

Meeting Terminology

Abstinence A change in our behavior that involves stopping the addictive pattern - one day, sometimes one minute, at a time. Abstinence is a beginning point in *sobriety*

Acting Out To engage in addictive behavior. Engaging in a behavior which is one's *bottom line*, is often referred to as having a *slip*.

Anorexia The compulsive avoidance of giving or receiving social, sexual, or emotional nourishment.

Bottom-Line Behaviors Generally, self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual, and spiritual wholeness.

Boundaries Self-defined, self-protective limits we use for interaction with persons, places, things, or activities.

Cross-talk Sometimes known as "feedback". To respond directly or indirectly to what someone who shared in a meeting; for example, to offer someone answers to his or her problems, or to engage in dialogue during the meeting.

Group Conscience A process of decision-making by the group. S.L.A.A. encourages all members to express their views.

Inventory or "Moral" Inventory A list of qualities within a person, both positive and negative, discovered through self-examination. Also *to take someone else's inventory*: to judge another person's life or *sobriety*.

Isolation To withdraw from the help and healing process of others, program support, or our Higher Power. Isolation often leads to or accompanies a slip. Isolation may also be a form of *acting out* for *anorectic* members.

S.L.A.A. Member Any S.L.A.A. participant who has a desire to stop living out a pattern of sex and love addiction.

Sobriety Initially, a state of *abstinence* from addictive *bottom-line behaviors*; often accompanied by the return of sanity, choice, and personal dignity that comes from abstaining from *bottom-line behaviors*.

Sobriety Date Generally, the date we stop engaging in our *bottom-line behaviors*.

Sponsor A person who works closely with another member to provide individual support and guidance in applying the S.L.A.A. Twelve Step/Twelve Tradition program. A sponsor should be a person we are not in danger of acting out with, nor are likely to find intrigue with.

Trigger A person, place, thing, or environment that sets off an urge to *act out*.

Withdrawal The physical, mental, emotional, and often spiritual upheaval which generally accompanies the break in our addictive pattern.

13th-Stepping Manipulating another person in recovery, especially a newcomer, into a sexual, emotional, or romantic relationship.

Open or Closed Meeting? S.L.A.A. members highly value our tradition of anonymity. Group conscience determines whether a meeting shall be open or closed. In general, the following guidelines are used:

Open Meeting A meeting open to anyone who wants to find out more about recovery from sex and love addiction.

Closed Meeting A meeting open only to those having a desire to stop living out a pattern of sex and love addiction.