

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



TO: TREATMENT CENTERS

Greetings,

We are writing to introduce you to Sex and Love Addicts Anonymous (S.L.A.A) which was founded in December of 1976, 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 the S.L.A.A. program, other recovering sex and love addicts, and our meetings. Moreover, many of us (25% as of our 2018 Membership Survey) have learned of the S.L.A.A. fellowship through our contacts with treatment centers.

S.L.A.A. meetings are attended by 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 registered to our 76 Intergroups with roughly 16,000 members located throughout the world.

The Fellowship provides information to the newcomer, via S.L.A.A. literature which shares the Story of Recovery in the book "Sex and Love Addicts Anonymous" (our Basic Text), "A State of Grace" our daily meditation book, Anorexia (defined as the compulsive avoidance of social, emotional, and sexual nurturing), and materials addressing aspects of our addiction with various booklets/pamphlets:

- Step Questions Workbook
- Pocket Tool Kit
- 40 Questions for Self-Diagnosis
- Introduction to S.L.A.A
- Suggestions for Newcomers
- Setting Bottom-Lines
- Renewal of Sobriety
- Anorexia: Sexual, Social, Emotional
- Romantic Obsession
- Gift of No Contact
- Healthy Relationships
- Withdrawal
- Questions Beginners Ask
- Importance of Making Outreach Calls
- Addiction and Recovery
- Anorexia Recovery Tools

We invite you to contact us if you would like additional information. Visit the F.W.S. Website for some free literature, a free issue of *the Journal* (our official bimonthly magazine), or to download the free S.L.A.A. pamphlet "*For the Professional*" in our resources section. Please pass this information on to other treatment centers that may benefit from this information in their work with sex and love addicts seeking recovery and help us reach the addict who still suffers.

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

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CHARACTERISTICS OF SEX AND LOVE ADDICTION

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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/>