

SLAA SYDNEY 2020 CONVENTION

2.15 – 3.15 Healthy Relationships

NOTE TO SPEAKERS

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 Speakers as to who is invited to share.

Speaker 1: Welcome to this meeting on Healthy Relationships.

Speaker 1: My name is ___ and I am a sex and love addict. I am a guest speaker for this meeting.

Speaker 2 My name is ___ and I am a sex and love addict. I am a guest speaker for this meeting.

Speaker 1: 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.**

Speaker 2: 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.

Speaker 1: This is an open meeting of Sex and Love Addicts anonymous. SLAA is very protective of the anonymity of its members. Accordingly, meetings are normally closed to outsiders and those who are merely curious. However, anyone who fears that they may have this problem will be welcome, as long as the anonymity of those attending the meeting is respected. Please refrain from taking notes or recording the meeting in any way and please turn off mobile phones.

Speaker 2: Sex and Love Addicts Anonymous is 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. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it. To counter the destructive consequences of sex and love addiction, we draw on five major resources:

1. Sobriety. Our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.

2. Sponsorship / Meetings. Our capacity to reach out for the supportive fellowship within S.L.A.A.

3. Steps. Our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.

4. Service. Our giving back to the S.L.A.A. community what we continue to freely receive.

5. Spirituality. Our developing a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

Speaker 1: As a fellowship S.L.A.A. has no opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations, movements or causes, either religious or secular. We are, however, united in a common focus: dealing with our addictive sexual and emotional behaviour. We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity. We need protect with special care the anonymity of every S.L.A.A. member. Additionally we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.

Speaker 2: Will someone please act as timer? Thank you.

Speaker 2: This is when the guest Speakers will share for ten minutes each. We are supposed to share our experience, strength and hope in this program and tell you what we were like, what happened to change us and what we are like now, with a focus on healthy relationships.

[Speaker 1 shares for 10 mins]

Speaker 1: 'll now ask [Speaker 2] to share

[Speaker 2 shares for 10 mins]

Speaker 2: We'll now call speakers to share on the topic of this meeting for 3 minutes with an additional 2 minutes to wind up. A share may describe an experience that has helped us grow or given us a new level of awareness. We ask speakers to focus on their experience, strength and hope in this programme.

[Call on attendees to share]

3.10

**5 mins
before end
of session**

Speaker 1. 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. We will now finish with a reading of the Promises.

[The 2 guest speakers take it in turn to read the 12 Promises]

Speaker 2: 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 Guest Speakers for this session.

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

Speaker 4: We are now taking a 15 minute break, at 3.30 the Sober dating workshop will commence in stream 1, and the workshop on addressing gossip, 13th stepping, cross talk and other conflicts in SLAA starts in stream 2.