

Suggestions for the New Comer

If you have determined that Sex and Love Addiction is indeed a force in your life and you are ready to do something about it, then we offer the following suggestions:

1. Work the steps
2. Attend S.L.A.A. meetings regularly. Go to as many as you can.
3. Join a group. Many of us go to a lot of meetings and feel that we can share at each at each meeting. It is important that we officially join one group where we have a commitment to attend and will be missed if we don't.
4. Get a sponsor or talk to an S.L.A.A. person on a daily basis for your withdrawal period.
5. Define your bottom line behavior.
6. Don't act out - just for today, this hour, this moment - no matter what! IT WILL PASS.
7. Ask for help on a daily basis:
 - a. Set aside a time of prayer each morning and ask "Help me to stay away from _____ for today."
 - b. Set aside a time of thanks each night and express gratitude for the help received by saying "Thank you."
8. Get active in your group and in S.L.A.A.
9. It's a good idea to have some phone numbers of sober members of S.L.A.A. before you leave the meeting. You may want to get a new phone number at every meeting you attend. If a phone list is not available, ask individual members whether they are willing to receive calls.
10. Become open to the collective wisdom of the group. Through participation in S.L.A.A., we learn new ways to reduce alienation and isolation from others and to set healthier boundaries.
11. Read the literature. Keep a journal. Share your feelings.
12. Keep Coming Back -- It Works!

Excerpt from the pamphlet "Suggestions for Newcomers" © 1985.