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Slaa 12 step workbook pdf

We have admitted that we are powerless over sex addiction and love - that our lives have become unmanageable. We believed that a power greater than us could return us to sanity. He decided to turn our will and our lives into the care of God as we understood God. Made a search and fearless moral inventory of ourselves. Admitted to God, himself and other human beings the exact nature of our wrongs. They were quite prepared to let God eliminate all these character defects. He humbly asked God to eliminate our shortcomings. We made a list of all the people we hurt, and we were willing to fix them all. If possible, it will directly correct these people, except where it would harm them or others. He continued his personal inventory, and when we were wrong, we immediately admitted it. He sought through prayer and meditation to improve our conscious contact with a power greater than ourselves, praying only for knowing God's will for us and the power to carry that out. After having a spiritual awakening as a result of these steps, we sought to bear this message to the sex and love of addicts, and practice these principles in all areas of our lives.* ©1985 Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc. All rights reserved. Twelve steps are reprinted and modified with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and customize twelve steps does not mean that AA is associated with this program. The A.A. is a program of recovery from alcoholism only. Using the Twelve Steps in relation to programs and activities that are modeled after AA but that solve other problems does not mean otherwise. Twelve traditions of the S.L.A.A. *©1985 S.L.A.A. Our common good should come first; Personal recovery depends on the unity of the S.L.A.A. There is only one ultimate authority for our group need—a loving God like this Power can be expressed through our group conscience. Our leaders are only trusted servants; do not rule. The only requirement for S.L.A.A. membership is the desire to stop living the pattern of sex and love addiction. Any two or more individuals gathered for mutual assistance in recovering from sex and love addiction can call themselves the S.L.A.A. group, provided that as a group they have no other connection. Each group should be autonomous, except in matters relating to other groups or to the S.L.A.A. as a whole. Each group has only one primary purpose - to carry its message to the sex and love addict who still suffers. The S.L.A.A. Group or the S.L.A.A. Group as a whole should never support, finance, or lend the name of the S.L.A.A. to any related facility or outside enterprise, so that problems with money, property, or prestige do not distract us from our primary purpose. Every S.L.A.A. group should be fully self-sufficient, declining external contributions. S.L.A.A. should remain unprofessional forever, but our centers can employ special workers. S.L.A.A. as such should never be organized; but we can create service boards or committees directly accountable to those serving. S.L.A.A. has no opinion on external issues; That's why the S.L.A.A. name should never be drawn into public controversy. Our public relations policy is based on attractiveness rather than publicity; we always need to maintain personal anonymity at the level of press, radio, television, film and other public media. We need to guard with special care the anonymity of all other members of the S.L.A.A. Anonymity is the spiritual foundation of all our traditions, always reminding us to place principle before personalities.** ©1985 Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc. All rights reserved. Twelve traditions are reprinted and modified with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and customize twelve traditions does not mean that AA is associated with this program. The A.A. is a program of recovery from alcoholism only. The use of the Twelve Traditions in connection with programmes and activities that are modelled after AA but which solve other problems does not mean otherwise. The following information provides an overview of the S.L.A.A.:S.L.A.A. Preamble: Sex and Love Addicts Anonymous is a twelve step, twelve tradition-oriented friendship based on a model promoted by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is the desire to stop living off the pattern of sex and love addiction. The S.L.A.A. is fully supported through its membership contributions and is free for all who need it. To face the devastating consequences of sex and love addiction, we draw on five main sources: sobriety. Our willingness to stop acting in our own personal bottom-line addictive behavior on a daily basis. Sponsorship / Meetings. Our ability to reach support scholarships within S.L.A.A. Steps. Our practice program Twelve Step Recovery to achieve sexual and emotional sobriety. Services. Giving back to the S.L.A.A. community what we still freely accept. Spirituality. Our development of a relationship with a power greater than us that can guide us and keep us recovering. As an S.L.A.A. scholarship student, he has no opinion on outside issues and is not looking for any controversy. The S.L.A.A. is not affiliated with other organizations, movements or causes, religious or secular. However, we are united in our common focus: we deal with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns that render any personal differences in sexual or gender orientation irrelevant. We must protect with special care the anonymity of every member of the S.L.A.A. In addition, we try to avoid improperly attracting attention from the public media to the S.L.A.A. as a whole. Learn more, such as online and meetings around the world, please contact the S.L.A.A. Fellowship Wide Services at www.slaafws.org. We rely on science to give us everything from what to eat, when and how long to exercise, but what about relationships? Is there a scientific explanation for why some people seem to effortlessly navigate relationships while others struggle? According to psychiatrist and neuroscientist Dr. Amir Levin and Rachel Heller, the answer is a resounding yes. In Attached, Levine and Heller reveal how understanding adult attachments to the most advanced relationship of science in existence today—can help us find and maintain love. Pioneered by psychologist John Bowlby in the 1950s, field attachments assume that each of us behaves in relationships in one of three different ways: Anxious people are often intrigued by their relationships and tend to worry about our partner's ability to love them back avoidant people equate intimacy with loss of independence and constantly try to minimize closeness. Safe people feel comfortable with intimacy and are usually warm and loving. In this book Levine and Heller guide readers in determining what attachment style they and their friend (or potential friend) follow, offering a road map for building stronger, more fulfilling connections with the people they love. Please share in writing for the S.L.A.A. Twelve steps and twelve traditions book conference steps, traditions and concepts committee (CSTCC) is working on a new book: 12 steps and 12 traditions of the S.L.A.A. The book will provide tools and support for SLAA members to get sober, stay sober, and live in recovery and will give SLAA meetings a basis for studying the steps and traditions as they apply in SLAA We need your written experience, strength and hope. Our goal is to represent the full range of S.L.A.A. experience with steps and traditions. Your share is important. Write about some or all of the following: * How you worked (or worked) Step * What step means to you * How step helped you stay sober * personal story that expresses your experience with step * Your understanding of step * Ways to help spouse work step * Please focus on one step at a time. Write as many steps as you want. Write as much or as little as you want. Write about some or all of the following: * How you put tradition into practice in the S.L.A.A. * Your understanding of the importance of tradition to the S.L.A.A. * A story that illustrates the importance of tradition, or how you saw it used in the S.L.A.A. * How tradition helps you in your recovery and/or in your life * Focus on one tradition at a time. Write about as many traditions as you want. Write as much or as little as you want. Send your writing; To send your sharing sheet by mail, please print this form. To sharing using our online form, please click here. Our 12 step store renewal goal is to provide you with 12 stepbooks and workbooks for AA, NA, OA, SAA and SLAA Read 12 Step Recovery Ebooks here from NA to restore sex addiction and love – Al Kohallek is doing some inventory now about sex. Many of us there need an overhaul. But above all, we have tried to be sensible on this issue. It's so easy to get off the track. Here we find human views running to extremes—absurd extremes, perhaps. We all have sex problems, we'd hardly be human if we didn't. What can we do with them? (Alcoholics Anonymous reprinted with permission) Well this is one of the questions the following inventory will deal with. But the more important question is, what are we willing or able to do with all our relationships? We found that if we changed our reference point from sex or love to another type of relationship, we would find this inventory very useful. In fact, we used to use it as a business inventory and it gave us a great new perspective on our business practice. WORD WISE, NEVER LET YOUR STEP WORK WHERE OTHERS CAN READ. Top Following is a list of books that we found to be very useful in solving dependencies and recovery. They are available in many bookstores, 12-step stores, and online book sellers. S.L.A.A. Basic Text Author: Augustine Fellowship Staff Explaining How Sex & Love Addicts Anonymous Came To Be. Includes history and personal stories from program members. This is also the basic text of the 12 Step recovery and group study. Softbound book, 6 x 9, 280 pages. Also available in plain packaging without words. ISBN: 0961570113 Format: Paperbless, 281pp Pub. Date: June 1986 Publisher: Fellowship-Wide Services, Inc. This book is available in many bookstores, 12-step stores, and online book sellers. The following books are not SLAA approved conferences, but many of our members found them useful. Facing Love Addiction Author: Pia Mellody Offers clear, reassuring advice on the best ways to develop healthy love relationships, Mellody describes the dynamics of a coaddicted relationship, and the phase of addiction – from attraction and fantasy to denial and obsession. A practical recovery process based on Twelve-Step work, exercise and journalism. ISBN: 0062506048 Format: Paperb, 272pp Pub. Date: March 1992 Publisher: HarperCollins Publishers Facing Codependence Author: Pia Mellody In this fresh new look at codependence, Pia Mellody traces the origins of this disease back to childhood, describing a variety of emotional, spiritual, intellectual, physical and sexual abuse. Due to these earlier experiences, codependent adults often lack the skills needed to lead a mature life and have satisfying relationships. ISBN: 0062505890 Format: Paperbched, 272pp Pub. June 1989 Publisher: HarperCollins Publishers Sexual Anorexia: Overcoming Sexual Self-Hatred Author: Patrick J. Carnes, PhD first-time examination of sexual anorexia, extreme fear of sexual intimacy and obsessive sex avoidance, recognized leader in the treatment of compulsive sexual behavior and recovery. Author Patrick Carnes begins by defining sexual anorexia and shows how it and its parallel disorder, sex addiction and compulsivity, often arise from the background of childhood sexual trauma, neglect, and other forms of abuse, Carnes explores the numerous dimensions of sexual health, explores the key issues that need to be addressed and resolved for recovery to continue. ISBN: 1568381441 Format: Paperb, 416pp Pub. Date: May 1997 Publisher: Hazelden Publishing & Educational Services Out of the Shadows Author: Patrick J. Carnes, PhD Out of the Shadows is a leading work on this plight written by a pioneer in its treatment. Revised and updated to include the latest research - and addressing the exploding phenomenon of addiction - this third edition identifies signs of danger, explains dynamics and describes the consequences of sexual addiction and addiction. With practical wisdom and spiritual clarity, it shows a way out of the shadows of sexual compulsion and back into the light and fullness of life. ISBN: 1568386214 Format: Paperb, 217pp Pub. Date: 2001 Publisher: Hazelden Publishing & Educational Services Sex and Love Step Recovery Booklet Third Edition Basic 12-step approach to the development of the Foundation for Business Renewal. For retreats, workshops, mentorship, sponsorship and individual use. Availability is determined with the publisher. Make sure there is no update to update every/ update.

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