

OUTLINE FOR USING THE SPONSOR'S GUIDE

- **Share your experience, strength and hope.** Do not give advice. If someone is grappling with a problem that is not one of sex and love addiction, we are not the ones to tell him or her how to solve these problems. You can only give away what you have received.
- **Share your commitment.** Do not rewrite the programme. You cannot 'allow' anything that is not part of the programme to interfere. We are not TIN GODS who can give and take at whim. If it is not in the programme - LEAVE IT OUT.
- **Share your programme.** Time on the phone should be programme-oriented. Do not allow your social needs to negate the need to 'carry the message'. It is important for the newcomer to realise that we are where we are because of the programme.
- **Share your struggle.** Do not allow yourself to be pedestals. Let your newcomer know that you are only one 'act out' away. Point out to your newcomer that you are only an instrument of a Higher Power.
- **Share your attitude.** Discuss the joys of service and giving to H.O.W. Talk about 'Just for Today' as a means of survival.
- **Share your honesty.** Admit you are having a problem. If you should slip or act out admit it! It behoves the conscientious sponsor to then help the newcomer find another sponsor, if the sponsee wishes to change.
- **Share your discipline.** Your discipline is all the newcomer may experience as discipline. You are a vital link in carrying the H.O.W. message. **WHAT YOU GIVE TO YOUR NEWCOMER MAY BE THEIR TOTAL H.O.W. EXPOSURE TO SPONSORSHIP.**

Make sure that your sponsee has clearly defined their bottom-lines in the seven day identification period. Make sure they understand what 'slips' and 'acting out' entail.

Set up a time for your sponsee to telephone. Explain the requirements for the first 30 days, that is;

- *Three SLAA meetings a week*
- *Sobriety from defined bottom-line behaviours*
- *Three outreach calls a day*
- *Written answers to questions to be handed over to sponsor as outlined in 'The Tools of The H.O.W. Programme.'*

Explain that in order to confront the disease these disciplines are necessary and as a sponsor you will be following their progress in the use of these tools. A committed time for phone calls is a two-way commitment.

Let your sponsee know that if you are unavailable, for some reason, they can hand their writing over to an outreach call. A person will be dropped and turned over to another sponsor after three consecutive days of not calling their sponsor, (without prior arrangements), and go back to day one. It is the sponsor's obligation to get a newcomer another sponsor to call during times the sponsor is out of town or not available.

A sponsee who has a slip during higher first 30 days will stop the first thirty questions, answer a slip question a day for each day of their sobriety, then go back to the question previously answered before the slip. (See 'Further Thoughts on Sobriety' questions) For example, if a sponsee has a slip on the 20th question then a slip question a day will be given for 20 days. Thereafter, the sponsee will resume with the 21st question.

Sponsors should encourage sponsees to share at meetings after 14 days of sobriety. Sponsors that have a slip must notify their sponsor and all sponsees, answer questions as assigned by their sponsor for thirty days and help the sponsees find another sponsor if the sponsee wishes to change. During this time, the sponsor should not stand up as a sponsor or accept new sponsees until 30 days of sobriety is achieved. Sponsors that have a slip may pitch after 7 days of sobriety is achieved. All of the above is designed to heal.

Stress the importance of no negative sex and love pitches. No emotional dumpings are to be allowed in pitches. All pitches should be on a positive level.

- To be a leader and read the Tools at meetings, you must have at least 30 days of continuous back-to-back sobriety and have gone through the Step Three Ceremony.
- At step-up, sponsor should make sure sponsee gets the Fourth Step Guidelines and Sponsor's Guide.
- Stress the necessity of starting the Fourth Step Inventory after completing the first 30 days and the Step Three Ceremony.

A SPONSOR CAN ONLY SPONSOR TO THE LEVEL OF HIS/HER PROGRAMME.

ID SPONSOR

To qualify as an ID Sponsor you must have worked the H.O.W. programme with an ID Sponsor, answered the 30 questions have 30 days of back-to-back sobriety and have gone through the Step Three Ceremony. You are then ready to get a Step Sponsor and start your H.O.W Inventory.

WE STRONGLY SUGGEST YOU CONTINUE YOUR DAILY WORK WITH AN ID SPONSOR

INVENTORY SPONSOR

To qualify as an Inventory Sponsor in H.O.W, you must be an ID Sponsor, have completed all your Inventory Questions and given the Inventory away to a God of your understanding and another person. You are now ready to get a Step or Maintenance Sponsor.

STEP SPONSOR

To qualify as a Step Sponsor in H.O.W., you must be an ID and Inventory Sponsor and have worked Steps 6 through 12. We recommend the Pomona Questions (Steps 6 through 12) and/or the 70 Maintenance Questions as tools for working the H.O.W. programme

MAINTENANCE SPONSOR

To qualify as a H.O.W. Maintenance Sponsor, you must have 90 days of back-to-back H.O.W. sobriety, be an Inventory Sponsor and completed the 70 H.O.W. Maintenance Questions. Those members who reach their goal and finish their Questions at the same time may qualify for a Step and/or Maintenance Sponsor simultaneously.

One may use separate persons for each Sponsorship level.

DEFINING YOUR BOTTOM LINES

1. What is sex and love addiction? Read the 12 characteristics of sex and love addiction. Underline in one coloured pen any words or concepts you are unfamiliar with and discuss them with your sponsor. In a different coloured pen, underline passages that you identify with or that remind you of your own behaviour. Discuss these on your daily outreach calls and also with your sponsor
2. Read Step 1 from the SLAA handbook (pp.68-70). Do you identify as a sex addict, a love addict, or both? Referring to examples from your life, discuss how you have 'acted out' in these areas in the past.
3. Read the 40 questions for self-diagnosis. Tick the behaviours you most identify with. Choose the 10 most relevant and write a few sentences on each using specific examples from your past.
4. Read the literature on Anorexia, Sexual, Social and Emotional. Read also on Co-sex addiction. Do you relate to any of these behaviours? Discuss.
5. Read 'The Withdrawal Experience' from SLAA Handbook and 'What is Withdrawal?' from the Questions Beginners Ask pamphlet in the SLAA H.O.W. Beginner's Kit. Have you ever experienced these in relation to sex and love/relationships? (e.g. when a relationship has ended or was terminated)
6. Read the pamphlet 'Is it Love or is it Addiction?' Underline and note passages that are meaningful to you. Discuss and reflect on them. Read 'What is acting out?' and 'What are Slips?' from the Questions Beginners Ask pamphlet. Have you tried to control you compulsive behaviour in the past? How have you 'slipped' and 'acted out' after decisions to behave differently?
7. Write a list of the obvious behaviours that you would consider are necessary to bottom-line. Write a list of more subtle behaviours that you suspect may cause you trouble. Discuss these with your sponsor to arrive at bottom-tine behaviours for the 30 day Step 1,2 & 3 period. N.B. Absolute Honesty is necessary to combat Sex & Love Addiction!

FIRST THIRTY QUESTIONS FOR NEWCOMERS

This is just a guide. No sheet of paper or list of ideas is the 'end-all' or 'be-all' for everyone. These reflections and meditations are designed to acquaint the newcomer (we choose not to call anyone a 'baby') with the FIRST THREE STEPS TOWARDS RECOVERY.

Intent: There are no RIGHT or WRONG answers. The idea is not to reinforce our own grandiosity and critical nature at a newcomer's expense. We are just instruments to help him on her/his OWN road to recovery.

TELL NEWCOMERS TO KEEP ALL PAPERS WITH QUESTIONS UNTIL THE THREE STEP CEREMONY!

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1. Write a history of your sex and love addiction beginning with the first time you can remember related events. Discuss how many partners you have had, what medical/psychological attention you have sought for the problem and your attempts at controlling your behaviour.
2. Read Step 1. Discuss and reflect upon the effect sex and love addiction has had upon you over the years. Do you truly see yourself as a sex and love addict?
3. Re-read Step 1. Discuss and reflect upon the following ideas found in Step 1.
 - Critical nature of our disease.
 - Progressive nature of our disease.
 - The need not to push someone until they are ready.
4. Discuss and reflect upon the fatal nature of our disease as seen on page 24 paragraph 2 in the 'Twelve & Twelve' AA Steps & Traditions Book. In this discussion, reflect on how at the very least the disease has diminished your life.
5. Read chapter 2 in the Big Book ('There is a Solution'). Discuss and reflect upon the idea that your discipline or lack of it has played an important part in your life.
6. Read Chapter 3 in the AA Big Book ('More About Alcoholism').
7. Discuss the following ideas:
 - The deception of others is nearly always rooted in the deception of ourselves.
 - How does this relate to your sexual relationship history?
 - What have we done in the past due to sex and love addiction that reaffirms this idea?
8. Re-read Step 1. Discuss and reflect upon what the knowledge of Step 1 can do for you. During your reading underline and note words and passages that are meaningful to you. Why are they important?
9. Read Step 2 in the 'Twelve & Twelve'. How is taking of Step 1 a necessity before taking Step 2.

10. Discuss and reflect upon the effectiveness of H.O.W. from your personal experience and from what you have observed in others. Could what you have experienced emanated solely from you? If so, why had it not happened before?
11. Read Chapter 4 in the AA Big Book. Discuss and reflect upon the concepts of Honesty, Open-mindedness and Willingness. How are these tools of growth in the H.O.W. programme?
12. Discuss and reflect upon the concept of insanity as it applies to us in H.O.W.
13. Discuss and reflect upon how we use the substitution method of accepting the presence of a Higher Power. How have you looked for substitutes all of your life? Are you still looking?
14. Discuss and reflect upon the following concepts available in Step 2:
 - a. Belief means reliance, not defiance
 - b. Defiance is an outstanding characteristic of every sex and love addict. Refer to page 31 in the 'Twelve & Twelve' AA Steps & Traditions Book.
15. Re-read Step 2. Discuss and reflect upon your childhood exposure to any religious concept. On a two columned balance sheet, list on one side your negative feelings and on the other side your positive feelings as they relate to early religious experiences. What conclusion do you reach when you reflect on the balance sheet?
16. Read Step 3. Create another balance sheet. On one side list all the reasons you can for believing in God. On the other side list all the reasons for disbelieving.
17. Re-read Step 3. Discuss and reflect from the following quote "Faith alone can avail us nothing".
18. Read Chapter 5 in the AA Big Book ('How it Works'). Write on dependence as you understand it in H.O.W. How can dependence lead to greater independence?
19. Are you a 'grateful sex and love addict'? Why are you grateful?
20. Re-read Step 3. 'I am responsible for only one person's actions'. Whose and why?
21. Discuss and reflect upon the idea that 'bottom-line sobriety is the most important thing in my life without exception.
22. Discuss the idea of calling a HALT when your life gets unmanageable. Do not allow yourself to get Hungry. Angry. Lonely or Tired.
23. Read 'A Vision For You' in the AA Big Book. Discuss and reflect upon the idea that the more you give the more you shall receive.
24. H.O.W. teaches us a sense of dignity. How have I utilised my new-found dignity in relationship to myself, my family and my friends?
25. What is the importance of giving service in H.O.W.? What is the importance of meetings? How are they both part of my road to recovery?

26. What is the importance of the telephone in H.O.W.? What is the importance of anonymity? How are they both inter-twined.
27. Discuss and reflect on reading and writing as a tool of the programme. Why is it essential to my recovery?
28. Read pages 569-570 in the AA Big Book ('Spiritual Experience' Appendix 2.). Discuss and reflect upon the following:
 - a. Spiritual growth is a daily commitment.
 - b. How can I grow daily?
29. Re-read Step 3. Write on the idea that having taken Steps 1 and 2 the degree of our success in the whole programme depends on how far we take Step 3.
30. Re-read Step 1 in the morning. Review your two balance sheets in questions 15 and 16. Make a sincere commitment to your Higher Power to turn your will and your life over to his care. Then read the following article (see over) and write on the idea that submission is not the same as surrender. Discuss the difference. Discuss and reflect on your own personal surrender.

Reflect and Meditate on the following article entitled:

THE ACT OF SURRENDERING THE THERAPEUTIC PROCESS

by Dr. Harry Tiebout, M.D. (adapted to SLAA)

In the sex and love addict, there are two qualities which are characteristic of their personality: Defiant Individuality and Grandiosity. This may very well explain the well-known fact that the sex and love addict is, among the not-so-sick, the most UNREASONABLE and STUBBORN about seeking help or being able to take it even when he seeks it. Both of these qualities operate in unconscious layers of the mind and the influence of both must be defined as: that quality which permits the individual who has it to snap his fingers in the face of reality and live on unperturbed. It has two special values for handling life situations. In the first place, defiance, certainly with sex and love addicts, is a surprisingly effective tool for managing anxiety or a bit of reality that is so often a source of anxiety. If you DEFY A FACT AND SAY IT IS NOT SO and you can succeed in doing so unconsciously, you CAN ACT OUT TO THE DAY OF YOUR DEATH, forever denying the imminence of that fate. It is a trustworthy shield against truth and all its pressures. In the second place, defiance, masquerades as a very real and reliable source of inner strength and self confidence because it says in essence: "Nothing can happen to me because I can and do defy it."

Grandiosity, as structured in the psyche of the sex and love addict, springs from the persisting infantile ego which, as in other neurotic states, characteristically is filled with feelings of omnipotence, demands for direct gratification of wishes and a proneness to interpret frustration as evidence of rejection and lack of love.

On the one side, the defiance says it is not true that I CAN'T MANAGE SEX AND RELATIONSHIPS. On the other side the facts speak loudly and with increasing insistence to the contrary. Again on the one side, grandiosity claims there is nothing it cannot master and control; on the other side, the facts demonstrate unmistakably the opposite. The dilemma of the sex and love addict is now obvious. His unconscious mind rejects, through its capacity for defiance and grandiosity what its conscious mind perceives. Hence, realistically, the individual is frightened by his compulsive behaviour and at the same time is prevented from doing anything about it by the unconscious activity which can and does ignore or override the conscious mind.

Attempting to control the behaviour with willpower alone, which at best is a superficial yielding, tension still continues:

"There'll come a day when I will be able to manage sex and relationships like other people...." With surrender, on the other hand, when the ability to accept reality functions on the unconscious level, there is no residual of battle, and relaxation with freedom from strain and conflict ensues. THE TOOLS OF THE H.O.W. PROGRAMME are therefore designed to induce surrender to the fullest degree possible so that defiance and grandiosity actually cease effectively to function. When that happens, the individual is wide open to reality: s/he can listen and learn without conflict and fighting back. S/He is receptive to life, not antagonistic. S/He senses a feeling of relatedness and at one-ness which becomes the source of inner peace and serenity, the possession of which frees the individual from the compulsion to act compulsively towards sex and relationships. In other words, an act of surrender is an occasion wherein the individual no longer fights life, but accepts it. WITH SOME INDIVIDUALS, THE SURRENDER EXPERIENCE IS THE START OF GENUINE GROWTH AND MATURATION. With others, the surrender phase is the only one ever reached, so that they never lose the need to attend meetings and rely on outside reminders in their daily existence to supply necessary impetus to the surrender feeling, as far as sex and love is concerned.



STEP THREE CEREMONY

NOTE TO SPONSORS:

The materials needed to perform the ceremony are the AA BIG BOOK, the AA TWELVE STEPS AND TWELVE TRADITIONS. For the OPTIONAL sections of the ceremony you will need five candles, the book CAME TO BELIEVE. The Step Three Ceremony is a commitment for both the sponsor and the newcomer to 'carry the programme' to all who suffer from our disease. Ceremonies are part and parcel of all humanity. In this version of 'The Guide To Step Sponsoring' there are various optional ceremonies that make the moment more memorable, more personal. However, 'keep it simple' sometimes dictates that a sponsor uses a more sparing ceremony. Therefore, optional portions are labeled so.

STEP ONE

(Sponsor reads aloud): H.O.W. offers each of us a wonderful opportunity to develop and hasten an attitude change known as EGO reduction. The use of the disciplines of setting and maintaining bottom-line behaviour, phone calls, reporting to sponsors and attending meeting all combine to reinforce our growth. In H.O.W., action is the magic word. Until we so humble ourselves through the aforesaid acts, there is no evidence of our EGO reduction or our surrender to anyone or anything outside of ourselves.

(Sponsor) I wish to thank you for asking me to be your sponsor. You must believe that I have and will continue to need you as much as you need me.

(Sponsor) Let us now join hands and pray: God, if it be your will, help us to commit ourselves to these steps in accordance with thy will.'

OPTIONAL (Sponsor) You see before you five candles. Each candle signifies a step toward arresting the progression of our disease. The first two represent TRUTH AND REALITY. Without these two qualities, we would not be recovering sex and love addicts.

(Sponsor-lighting first candle) The candle of truth is the keynote of all our endeavors. It is the guiding light of all who strive to stop the advancement of sex and love addiction. It is the unrelenting force that permits no double standard. Its attainment brings the satisfaction of inward peace. The sex and love addict must make truth his watchword. He must fearlessly face the truth to avoid the ever-present pitfall of self-deception.

(Sponsor-lighting second candle) This is the candle of reality and it is a new light. It opens the door to a new life. It holds a promise of new understanding. It offers a chance for personal renewal. It makes a statement that goes beyond fantasy and it holds the dream of a better tomorrow. Without the light of reality we are destined to remain in that sick, shadowy world of past mistakes and unrealistic dreams of false tomorrows.

ASK YOUR NEWCOMER the following questions so that s/he may re-take the First Step.

'We have spent a great deal of time getting in touch with our feelings. Can you recall how you felt on your first day of the H.O.W. programme?'

OPTIONAL READING: Page 45 paragraphs 4 and 5 in I CAME TO BELIEVE.

'Can you honestly say you are interested in the H.O.W. Programme as a way of life?'

'What do the words 'personal powerlessness mean to you?'

'Step One asks that you learn to 'let go.' Do you feel you have learned to let go? What does it mean to you?'

'It is said that we have an obsession. Explain what that means to you.'

'Do you recognize the symptoms when your life is unmanageable? What do you do when you feel things are getting unmanageable?'

'What does the word compulsion mean to you? Do you feel you are compelled to do anything?'

'Do you feel that obsession and compulsion are part of your life? How? What have you done to control

these aspects of your life? Do you feel you are satisfied with your present remedy for their control?
 'How do you relate to the following questions?

- How long have you been seeking remedies for your obsession?
- What did you often do when you felt your behaviour was getting out of control?
- What happened to all the ideas you tried?
- What did you do when you noticed you were different?
- Did you ever realize you had a dreadful disease?
- Did you ever try sheer willpower?
- Are there other methods you would like to investigate to manage your compulsive behaviour
- Do you think there is a solution to your problem today?

(Sponsor) 'You must be deeply convinced that you are a sex and love addict and that there is no hope for you other than H.O.W. You must also remember that H.O.W. worked because we spent time at an activity called EGO reduction. In H.O.W., we practice EGO reduction on a daily basis-are you ready to have a diminished EGO?

(Sponsor) 'Is H.O.W. a life or death matter for you?

(Newcomer) Read page 24 in the 12 & 12, the last paragraph "Under the Lash..."

(Sponsor) Are you willing to admit that you are totally powerless over sex and love and that it has made your life unmanageable.

(Newcomer) Read page 21 in the 12 & 12 (Step One)

(Sponsor) You've accepted powerlessness, compulsion and surrender as a concept to working the programme. What must you do now?

(Newcomer should realise that recognition of these concepts is not enough. ACTION, EFFORT AND WILLINGNESS are next. This is the transition to Step Two.)

(Sponsor) You have just taken the First Step.

OPTIONAL (Sponsor) At this point I ask that you light the **third candle** which is the candle of SURRENDER. As you do so I will read the invocation.

(Sponsor) In H.O.W., surrender is the first and most important act necessary to launching you into the other steps. Without the surrender of your sex and love addiction, your ego and your will, all else is hopeless. When you surrender you suspend such negative emotions as disbelief and grandiosity and you open yourself up to the process of learning who you are and where you fit into the scheme of things.

STEP TWO

ASK YOUR NEWCOMER the following questions so that they may re-take Step Two:

(Sponsor) Read aloud the introduction to Step Two. Page 25 in the 12 & 12 Book.

Ask: 'what does this step mean to you?'

(Sponsor) Do you believe that a power outside of yourself will restore you to sanity and help you?

(Newcomer) Read page 32-33 in the 12 & 12 Book, "To clergymen, doctors..."

(Sponsor) H.O.W. contains a basic paradox. You don't have to believe in anything. Anything outside of ourselves, larger than ourselves is enough to get us to the next step. The idea is not to take back your old ideas and rely on yourself. H.O.W. does ask that you have an open mind. How open are you?

(Sponsor waits for response) Have you always been willing to listen? Why did this change in your life?

(Sponsor) Does indifference play an important part in your life? How? What about disappointment? Did this reinforce your compulsiveness?

(Sponsor) Step Two mentions FEAR. Can you discuss your fears?

(Sponsor) Our fears and lack of power are self-centered and selfish in origin. But this selfishness and self-centeredness can be replaced by a partnership with a Higher Power. Faith in your Higher Power must

replace fear and then God will give you power. You can then follow God's will and exercise your will by asking, "Thy will, not mine be done." A further explanation of this is on page 44-45 in the AA Big Book, 'We Agnostics'. Will you read it please?

(Sponsor) Defiance often comes between ourselves and a Higher Power. Can you describe your defiance as it related or relates to your Higher Power?

(Sponsor) Most of the time our problems with a Higher Power came from debating the question of whether or not He was there to help us. The 12 & 12 discusses this idea. Let me read from page 26-27 in the 12 & 12 "At this juncture..."

(Sponsor) Now would you turn to page 12 in the AA Big Book? "Despite the living..." Read it and then we'll discuss it.

(Sponsor) Are you willing to go to any lengths to get rid of your old ideas?

(Sponsor) Step Two is a rallying point. It puts us on the right path. It opens us up enough to realise that what we were was an insane entity. It puts right our relationship with God who was and is the window through which we look to see ourselves as we once were and as we shall be if we forget Him. Discuss your relationship to God as it is today. How do you relate to the word INSANITY? Do you believe God can restore you to sanity?

(Sponsor) You have just taken the first Two Steps.

OPTIONAL (Sponsor lighting fourth candle) Let us now light the candle of acceptance. As you light it, I shall read the invocation: "Without acceptance you could not have progressed this far. Acceptance is seeing things as they really are. Acceptance is an understanding that we have spent our lives denouncing everything and now we must open up our hearts as well as our minds and accept. We must accept the will of God and accept that only He can restore us to sanity."

STEP THREE

(Sponsor) Before we go further I would like to read something from page 569-570 In the AA Big Book, 'Spiritual Experience'.

(Sponsor) You know that you have had this spiritual experience. THE POWER IS WITH YOU NOW. A spiritual awakening can be compared to planting a seed. Growth does not begin when you can see the flower breaking its way through the earth. It begins at the moment the seed is planted. Your spiritual awakening began at the moment of surrender in Step One when the H.O.W. programme was implanted within you. At that moment you received the power.

(Newcomer) Reads page 62-63 In the AA Big Book (Selfishness, self-centeredness)

(Sponsor) I'd like to ask you a few questions:

How was your vision of life like a locked door?

(OPTIONAL page 86-87 In CAME TO BELIEVE, 'God Is good')

How shall you keep God in your life?

(Sponsor should tell newcomer what they have done to keep God ever present).

Do you feel you are aware of the danger in self-sufficiency?

Step Three calls for us to make a decision. We must decide to turn our will and our lives over to the care of God. Are you willing to make that decision?

(Sponsor) You realise that faith does not automatically mean that you have let God into life. But our willingness is already demonstrated In the way we work at casting out our old ideas and turn ourselves over to the H.O.W. programme to relieve our sex and love obsession.

(Sponsor) Let us spend some time now pray that God will take over our lives and actively guide us. Will you read the prayer on page 63 he AA Big Book while I bow my head?

(Newcomer) Reads the prayer on page 63 in the AA Big Book (in second paragraph beginning "God, I offer myself ...").

(Sponsor) Now I will read it to you and you may pray for His intercession.

(Sponsor) We have just made a contract with God. The prayer says nothing about sex and love. It is an agreement to do 12th Step work in exchange for the removal of our difficulties.

RELIEVE ME OF THE BONDAGE OF SELF. We have turned it over: sex and love addiction is no longer an active part of our lives. Now we must get out and help others.

(Sponsor) We must also always be mindful that the present is eternity and that eternity is right now! H.O.W. has taught us to live for today and to work at loving God, ourselves and others. God loves us enough to remove our obsession. If He can love us, can't we love ourselves? If we learn to love ourselves then it will be easier to love and forgive others.

OPTIONAL READING "I may be able to speak the languages of men and even of angels, but if I have no love, my speech is no more than a noisy gong or a clanging bell. I may have all knowledge and understand all secrets. I may have all the faith needed to move mountains but if I have not love, I am nothing. I may give away everything I have, and even give up my body to be burned. But If I have not love, it does me no good. Love is patient and kind: love is not jealous, or conceited or proud: love is not ill-mannered, or selfish or irritable: love does not keep a RECORD OF WRONGS, love is not happy with evil but is happy with truth. Love never gives up; its' faith, hope and patience never fail. When I was a child, my speech, feelings and thinking were all those of a child, now that I am an adult, I have no more use for childish ways. What we see now is like the dim image in a mirror. Then we shall see face to face. What I know now is only partial. Then it will be complete, as complete as God's knowledge of me. Meanwhile these three remain: FAITH, HOPE, and LOVE and the greatest of these is LOVE."

(Sponsor) You have just taken the Third Step.

OPTIONAL (Sponsor) Will you please light the **fifth candle** as I read the invocation:
'This is the candle of knowledge and it opens the door wide. We now know that God is on our side. We can see and hear His pronouncements in our lives. We recognise what it is that we may do and what only He can do. We acknowledge the greatest gift He has given us knowing ourselves.

FURTHER THOUGHTS ON SOBRIETY (a.k.a. 'SLIP' QUESTIONS)

1. Write down the definitions for each of the following words, using a dictionary: Life, Spirit, Spiritual, God, Breathe, Breathing, Cerebrum, Cerebellum, Meditation, Universe, Peace, Serenity, Posture, Discipline, Prayer, Love, Hate, Anger, Sex, Pride, Resentment, Jealousy, Read, Write. Conscious Mind, Subconscious Mind, Hearing, Speaking, Cure, Recover, Medulla oblongata
2. Why is it important that I think of myself first?
3. Write on the Serenity Prayer. What it means to you and how it can help you in your life.
4. Discuss the following: live & let live, Easy does it, But for the grace of God go I, Let go & let God, One step at a time, First things first, I see things differently now.
5. Write on the concept of Just for Today.
6. Discuss the amount of time you might spend each day compulsively thinking about sex and relationships. What could you do better with this time?
7. List the things you want out of life. How many of these things are really important? Why?
8. What about your life would you like to change? How would you change it?
9. Count your blessings.
10. What would you lose by giving up H.O.W.?
11. What do you fear? How many of these things are beyond your control?
12. Because you have a failure, you are not a failure. Write on this.
13. Discuss and reflect on the meaning of love.
14. Reverse a negative thought and write on it.
15. Discuss and reflect upon the importance of growing up.
16. By eating to punish another, how am I only deceiving myself?
17. Why don't I want to get well?
18. Read the 12 & 12 from page 102-104. Discuss and reflect upon the need for meditation.
19. Has the striving or drive for perfection been a realistic goal in my life? How has this helped or hindered me?
20. Discuss the dangers of your obsession as you see them - mental, physical and spiritual.
21. Can I afford to have my pre-programme insanity back?
22. In what ways do I look for joy in my life?
23. Do I really listen when people talk to me? In what ways?

24. Write on how the child within often controls your life.
25. Discuss and reflect upon the need for self-worth. List your good points.
26. What were my expectations yesterday? Am I realistic about them today?
27. How are the others in H.O.W. acting as your mirror?
28. Choose a person to whom you should make amends. Ask their forgiveness. How does it make you feel?
29. Open the Twenty-Four Hours a Day book at random. What does it say? How does it relate to your life today?
30. Think of someone you haven't seen in a while. Find their phone number and give them a call. Reflect and write on reaching out.
31. We can't love others until we love ourselves. How does this relate to our feelings today? Yesterday?
32. Boredom is a bar against learning. Discuss and reflect upon the idea that boredom is part of our disease.
33. Ignorance is a bar against all proof - what you don't know won't hurt you. Reflect and discuss why H.O.W. has proven this statement wrong.
34. Action is called a magic word. Why is this word important to you today?
35. Discuss and reflect upon the idea that we must keep things simple.
36. How many people do you fail when you fail yourself?
37. Read In the Little Red Book pages 9-13 and write your feelings.
38. Read In the Little Red Book pages 14 till the end of the chapter. How do you feel?
39. Read Step 6 in the 12 & 12. Read page 68 particularly. How does the whole step make you feel?
40. Write on what the advantages are when you have bottom-line sobriety. Write on the disadvantages of acting as though your behaviour were normal.
41. Read February 28 to March 11 in the Twenty Four Hours a Day book and write on your feelings.
42. Write on what your spiritual rock-bottom was.
43. Write on what your physical rock-bottom was.
44. What does sex and love mean to you today? How does it affect you now?
45. Write on why you considered yourself a sex and love addict. Why do you insist on letting your compulsion destroy you
46. Write on 'giving in' and why you do.
47. Write on your concept of a higher power.
48. Write on what H.O.W. means to you.

49. Read October 6 and October 12 in the Twenty Four Hours a Day book. Are you sharing the load?
50. When and how. Did I allow self-pity to rule my life?
51. How have I allowed false pride to defeat me?
52. Read Step Seven In the 12 & 12. Write on humility.
53. Write on HOW defiance was a strong part of my life? Have I changed?
54. Have I allowed arrogance to play a large part in my life?
55. What changes did I see in myself before I slipped?
56. Read January 17 in the Twenty Four Hours a Day book. Do meetings play an important part in my life?
57. Read April 25 in the Twenty Four Hours a Day book. Have I allowed hostility to take over?
58. Read November 25th and 26th in the Twenty Four Hours a Day book. Have I found inner contentment?
59. Read December 3rd in the Twenty Four Hours a Day book. Make an inventory of all the good in your life.
60. Read February 22nd In the Twenty Four Hours a Day book. How well am I handling my problems?
61. Read March 5th in Twenty Four Hours a Day. Am I trying too hard to get programme?
62. Read March 14th in the Twenty Four Hours a Day book. Write on CAN I GET WELL?
63. Write on 'Have I used sex and relationships to face life?'
64. Write on 'Thy will not mine be done.'
65. What are my feelings today concerning God, sex and love, other?
66. What is my concept of happiness?
67. The man who never makes a mistake is the man who never does anything.
68. Success is never final.
69. A friend is to be taken with his faults.
70. Evil conduct is the root of misery.
71. Patience is the companion of wisdom.
72. Difficulty is the daughter of idleness.
73. Am I the master of my emotions?
74. Take the world as it is - not as I would have it.
75. The greatest wealth is contentment with little or less.
76. S/He who is not ready today, will be less so tomorrow.

77. People cannot change truth, but truth can change people.
78. Who excuses as it ought to be.
79. A good example is the best, accuses.
80. Nothing with GOD is accidental.
81. Whatever is worth doing at all is worth doing well.
82. Love & Friendship is what binds the H.O.W. fellowship together.
83. Over commitment – its' danger
84. Moderation – a way of life.
85. Kindness is produced by kindness.
86. Temper is what gets most of us in trouble. Pride is what keeps us there.
87. Lord, when we are wrong, make us willing to change and when we are right, make us easy to live with.
88. Men do not stumble over mountains, only over molehills.
89. Love: Then & Now.
90. The person I harmed was/is myself.
91. Anger as a constructive force.
92. What my screaming heart is trying to tell me.
93. You may never get a second chance to make a first impression.
94. My best friends may be my worst enemies.
95. Self-pity is harmful and can set you up.
96. Why are we so afraid of ourselves?
97. Only if you accept yourself just as you are, can you change.
98. Tolerance and intolerance - the good and the bad
99. Have I truly surrendered to the programme
