

## **Beginning Recovery in Places Where No In-Person Meetings Exist**

### **Online Meetings**

### **Telephone Meetings**

So, you've become convinced that you suffer from the same disease of sex and love addiction as we do and have made the decision to enter recovery only to discover that there are no meetings in your area. Now what?

We believe that one way of beginning your recovery may be found within the program of Sex and Love Addicts Anonymous and its literature. Our literature represents the experience, strength and hope of a large number of us who have recovered from the same problems in our sex and love lives that you are experiencing. Since you can't get to a meeting, this section of our site will show you how you can use our literature and its wisdom to help you in your journey to a new life of sanity in the areas of sex and “romance.”\*

If you were able to attend an S.L.A.A. meeting, the first piece of literature that you would probably hear is the S.L.A.A. Preamble. It explains, in general terms, how we get and stay sober. It is printed below. First, read it entirely, then go back and click on each of the five major resources—“the 5 S's”—to find out more about how you can use each resource.

\* “Romance” as noted in the S.L.A.A. pamphlet, *An Introduction to Sex and Love Addicts Anonymous*.