

S.L.A.A.

Signs of Recovery

- 1. We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.**
- 2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.**
- 3. We surrender, one day at a time, our whole life strategy of, and our obsession with, the pursuit of romantic and sexual intrigue and emotional dependency.**
- 4. We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.**
- 5. We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.**
- 6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.**
- 7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.**
- 8. We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.**
- 9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.**
- 10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.**
- 11. We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.**
- 12. We are restored to sanity, on a daily basis, by participating in the process of recovery.**