

The Five Resources of Recovery:

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 SLAA.
3. Steps : Our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.
4. Service : Our giving back to the SLAA 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.

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