

SLAA 2020 CONVENTION / Day 2 / Stream 2

3:00 – 3:45pm Do I need a no contact boundary with someone?

CHAIR 1: Welcome to this workshop on “No contact”
My name is ____ and I am a sex and love addict. I am co-chair for this meeting.

CHAIR 2: My name is ____ and I am a sex and love addict. I am co-chair for this meeting.

3:00 – 3:25pm

CHAIR 2: Would you please join us in the serenity prayer:

**God, grant me the serenity,
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.**

CHAIR 1: In accordance with our 3rd tradition the only requirement for membership is a desire to stop living out a pattern of sex and love addiction. All SLAA members are welcome. In accordance with our 5th tradition, our primary purpose is carry our message to the sex and love addict who still suffers.

CHAIR 1: In this workshop we will introduce you to some guidelines that Fellowship Wide Services have just released, in a document called “The Gift of No Contact.” We will begin with two lead shares. Then we will be sharing the guidelines about what it means to have a no contact boundary with someone, how we might define this and why defining it is so important for an addict, examples of guidelines, and tools to maintain no contact. A handout has been prepared for this workshop, which we will go through together.
We will conclude with a Q & A session – any questions can be typed into the chat box as we go along.

CHAIR 2: I would now like to introduce lead share 1, who will share for 8 minutes.

[Speaker 1 shares for 8 mins]

CHAIR 1: I would now like to introduce lead share 2, who will share for 8 minutes.

[Speaker 2 shares for 8 mins]

3:25 – 3:30pm

CHAIR 1: We will now go through the document together. Please feel free to put any questions you have into the chat box.

[Co-Chairs read alternate paragraphs]

3.30 – 3.43pm

CHAIR 2: We will now share the “No Contact Guide” with you and also answer some of the questions that you’ve asked.

[Co-host to share document via Zoom so that everyone can download their own copy; then read out questions from the chat box]

At 3:43pm

CHAIR 1: This concludes our meeting. We wish to thank those who shared today and those who shared by listening. Please remember our cherished tradition of anonymity. What you see and what you hear here, when you leave here let it stay here.

CHAIR 2: This concludes this session. We now have a 15 min break, before the final two workshops of the day at 4pm. On Stream 1, there is “Developing a new roadmap for life in recovery” and on Stream 2, there is “Starting a new meeting / Reviving a meeting.”

The opinions expressed here today are by those who shared and are not those of SLAA as a whole. Thank you for allowing us to be your chairs for this session.