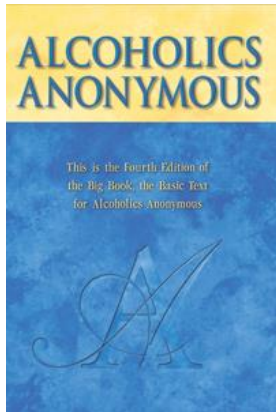


The Context for Working the Steps



Alcoholics Anonymous (The AA Big Book)

.....**the body of the alcoholic is quite as abnormal as his mind.** It does not satisfy us to be told that we cannot control our drinking just because we were maladjusted to life, that we were in full flight from reality, or were outright mental defectives. These things were true to some extent, in fact, to a considerable extent with some of us.

But we are sure that our bodies were sickened as well. In our belief, **any picture of the alcoholic which leaves out this physical factor is incomplete.** Doctors Opinion p xxv

.... we favor hospitalisation for the alcoholic who is very jittery or befogged. More often than not, it is **imperative that a man's brain be cleared before he is approached**, as he has then a better chance of understanding and accepting what we have to offer. Doctors Opinion pp xxv-xxvi

Of course an alcoholic ought to be freed from his physical craving for liquor, and this **often requires a definite hospital procedure, before psychological measures can be of maximum benefit.** Doctors Opinion p xxvii

During our active addiction, we had been the embodiment of sickness, tainting reality for all those who came in contact with us. **Our spiritual, emotional, mental, and sometimes physical disease** had contaminated even those relationships which could otherwise have been healthy. **Our commitment to recovery had now moved beyond the self-interest of survival.** SLAA Basic Text Step 8



SLAA Basic Text -

Chapter 4 - The Twelve Step Program: A Path to Sexual and Emotional Sobriety

The Twelve Steps were originally formulated by Bill W., a co-founder of Alcoholics Anonymous, in 1938.

They grew out of the principles then espoused by the Oxford Groups (a religious fellowship which sponsored early A.A. in Akron, Ohio), **tempered by the practical experiences which were a common denominator of recovery from alcoholism among A. A. members at that time.** These steps were first published in *Alcoholics Anonymous* (1939) and received a more detailed treatment in *Twelve Steps and Twelve Traditions* (1953), both of which were written by Bill W.

... Enough of us have worked through these Twelve Steps that a common experience of recovery from sex and love addiction has emerged... our primary concern is that the suffering sex and love addict may find the way, through the Twelve Step program, **to turn from the self-destruction of this disease, and lay the foundation for spiritual and emotional recovery.**

... we recommend that you also read the books *Alcoholics Anonymous* (especially chapters 5-7) and *Twelve Steps and Twelve Traditions*. We have found these books, in spite of their occasionally somewhat dated ideas and language, to be surprisingly appropriate and useful to us in applying the Twelve Steps to sex and love addiction. We substitute such words as "our addiction" or "sex and love addiction" for the direct references to alcoholism in those books. **Their timeliness ... and their applicability to a different specific addiction such as ours, are tributes to their psychological and spiritual insight and to the high quality of their writing.**

One thing is clear. The Twelve Steps, as originally set forth in Alcoholics Anonymous, do provide a comprehensive and thorough approach to the problem of dealing with addiction, including sex and love addiction.