

What are Bottom Lines?

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

Bottom lines are the boundaries between our addictive lives and 'a new life of fulfillment, richness and mystery [that] surely awaits [us] as [we] move into sobriety... (S.L.A.A. Basic Text Page 159)

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.

Example Bottom Lines:

Here are some of the bottom lines some of us have adapted. They are just examples-- yours will be unique to you and your style of unmanageably.

- Having sex with someone who is married
- Having anonymous sex
- Lying to my significant other
- Using pornography
- Having sex outside of a committed, monogamous relationship
- Pursuing a new relationship before ending the current one
- No sex on the first date
- Looking for people on the internet
- Having sex with a prostitute
- Avoiding contact with past unhealthy lovers
- No sex outside of your marriage
- Pursuing inappropriate or unavailable people
- Strip Clubs and peepshows
- Having unprotected sex
- Having sex when I don't want to
- Contacting a former lover
- Compulsively avoiding sex in a committed, long term relationship

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