



SLAA - State of Grace – Daily Meditations - page 353

...**Fear motivates nearly every action in an addict's life.** It was instilled in us during childhood. Every time we witnessed what speaking up would lead to, every time we felt judged for sharing our feelings, every time we saw the model of what we wanted to be and realised that we fell short, fear was there to paralyse us. Most people are familiar with Franklin Roosevelt's famous quote, "***We have nothing to fear but fear itself.***" Maybe it's a cliché, maybe it's true. It is only fear that holds us back and tells us we cannot be ourselves. It is only fear that leads us to cling to qualifiers, or return to the computer for more acting out. ... **I convert fear to strength using my recovery tools**

Characteristics of Sex and Love Addiction

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 have more than one sexual or emotional liaison at a time.

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 sexualise stress, loneliness, anger, shame, fear and envy.** We use sex or emotional dependence as substitutes for nurturing care, and support.

Alcoholics Anonymous Big Book P67-8

This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves, set the ball rolling? **Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble.**

We reviewed our fears thoroughly. We put them on paper, We asked ourselves why we had them. Wasn't it because self-reliance failed us? **Self-reliance was good as far as it went, but it didn't go far enough.** Some of us once had great self-confidence, **but it didn't fully solve the fear problem, or any other.** When it made us cocky, it was worse.

Fear Acronyms

Forget Everything and Run (polite version)

Few Ever Arrive Rejoicing

False Evidence Appearing Real

Frantic Efforts to Appear Recovered

Fear Expressed Allows Relief

Face Everything and Recover!

Forgetting Everything's All Right

Meeting Topic Sheets from the SLAA Step Minus One Group include non-Conference-approved literature. We use such literature to complement and enhance our understanding of SLAA Conference-approved literature. SLAA Conference-Approved Literature is indicated by © The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.

stepminusone.com