



Sex and Love Addicts Anonymous Healthy Relationship Resources List

Listed are some current Conference Approved Literature, *The Journal*, CD's, MP3 Files and FWS online resources available regarding Healthy Relationships of all types

S.L.A.A. Pamphlets, Booklets, Journals, CD's and MP3 Files Dealing with Relationships (<https://store.slaafws.org/>)

Pamphlets

Healthy Relationships: Romantic and Committed Partnership Pamphlet Code: PAM-020 \$1.25

- Suggestions and guidance on the topic of developing healthy relationships while in recovery from sex and love addiction.

Addicted to Sex? Addicted to Love? Pamphlet Code: PAM-015 \$0.25

Romantic Obsession Pamphlet Code: PAM-018 \$1.25

Booklets

Anorexia 1-2-3: Working the Program and Not the Problem Booklet Code: BKT-002 \$4.00

Anorexia 4-5-6-7: Working the Program and Not the Problem Booklet Code: BKT-005 \$4.00

- For those of us in S.L.A.A. who struggle with emotional, social or sexual anorexia, working the Twelve Steps of S.L.A.A. can be difficult. We become willing by working the first three Steps. Steps Four, Five, Six and Seven lead us deeper in our recovery. This booklet contains 23 pages of valuable insight and thoughtful questions on working Steps Four, Five, Six, and Seven as an anorexic.

Anorexia Recovery Tools Booklet Code: BKT-004 \$4.00

The Gift of No Contact Booklet Code: BKT-006 \$4.00

- When we begin our journey in the S.L.A.A. program, we hear many terms that are unfamiliar. People in meetings speak of "qualifiers," "top lines," "bottom lines," or "triggers." We don't understand these terms, but when we hear the phrase "no contact," we suspect we know what it means, and we are often frightened to consider it. After all, if we were able to refrain from contact with the people with whom we have painful, destructive relationships, we wouldn't need this

program! This booklet will explain the concept of "no contact" and why it is so valuable by answering the following questions:

- What is the definition of "no contact" and who is involved?
- How do I initiate and maintain "no contact"?
- How do I overcome my strong resistance and objections?
- How do I enforce "no contact" and stay accountable?
- How will I benefit from "no contact"?

The Journal

The Journal is S.L.A.A.'s meeting in print. Each issue contains personal stories of recovery, writings on important recovery topics, poetry and humor, as well as Fellowship announcements and event listings. Each audio issue of the Journal is read by an S.L.A.A. member and represents a print issue released as part of a subscription to the Journal.

Journal Focus Booklets

Healthy Relationships Focus Booklet Code: JOUR003-03 \$6.00

- Articles from the Journal with a focus on Healthy Relationships.

Sober Dating Focus Booklet Code: JOUR003-07 \$6.00

- Articles from the Journal with a focus on Sober Dating.

Anorexia Focus Booklet Code: JOUR003-01 &6.00

- Articles from the Journal with a focus on Anorexia

Anorexia Focus Booklet (1999-2016) Code: JOUR003-05 \$6.00

- Articles from the Journal years 1999-2016 with a focus on Anorexia

Specific Journal Issues

Listed are only some of the Issues with articles on healthy relationships. Individual Issues can be purchased for \$4.00 each. The Journal frequently prints articles on healthy relationships. A subscription may be purchased for 1 or 2 years.

- Smartphone in Addiction and Sobriety Issue # 174
- Dating Apps Issue # 176
- Anorexia and Dating Issue #158
- Sharing From the Heart Free Online Outreach Issue
 - p. 12 Question of the Day: Recovery from Isolation
 - p. 21 The Joy of Relationship
 - p. 32 A lovely Way to Live

MP3 Audio Issues of the Journal

- [Recognizing Red Flags # 136](#)
- [Sex & Love Addiction in Today's Society # 137](#)
- [Family Issues # 138](#)
- [Working with Character Defects #139](#)
- [Cross Addiction # 140](#)

Other Audio Files

MP3's

[Kim and Dianne S. - Growing Together in Recovery \(2014\) \[MP3\]](#) Code: A USP14-001M \$2.75

- Kim and Dianne last spoke in 2003 on the topic of Marriage in Recovery and we were honored to have them back to speak again at the 2014 Annual Business Meeting. Kim and Dianne share how their addictions to sex and love, drugs, and alcohol developed from childhood through to adulthood, and how their relationship has matured over the years into the partnership they have today. They now have a child and they share how that has changed their lives and brought them even closer as a couple.

CD's

[Kim and Dianne S. - A Marriage Made in Recovery \(2003\) \[CD\]](#) Code: A USP03-008 \$6.60

- A wonderful account of a healthy, "recovery" relationship. They met in another Twelve-Step program (A.A) and it was all uphill from there! As they worked on their sobriety individually, and then together as a couple, in S.L.A.A. they learned about healthy love, intimacy, and what commitment really meant. A wonderful and inspiring story for anyone interested in learning the meaning of healthy relationships.

[Danielle P. - Building Healthy Relationships \(2003\) \[CD\]](#) Code: A USP03-006 \$6.60

- Danielle shares her vision of a healthy relationship through the example of "building a house," including the "bedrock-Steps 1 -3," foundation-Steps 4-6," "walls/structure-Steps 7-9," and "roof-Steps 10-12." Each level of the house represents different levels of intimacy that coincide with one's own recovery level. Danielle goes through each level, asking the audience to shout out words that represent each level until the house is complete. Listeners can work along with the leader to create their own house and words that represent their understanding of each level. [At times it is hard to hear audience members, but what you can hear will add to ones own drawing/list of words.]

[Stan & Cheryl D. - First & Second Stage Coupleship \(2003\) \[CD\]](#) Code: A USP03-004 \$6.60

- How do you create a healthy relationship when you've never SEEN one? It began for this couple as a list of what they didn't want in the relationship. Stan and Cheryl listed and discussed their fears. They practiced compromising in such a way that they would both be winners. They worked on identifying feelings and practicing a set of "rules" that they created together. Stan and Cheryl share their growth as individuals and as a couple; bottom lines; the "mathematics" of relationships; and a wonderful "who's on first?" analogy of priorities.

[Defining and Maintaining Committed Relationships \(1996\) \[CD\]](#) Code: A U96-008 \$6.60

- Robin leads a great discussion of how to maintain a healthy relationship past the "honeymoon" phase, how to grow within a committed relationship, and what helps her overcome fear of commitment.

Coupleship: The Glue that Binds - Stan and Cheryl Lynn (2008) [CD] Code: AU08-002 \$6.60

- A married couple, both with long-term sobriety, discuss the challenges and rewards of sober dating and maintaining healthy relationships.

3 Couple Panel - Relationships (2005) [CD] Code: AU05-020 \$6.60

- *Three couples share their experience, strength, and hope in recovery.*
 - Ken, sober from his bottom line 12+ years and in a committed relationship, talks about a past filled with anonymous sex, as a gay man. He describes how to learn in recovery and how to really have a "heart connection" with someone. Ken shares that it is important to work on friendships, develop a relationship with oneself, and he describes how to communicate and keep balance.
 - Will speaks as a partner of a sex and love addict (Ken). He and Ken have a healthy dialogue and trust, and he talks about how recovery has made this possible.
 - Fern and Roslyn take turns talking about their relationship with each other. They talk about how Twelve-Step recovery has made their relationship healthy and successful, and how attending meetings together regularly helps maintain a strong bond. They began with a solid friendship, with shared spiritual and social interests, and built their relationship on this strong foundation. Lots of wonderful sharing about healthy communication, roles in the relationship and in the home, as well as commitment.
 - Linda, 12 years in recovery for sex and love addiction, shares how she first identified the four things that were important for her in recovery: to feel Safe, Serene, Sane, and Centered. She took a one-year abstinence from men and began to get to know herself. Eventually, she began a friendship with one "safe" man. Her ability to take care of herself and to be grounded and spiritual has led to a successful marriage.
 - Alan, who is married to Linda, talks about getting to know her as a person in recovery before becoming partners. He discusses that for him to develop intimacy within a healthy relationship, it is required to have a healthy relationship with himself and a Higher Power first. He also talks about the 12 characteristics of a healthy relationship and, as a couple, to act as a team and work to make their relationship work.

Seth C. - Disclosure and Amends with Partners and Children (2005) [CD] Code: AU05-016 \$6.60

- Seth and various participants talk about their experiences (or lack thereof) of revealing their sex and love addiction to their partners and their children. They also describe their efforts to make amends and heal themselves and their current relationships as being an integral part of their recovery.

Pauline L. - Dating: Age 50 and Over (2005) [CD] Code: AU05-014 \$6.60

- Pauline talks about dating for the first time in recovery. She shares her childhood experiences with an abusive, alcoholic family as the last of five children. Pauline discusses trying to reconcile her past while married to a man who was drafted and killed in Vietnam. Trying to move on with her life, she became vindictive towards men and describes herself as a "black widow spider," also falling in love with men who were unavailable. Entering recovery, she began to grieve her losses and suffered anorexia until she became willing to get to know herself, her desire to be a whole person, and connect with another whole person.

Panel - Men Using the Program to Further Intimacy (2005) [CD] Code: AU05-013 \$6.60

- Marvin talks about learning to be present with a person, reciprocation of sharing, and boundaries. Maternal and extended family still bring up lots of "toxicity," and the old cultural messages of being a Mexican-American male, and the "macho" image, and what that means to him.
- Jeffrey shares his recovery from a lifetime of frequent and unsafe sex with people including prostitutes to a life of sobriety. After 11 years of sobriety, a relapse brought him still deeper on his journey. Intimacy, he says, is being fully present with another person and feeling pure love.
- George talks about recovering from anorexia as a gay man. He shares a background of feeling hated, of violent homophobia, and being in a society that promotes homophobia. He has worked to try to bridge the gap between heterosexual and homosexual men, and men in general.

Danielle P. - Healthy Dating (2005) [CD] Code: AU05-004 \$6.60

- Danielle talks about healthy dating, identifying the old behaviors she used to use and then discussing the tools that work today. She also lists 5 basic tools she feels are required before having a relationship, outlines how the 12 steps work in healthy dating, and finishes with the ground rules she employs when developing a relationship.

Kim V. - 12-Step Tools for Healthy Dating (2005) [CD] Code: AU05-002 \$6.60

- Kim shares that her early recovery was pretty "anorexic," and through hitting a bottom, she is developing a picture of what healthy dating looks like. She found that it is a spiritual deficit whenever her values and her behaviors don't match. She discusses how each of the 12 steps can be utilized in dating situations.

What is Cheating (2001) [CD] Code: AU01-016 \$6.60

- Is it still cheating if you don't touch? Is emotional cheating as bad as physical cheating? Members share their experiences with how cheating behavior of all types damaged relationships and created roadblocks to recovery.

Sex and Spirituality (2001) [CD] Code: AU01-011 \$6.60

- How do sexuality and spirituality fit together? Are they mutually exclusive? Does the guilt and shame of sex addiction block the path to spiritual awakening? Members talk about their thoughts on this very intriguing subject.

Questions concerning the Twelve Steps, Traditions and Concepts – with Responses by the Conference Steps, Traditions and Concepts Committee

Conference Steps, Traditions, and Concepts Committee members answer questions asked by members of S.L.A.A. and publish on the FWS site for guidance for all. Below are links for some of these questions and answers. They do not represent a group conscience of the entire committee. The opinions expressed here are solely that of the person giving them. Take what you like and leave the rest.

Relationships between the sexes in SLAA <https://slaafws.org/trquestion/relationships-in-program>

The Question Asked: *I am confused as an S.L.A.A. female relating to S.L.A.A. males. I was instructed by my sponsor to stick with the females and that seemed appropriate for the first few months, but after 16 months it actually feels imbalanced. I trust myself and I am willing to trust being in a relationship with my fellow male S.L.A.A. members. Are there S.L.A.A. Traditions that*

spell out how we can be in the best relationship with our fellow members based on gender differences? Is there a specific cutoff point? Is hugging inappropriate?

Stopping all contact with Attached ex-partners <https://slaafws.org/trquestion/ex-partners-stalking>

The Question Asked: *I have an S.L.A.A. member who is also an ex-girlfriend of mine currently cyber stalking me and refusing repeated requests to stop contact. I'm wondering if there are any recommended ways with dealing with an S.L.A.A. member to lessen their attachment/ get them to stop all contact.*

SLAA Groups on Social Media and Relation to Tradition 6 <https://slaafws.org/trquestion/slaa-groups-on-social-media>

The Question Asked: *This question has several components. The first component is whether the Facebook private groups are affiliated with SLAA FWS in some fashion. It is not clear exactly what is meant by that, but my assumption is that the person asking the question wants to be sure they are legitimate groups. The second component of the question is more straightforward. Is the name appropriate and in keeping with Tradition 6?*

Couples in Recovery Meeting posted on SLAA Website <https://slaafws.org/trquestion/posting-of-couples-in-recovery-meeting-on-slaa-website>

The Question Asked: *Is it appropriate to list a Couples in Recovery meeting on the SLAA website?*

Combined S.L.A.A. and Co-S.L.A.A. meeting <https://slaafws.org/trquestion/combined-meetings>

The Question Asked: *Since we have Chapter 3 in our Basic Text, "Living with the Sex Addict" (and I would like to add in our present culture – Anorexic), could not a Chapter 3 S.L.A.A. meeting be recognized as an S.L.A.A. meeting? [This would include the loved ones and members attending meetings together. This would amount to having a combined S.L.A.A. – CoSLAA meeting.]*