

## **SOME MEN THINK “LOVE ADDICTION” AFFLICTS ONLY WOMEN**

Compared to sex or addiction, men see love addiction as “less serious,” not their kind of problem. Perhaps the word is a misnomer and conveys false security because it sounds so much softer.

Not so.

In reality love addiction is powerful and painful for women and men.

It is a risky cocktail of romance, relationship and sexual addiction to both addict and partner. It masks the pain of isolation and loneliness.

Love addiction is just one of many topics such as fantasy, the Internet, prostitution, and pornography that we learn about and discuss at SLAA meetings. Our goal is to build and reinforce sexual sobriety.

We become amazingly at ease, in the trusted company of others with whom we have so much in common. In time, many of us find that sharing our most guarded sexual and relationship issues is freeing. We learn and grow from the Twelve Step model pioneered by Alcoholics Anonymous.

Why not give SLAA a try? We’re here for men and women, and the program seems to work well for both. You have nothing to lose but your shame, fear and guilt.

