How you have put the Tradition into practice in S.L.A.A.
- *Your understanding of the importance of the Tradition for S.L.A.A.
- *A story that illustrates the importance of the Tradition, or how you have seen it applied in S.L.A.A.
- *How the Tradition helps you in your recovery and/or in your life
- *Please focus on one Tradition at a time. Write about as many Traditions as you want. Write as much or as little as you wish.

For more information: <https://slaafws.org/1212project>

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.

-From the S.L.A.A. preamble