



Gentle Currents



THE NEWSLETTER FOR PEOPLE RECOVERING FROM SEX AND LOVE ADDICTION

AUGUST 2022

TampaBaySLAA.org

Submissions: TBINLEditor@gmail.com

SLAA Helpline (727) 896-SLAA



↑ **Hear others tell their story FREE on the <https://slaafws.org/> website!** ↑

The Eighth Step

Some of us believe this step is just a shadow of the ninth. But this is a very important step that requires caution and thoroughness. I had a friend who made the list and ran right out to make her amends before talking to her sponsor. She ended up acting out. My sponsor had me create three lists, people I would: make amends to know, make amends to later, and never want to make amends to. We discussed each one in depth. The people in my "never" category were my blocks to willingness. I feared letting them go or was holding onto resentments and felt they needed to pay for their crimes. Why should I apologize to these horrible human beings? It helps to pray for the well-being of those I resented as well as the ones I couldn't let go. It hurt to pray for my married qualifier to have a happy family life without me, but it helped me let go of the fantasy. It didn't seem right to pray for the person whom I had a horrible resentment against to get what they wanted, but it made them more human and made me realize there was enough in God's world for everyone. I prayed for them to get recovery, which makes the world a better place when spiritually sick people get better.

I overcome fear today and make amends to those I have harmed.

A State of Grace, Daily Meditations, pg. 216

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.

Concept 8: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, including their ability to hire staff.





AUGUST 2022



EATIN' MEETIN'



Courage in Recovery

Saturday, August 20th

6 – 9 p.m.

St. Paul's Lutheran Church

407 S. Saturn Ave., Clearwater, 33755

In Kinsport Hall – west end of building

ALL MEMBERS OF SLAA AND YOUR SIGNIFICANT OTHERS are invited to attend this special event sponsored by the Tampa Bay SLAA Intergroup:

Dinner – Meeting groups are requested to coordinate which type of food item they wish to bring to the meal. Chicken is being provided by the Tampa Bay SLAA Intergroup. Or bring

Fund Raising Auction – all SLAA members are encouraged to donate desirable items (new or slightly used objects and handmade gifts)

Suggested Donation – \$10 Come join us and no one will be turned away.

Intergroup will provide rotisserie cooked chickens. You can bring a dish to share. There are service opportunities for giving your time by setting up, cleaning up, entertaining, helping at the door and more.

Volunteers willing to assist in preparing for the night's event are asked to arrive early. Please no sooner than 5:30 p.m.

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An audio version of the SLAA Basic text is now available to listen to for FREE on the [SLAAFWS.ORG](https://slaafws.org) website.

Listen to SLAA Basic Text 🔍



How to Find a Sponsor

We've found that people don't always raise their hand or announce at meetings that they're available to sponsor – but if approached individually, that person may be able to help you with Sponsorship or at least be available for outreach calls. The prospective Sponsor may be someone with whom you feel comfortable. However this is not necessary for the sponsoring relationship to work. Comfort may not be present in the early stages of the relationship but may develop over time as the Sponsor and Sponsee get to know each other better. <https://slaafws.org/how-to-find-a-sponsor/>

Whether we were victims or victimizers and most of us were both, we had used the disturbed relationships about us for our own purposes, for obtaining the addictive payoff. Regardless of what others had done or failed to do, our own part in these relationships was riddled with dishonesty and manipulation of others, with willfulness and pride. We realized that we needed to forgive others, for essentially the same qualities and deeds for which we ourselves were also seeking forgiveness. For our own sake, we had to extend to those we thought we hated, the compassionate understanding we needed in order to experience forgiveness ourselves. We could not make our forgiveness of others conditional on their having redeemed themselves, or righted their wrongs. We had to forgive them because, like us, they were sick and afflicted, and presumably had not sit out in life to be so.

The Augustine Fellowship, SLAA page 90

We will do our best to keep this List updated to reflect changes in SLAA In-Person locations or Online meetings. Please contact our Helpline to notify us of any Meeting Changes.

CLICK HERE FOR OUR CURRENT MEETING LIST: (it's updating regularly)

<https://tampabayslaa.org/find-a-meeting/>

IN NEED OF A PHONE MEETING? CLICK HERE: <https://slaafws.org/telephonemeetings>

PEOPLE AS DRUGS

I have used people as drugs my whole life. I used intense crushes on teachers to make school more interesting and bearable, I developed obsessions with peers at university to make college a more exciting environment, and during my twenties I used affairs with married men to avoid having to deal with reality. I've been in recovery for 5 years and am now in a healthy (but long-distance) relationship – but I still catch myself using my boyfriend, or thoughts of him, as a drug. Recently he was taking a plane and I found myself tracking his flight in minute detail because I was feeling a bit anxious and bored that afternoon and focusing on him made me feel better. Or I wrap myself up in thoughts of snuggling up together with him. The reality of seeing him is often very different as he is a whole, rounded person with several habits that irritate me as well as the things I love! Trying to focus on what I can

give to the relationship, rather than what it can do for me, helps me get out of treating people as drugs. On the phone, listening intently to what my partner is actually saying and asking him questions, rather than just circling again and again back to how much I want to see him, helps take us forward in the relationship even when we can't be together in person. In person, simply asking him how he is doing is a good way of refocusing myself on him as a real, thinking human being with his own Higher Power. I think I'm still astonished at how much love and acceptance he has for me, and scared that this will be taken away, so I try and get as much as possible of it before it's too late! Acknowledging this fear, to myself, my Higher Power, my fellows, and to him, usually helps me simply enjoy what is here in the moment, without fearing the future. —

Ros, Norwich, UK

October 2 the JOURNAL

My story has been shared not purely for attending but for its process. The writing of it is to let you know you are not alone and that there is hope. —*SLAA Basic Text, pg 63*

When I got sober, I had writers block for 10 years. In my childhood, I had big dreams of becoming a world famous author. That didn't happen. But when I discovered the Journal, our meeting in print, I found new creativity with a sense of community. We weren't writing the journal stories to impress some publisher, because the writing is anonymous. Writing to be of service and help other people by telling our stories is very healing. There are stories of sex and love addiction from all over the world. We see that everyone can have the same feelings that we have no matter where they live. Sometimes the stories tell us how to deal with problems that we are facing. Sometimes they remind us of where we've been and how far we've come in recovery. When traveling or unable to attend a meeting, I find words of wisdom and help within the pages of the journal. Today I heal by sharing my story with others.

A State of Grace Daily Meditations page 276