

No Contact Guide

In SLAA “no contact” refers to a personal commitment to refrain from interaction with any person with whom we have had an unhealthy relationship.

This person is at times called a “qualifier”.

In fact, we qualify for SLAA because of our own attitudes and actions.

“No contact” means we do not **make or take** calls, send or receive emails, or texts, or have any face-to-face connections with a qualifier. We do not communicate through third parties. We do not contact their friends or relatives. We do not follow them, or their relatives, friends, or love interests on social media. We do not peruse old messages, emails or photos. We do not drive by their home or workplace. Such activities can trigger our addictive behaviours.

We refrain completely from all obsessive acts – romantic or otherwise.

The suggestions here come from the experience, strength, and hope of SLAA members. We need to look at our individual situation to establish what is right for us. Many know that creating “no contact” is one of the most challenging set of tools that we have in our program.

Guidelines for “No Contact”

- **Define “contact” clearly** – in our addiction, we look for loopholes. It is helpful to have a clear definition.
- Work with a sponsor to set-up a “no-contact” plan.
- Consider taking a break from social media.
- Define if contact with a qualifier is a bottom line.
- Define a set duration for this period of “no contact” or choose to make it indefinite.
- Do not ask mutual friends how a qualifier is doing.
- Pray for willingness to commit to “no contact”.
- Ask our Higher Power for help every day.
- Use the Third Step to turn over the obsession and compulsion to interact with a qualifier.

How to Initiate and Maintain “No Contact”

- Block their phone number
- Change phone numbers and email addresses
- Get off social media
- Call a sponsor or make an outreach call if tempted to make contact.
- Change your driving & walking routes – avoid their home, work, gym, cafes, pubs, etc.
- Delete old texts and emails
- Get rid of photos, documents, and gifts
- Think an action all the way through to the end

- Associate negative and intrusive thoughts with the consequences of addiction
- Remove or replace anything connected with painful memories or euphoric recall
- Rearrange furniture to break memory connections
- Delete any triggering apps
- Avoid movies or books with triggering sexual or romantic content
- Avoid listening to any triggering music – opt for something encouraging
- Surrender to and trust our Higher Power.

Top Line Behaviours

(positive actions to reinforce “no contact”)

- Pray for the willingness and strength to continue
- Make outreach calls
- Attend meetings, read recovery literature, and do step work
- Fellowship with sober program friends
- Start or restart hobbies
- Read SLAA pamphlets on Withdrawal, Sponsorship, and Healthy Relationships
- Exercise and maintain physical health

Bring in Our Higher Power

Staying connected with our Higher Power can provide the strength we need to endure our desires and combat the rationalisations we use to contact a qualifier. Relying on a power greater than ourselves could mean the difference between a successful day of “no contact”, or a day filled with anxiety, an addictive hit once contact is made, and the inevitable feelings of sadness, shame, and grief that follow the contact.

Overcoming objections and breaking through denial
“No contact” may be necessary to complete our withdrawal process. Every conversation, text, email, or face-to-face exposure with a qualifier could trigger our sex and love addiction and put our recovery in danger.

Healing in SLAA means letting our old “stinking-thinking” go and becoming open to taking care of our recovery and innermost selves before others. We must acknowledge that some relationships (especially if controlling or abusive) cannot be repaired.

***Let go of any expectation of reconciliation
Stay accountable within the program***

As we begin to experience the results of “no contact” – of creating and maintaining healthy boundaries – we experience a new way of living. ***Our recovery expands.***

Based on the SLAA document “The Gift of No Contact” which contains additional guidance, stories and more.
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