

Characteristics of Sex and Love Addiction

1. Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them.
2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves and God.
3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.
4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, shame, fear, and envy. We use sex or emotional dependence as a substitute for nurturing care and support.
7. We use sex and emotional involvement to manipulate and control others.
8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.
9. We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities.
11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia as a sign of recovery.
12. We assign magical qualities to others. We idealize and pursuing them, then blaming them for not fulfilling our fantasies and expectations.

SLAA Contact Information

For info about SLAA in the Sacramento Area:
Phone: 916-552-1442
Email: sacslaa@gmail.com

Travelers: Call or email Fellowship-Wide Services for meetings in other areas or visit their website.

Sacramento Area Intergroup

The Augustine Fellowship
P.O. Box 188824
Sacramento, CA 95818
Website: www.sacslaa.org

Fellowship-Wide Services

The Augustine Fellowship
1550 N.E. Loop 410, Suite 118
San Antonio, TX 78209
(210) 828-7900
Email: slaafws@slaafws.org
Website: www.slaafws.org

S-Group Contact Info

Below is contact information for other sexual addiction and co-addiction recovery groups, provided in the spirit of cooperation with related 12-Step fellowships. These are provided for information purposes only; SLAA has no outside affiliations, and inclusion here does not imply any endorsement.

Sex Addicts Anon (SAA): (800) 477-8191
Sexaholics Anonymous (SA): (615) 331-6230
Sexual Compulsives Anon (SCA): (800) 977-HEAL
Recovering Couples Anon (RCA): (510) 663-2312
Co-Sex & Love Addicts Anonymous (COSLAA):
(860) 456-0032
S-Anon Int'l Family Groups: (510) 869-4884
Co-Sex Addicts Anon (COSA): (866) 899-COSA

SLAA

What is Sex and Love Addicts Anonymous?



SLAA Meeting Schedule for the Sacramento Area

www.sacslaa.org

For current announcements, see our web site. Prepared and printed by the Sacramento Area Intergroup of SLAA.

Sunday

4:45p - 6:00p **Carmichael**, O, NS,
Arden Christian Church, Council Room, 4300 Las Cruces Way
and Eastern Ave.

Contact: *Marieta 916-531-7003*

6:00p - 7:30p **Grass Valley**, C, NS
Unitarian Universalist Community of the Mountains, lower
level, 246 S. Church St.

Contact: *John L. 530-277-8874*

6:00p - 7:30p **Los Banos**,
The United Methodist Church, 1031 Iowa Ave., Rm. 5
1st Sunday- Women Only
4th Sunday- Couple focused

Contact: sprogramlb@gmail.com

6:30p - 8:00p **Lincoln**, HA, NS, VF, O
St. James Episcopal Church, 479 L Street
Contact: *Kathleen (916) 300-4146*

7:00p - 8:30p **Modesto**, BS, C,
Doctors Medical Center Garden Room, 1441 Florida Ave.
Contact: *Rene 202-808-4686*

Monday

7:00p - 8:30p **Elk Grove**, C, NS,
Peace Presbyterian Church, 9145 Franklin Blvd
The meeting is held in the Church Sanctuary.
Contact: *Elliott 209-642-2140*

Tuesday

7:00p - 8:30p **Arden/Arcade**, C, NS,
St. Mark's United Methodist Church, 2391 St. Marks Way
Mac Murdo Hall (Below the church)
Contact: *Gabriel 916-432-3511*

Wednesday

12:00p - 1:00p **Sacramento**, C, NS,
St. John's Lutheran Church, 1701 L Street, Sacramento, CA
95811, Enter on L St., Meeting is upstairs in the building across
the parking lot from the church,
Contact: *Jerry (916) 475-5570*

7:30p - 9:00p **Davis**, C, NS,
Davis Community Church, 412 C Street, use playground
entrance at 4th Street, Room 1 on the left
Contact: *Mark H. 530-400-9273*

Thursday

7:00p - 8:30p **Citrus Heights**, C, NS,
Ascension Lutheran Church, Conference Room #1
7607 Garden Gate Drive
Contact: *Mark M. 916-765-4361*

7:00p - 8:30p **Modesto**, GC, HA, TD, O,
Doctors Medical Center Garden Room, 1441 Florida Ave
Contact: *Rene: 209-808-4686*

Friday

7:00p - 8:30p **Sacramento Women's Only**, C, NS, W, Trinity
Episcopal Cathedral, 2620 Capitol Avenue, upstairs conference
room
Contact: *Amelia (510) 473-2627*

7:30p - 9:00p **Fair Oaks**, O, NS,
Fair Oaks Methodist Church, 9849 Fair Oaks Blvd
Newcomer Orientation 7-7:30p, in building behind the church
or grass to the left, by appointment only
Contact: *Steve 916-952-7522*

Saturday

11:00a - 12:00a **Sacramento**, C, NS,
Sunlight of the Spirit Bookstore, 2314 J Street, go to the Great
Room in the back, free parking on 23rd and 24th
Contact: *Mark H. (530) 400-9273*

Intergroup Meeting

Meets 9am-11am 2nd Saturday of each month
Kaiser Morse Hospital, 2025 Morse Ave, Conference Room 3,
Second Floor.
This is a business meeting only; this is not a recovery meeting.
Only SLAA members are welcome.

Key to Meeting Descriptions

O=Open, C=Closed, BS= Book Study, GC=Getting Current,
HA= Handicap Accessible, NF= No Fragrances, NS= No Smoking,
S=Speaker Meeting, SS= Spanish Speaking, TD= Topic Discussion,
NC=Newcomers, VF= Varied Format, W= Women only
Open meetings are open to Sex and Love Addicts, or those trying to
learn more about SLAA. Newcomers are welcome at all meetings. **Closed
meetings** are open only to SLAA members. The only requirement for
membership is a desire to stop acting out a pattern of sex and love
addiction.

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 relationships alone could not be
controlled by willpower 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
transcends any personal differences of sexual orientation or
gender identity.

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.