



# Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

## FEBRUARY 2021

TampaBaySLAA.org

Submissions: [TBINLEditor@gmail.com](mailto:TBINLEditor@gmail.com)

SLAA Helpline (727) 896-SLAA

# Step Two: A Power Greater than Ourselves

“We endured the early phases of withdrawal, sometimes achingly putting one twenty-four stretch together after another...we faced a real dilemma concerning our personal identity.”

©1986 Sex and Love Addicts Anonymous pg. 73

*Our relationship with God was indeed a personal one. It did not need to be consistent with the definition of any religious institution or the experience of any other person. In fact, we didn't have to define our Higher Power even for ourselves. –S.L.A.A. Basic Text, Page 100*

To some of us it may seem that spirituality is out of reach. Maybe we never knew a Higher Power. Many of us grow up with an idea of God imposed upon us. This world is filled with so many different interpretations of a Higher Power. There is no reason why each of us cannot have our own concept. I realized part of my resistance to turning over my life and my will was that I had superimposed my father onto God. I did not want a version of a Higher Power that I could never live up to or never please. When I could separate my view of my father from my own concept of God, I got a sense that there is a more loving, giving and tolerant Power in the universe; that's the God that I build a relationship with today.

*Today, I continue working on my conscious contact with my Higher Power.*

©2019 A State of Grace Daily Meditations, pg. 11

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Tradition 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.

**Sign of Recovery 2:** We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.

**Concept 2:** The Annual Business Conference, by delegation, is the voice and conscience for our world services and of S.L.A.A. as a whole.



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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.

### First Major Resource: Sobriety

Our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.

**Tip: Study S.L.A.A. literature to understand the process of recovery.**

**Tip: Set your “bottom-line” and don’t “act out” on it “one day at a time**

**Tip: Read or listen to S.L.A.A. literature on a daily basis**

**Tip: Read the books recommended in the SLAA Basic Text on pg. 66 upon which our program is based**

**Tip: Check out a bookstore for other written material that might be of further help**

**Tip: Pick up and use the “Tools” of recovery: practical tips for surviving periods of temptation.**

### Fifth Major Resource: Spirituality

Our developing a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

Resign from the debating society and just do it. In the same way that we don't need to know how the internet (or electricity or a toaster) works in order to use it, the same is true with the Higher Power. We only must have the willingness to suspend disbelief and try prayer.

**Tip: Begin incorporating spirituality into your daily life through prayer**

## Support Tampa Bay SLAA

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No S.L.A.A. affiliation to any of these services is implied.

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### Step Two:

“The possibility of finding some form of faith, based not on any specific conception of ‘God’ but rather on a need to find such a faith, was *the beginning of spiritual healing*. Nevertheless, the fact that we needed faith in some Power, since we could not trust ourselves to be consistent in either behavior or motive, left some of us feeling even more shaken. Where would we find even the rudiments of a faith that could carry us through this dissolving and reconstructions of our whole personality? If there WAS no Power greater than ourselves, it would be impossible!”

©1986 *Sex and Love Addicts Anonymous* pg. 75

### WHERE MONEY AND SPIRITUALITY MIX

Online meeting spaces make it difficult to “pass the basket.” Some groups have set up digital contribution accounts with services like **Venmo, PayPal, Google Pay**, etc. to deal with this new format.

While groups may currently have limited expenses, **Intergroup** still needs funds to be present for groups, the newcomer and **Fellowship-Wide Services**.

## 2021 ANNUAL BUSINESS CONFERENCE/MEETING

A VIRTUAL FOUR-DAY EVENT **AUGUST 3-6, 2021**



### What:

2021 Virtual S.L.A.A. Annual Business Conference/Meeting

### Where:

Virtual Meeting on vConferenceOnline

### When:

Tuesday, August 3—Friday, August 6, 2021

### Full Details:

<https://slaafws.org/abminfo>



ABC/M 2021 Theme is

**Tradition 7:** Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.

### HOW TO FIND A SPONSOR

A good way to find a sponsor is to attend S.L.A.A. face-to-face meetings, conferences and workshops in your area, if there are any. You may also attend meetings, conferences and workshops outside your area. See information on your local S.L.A.A. website or at <https://slaafws.org/meetings> and <https://slaafws.org/events>. Listen as people share at meetings and events and see whom you relate to. A Sponsor and Sponsee work well together when they share a common history. Listen for people who have some time in the program and who have Sponsors of their own. Listen for someone who shares honestly, as honesty between a Sponsor and a Sponsee is critical. Questions to ask a potential Sponsor are described at <https://slaafws.org/questions-to-ask-a-potential-sponsor>.

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### The Language of S.L.A.A. Recovery

#### Bottom-Line Behaviors

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

#### Isolation

To withdraw from the help and healing process of others, program support, or our Higher Power. Isolation often leads to or accompanies a slip. Isolation may also be a form of acting out for anorectic members.

#### Withdrawal

The physical, mental, emotional, and often spiritual upheaval which generally accompanies the break in our addictive pattern.



#### Tools:

**Just for today.** Don't worry about how you will stay sober in the future. Take it 24 hours at a time (or an hour at a time, or a minute).

**Keep it simple.** As you begin to observe your behavior in sobriety, you may realize that you have a tendency to make almost anything complicated. You are not alone! Learn to simplify your life and, **when in doubt, don't.**

Change or remove yourself from the **people, places and things** that fueled/supported your addiction. This may feel odd at first but you are allowed to make unilateral decisions where your sobriety is concerned.

**Avoid "catastrophizing" situations**—don't make a catastrophe out of every situation.

**There is nothing in my life today that is so bad that acting out won't make it worse!**

**Finish tasks** rather than leaving them half-finished. Deal with life's problems quickly rather than letting them build up and fester.

**Live life on life's terms** by practicing acceptance rather than belligerence.

Memorize and pray the **Serenity Prayer**: *"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done."*

**Use the telephone!** Call another addict or someone in your support network and explain the situation.

**Write about the problem.** Many of us find daily journaling to be of great value.

Remember, **this, too, shall pass.** A temptation is not a command—you have a choice.

Be aware that **success can be as powerful a trigger as failure**, and plan accordingly.

Pray this shorthand version of the first three Steps, **"I can't. God can. I'll let God!"** and then remove yourself from the tempting situation. **When in doubt, get out**