

**The Augustine Fellowship, S.L.A.A.  
Fellowship-Wide Services, Inc.**



**TO: MENTAL HEALTH PROFESSIONALS**

Greetings,

We are writing to introduce you to Sex and Love Addicts Anonymous (S.L.A.A.), a Twelve Step, Twelve Tradition-oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Many of our members have been able to maintain continuous abstinence from the various aspects of this addiction through the help and support of our program of recovery (the "Program"). In addition, many of us have learned of the S.L.A.A. fellowship through our contacts with therapists and mental health professionals.

If you wish to refer clients to S.L.A.A., they can contact the Fellowship-Wide Services (F.W.S.) Office, or visit the F.W.S. Website at [www.slaafws.org](http://www.slaafws.org) for information on meetings in their area. S.L.A.A. meetings are attended by individuals, couples, and people of all sexualities, identities, backgrounds and beliefs. Members report how healing it is to hear from the diversity of our membership, providing them with perspective, understanding and empathy.

Currently there are over 1,200 meetings with roughly 16,000 members located throughout the world. If you have clients who travel, they can attend an S.L.A.A. meeting in over 42 countries, as well as Online Meetings, Telephone Meetings, and Zoom Meetings available every day of the week. In addition to providing information to the newcomer, S.L.A.A. also has literature on working the Steps, Sponsorship, solutions to Anorexia (the compulsive avoidance of social, emotional, and sexual nurturing) and a daily meditation book. Some of the pamphlets we have to help with recovery from sex and love addiction include:

- Welcome
- 40 Questions for Self-Diagnosis
- Setting Bottom-Lines
- Anorexia Recovery Tools
- Guide to the Steps
- and a Steps Question Workbook
- Addiction and Recovery
- 40 Questions for Anorexia
- Gift of No Contact
- Romantic Obsession
- Healthy Relationships
- Pocket Tool Kit

We invite you to contact us if you would like additional information. Visit the F.W.S. Website for a free issue of the Journal, our official bimonthly magazine, or to download any of the free S.L.A.A. pamphlets in our resources section. Please feel free to pass this information on to other helping professionals who may benefit from this information in their work with sex and love addicts.

Sincerely,  
F.W.S. Office  
Board of Trustees  
Board Outreach Committee

**2411 NE Loop 410, Ste 122  
San Antonio, TX 78217  
210-828-7900  
[www.slaafws.org](http://www.slaafws.org)**



# CHARACTERISTICS OF SEX AND LOVE ADDICTION

© 1990 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc. All Rights Reserved.

Sex and Love Addicts Anonymous

1. Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them.
2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves, and God.
3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.
4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, shame, fear and envy. We use sex or emotional dependence as substitutes for nurturing care, and support.
7. We use sex and emotional involvement to manipulate and control others.
8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.
9. We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities.
11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.
12. We assign magical qualities to others. We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.

*For more information in English, please visit the S.L.A.A. website at <https://slaafws.org/>*