

SLAA 2020 CONVENTION

3:30-5:00 Build your sober dating plan workshop

NOTE TO CHAIRS

There is no H.O.W. SLAA sobriety requirement for attendees to share at today's session and it is at the discretion of the chairs as to who is invited to share.

CHAIR 1: Welcome to this workshop on building your sober dating plan.

CHAIR 1: 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.

3:30 – 4:10 pm

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.

CHAIR 2: The SLAA Sober Dating booklet says: *For many SLAA members as well as "normal" people, intimacy can be a struggle. It takes work sometimes and it can bring up all our issues from the past. We're lucky in SLAA to be given a plan of action and a support system to help navigate the sometimes stormy seas of dating and relationships.*

We will now read a short story from the SLAA Sober Dating booklet: A sober dating plan helps me recognise unavailability (p. 50). **[Chair 2 reads]**

CHAIR 1: In this workshop we will introduce you to a sober dating plan format that we have found helpful. We will begin with two lead shares. Then we will be sharing the sober dating plan document so that you have your own copy for future use. We will read it together. Then we invite you to answer two questions from the document to begin building your personal plan. Lastly, we will have time for a few shares.

CHAIR 2: I would now like to introduce lead share 1, who will share for 7 minutes.

CHAIR 2: I would now like to introduce lead share 2, who will share for 7 minutes.

CHAIR 1: We will now share the sober dating plan with you and go through the document together.

[Co-Chair 2 to share document via Zoom so that everyone can download their own copy]

[Co-Chairs read alternate paragraphs or ask others to read]

4:10 – 4:30 pm

CHAIR 2: We now invite you to begin building your own dating plan by answering some of the questions from the plan. We suggest answering the following questions, which can be found on pages 2 and 3 of the document and will be pasted into the chat box now. We

will allow 20 minutes for writing before we start sharing time. We will let you know 5 minutes before end of writing time.

Define what I mean by “available.”

Define what being sexual is to me.

What are the signs things are not going well?

What red flags do you tend to ignore or rationalize?

What makes you stay in an unhappy relationship?

What were the perks and payoffs in previous relationships?

How have your last several relationships ended?

[Co-host to put these questions into chat box]

4:30 – 4:55 pm

It's now time for sharing. You'll be moved into breakout rooms in small groups so that everyone has a chance to share if they wish to. You are welcome to read your answers, or to share on your experience of sober dating, or anything else that came up for you in building your dating plan. There is no sobriety requirement to share. We suggest that:

1. Speakers refrain from reference to non SLAA literature, authors or counsellors by name, and
2. We do not refer to another speaker by name

Speakers will share for 3 minutes, with **one** additional minute to wrap up. Each breakout group will need a volunteer to act as timekeeper? As timekeeper, please unmute yourself briefly to notify the speaker at 3 minutes and at end of the sharing time (4 minutes).

[Call on attendees to share, alternating men and women]

4:55 – 5:00 pm

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 1: Will someone please read The Promises?

CHAIR 2: This concludes the first day of the convention. The convention will begin again at 1 pm tomorrow. 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.

CHAIR 2: Would everyone who cares to please join us in the closing 3rd Step Prayer.

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.