

History

Started in 1976, Sex and Love Addicts Anonymous (SLAA) is a 12-step, 12-tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous.

The first members came together when they realized that sex, romantic intrigue and dependency were affecting their lives in the same ways as their chemical addictions had. They found that the compulsion to continue with promiscuous sex or to return over and over to destructive relationship could not be controlled by will power alone.

Although SLAA was started by recovering alcoholics and is modeled after AA, Meetings are open to any person who believes he/she has this problem whether having previously suffered from a chemical addiction or not. *The only qualification for SLAA membership is the desire to stop living out a pattern of sex and love addiction.*

As a fellowship, SLAA has no opinion on outside issues and seeks no controversy. SLAA 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 behavior. We find a common denominator in our obsessive/compulsive patterns which renders any personal differences of sexual or gender orientation irrelevant.

Members include both those who suffer from a compulsive need for sex and those with a desperate attachment to one person. What all members have in common is an obsessive/compulsive pattern, either sexual or emotional (or both), in which relationships or activities have become increasingly destructive to all areas of their lives: career, family, and sense of self respect.

Characteristics of Sex & Love Addiction

1. Having no healthy boundaries, we become immediately emotionally and sexually involved and attached to people without knowing them.
2. Fearing abandonment, we stay in and return to painful self-destructive relationships.
3. Fearing emotional or sexual deprivation, we compulsively pursue and engage in one relationship after another, sometimes having more than one sexual contact at a time.
4. We confuse love with neediness, physical and sexual attraction, pity or the need to rescue or be rescued.
5. We felt empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and/or sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, fear, and envy. We use sex as a substitute for nurturing, care, and support.
7. We use sex and emotional involvement to manipulate and control others, or we become immobilized or seriously distracted by emotional or sexual obsessions.
8. We assign magical qualities to others, idealizing and pursuing them, yet blaming them for not fulfilling our fantasies.
9. We avoid responsibility for ourselves by staying in chaotic situations with people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities until our lives become unmanageable.
11. We conceal our dependency needs from ourselves and others growing more isolated and alienated from God, ourselves, and loved ones.
12. In an attempt to protect ourselves from being vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.

For More Information

Sacramento Area Intergroup

Sex and Love Addicts Anonymous

P.O. Box 188824

Sacramento, CA 95818

Phone: (916) 552-1442

Website: www.sacslaa.org

The Augustine Fellowship:

Sex and Love Addicts Anonymous

Fellowship Wide Services(FWS)

1550 NE Loop 410, Suite #118

San Antonio, TX 78209

Phone: (210) 828-7900

Website: www.slaafws.org