

Guidance for Meeting Chairs

Thank you for chairing a meeting! Usually chairing a meeting is simple and enjoyable. Sometimes as the chair, challenging situations arise and you need to speak up.

This page provides you with some suggestions for handling difficult situations. As the chair, you have a lot of leeway and flexibility to handle difficult situations. There is no one right way. Take a deep breath and be gentle with yourself. A gentle tone is suggested.

- **An observer, spouse, or someone offering support wants to attend a meeting. They do NOT have a desire to stop living out a pattern of sex and love addiction.**
You can say: Due to the sensitive nature of SLAA, only SLAA members are allowed. All of the Lovers Lane meetings are closed meetings and observers or supporters are not allowed. This is to protect the anonymity of our members. Observers are encouraged to attend an Open AA or Al-Anon 12 step meeting.
- **Someone engages in crosstalk or interrupts another's share.**
You can say: A gentle reminder: crosstalk or interrupting another's share is not allowed.
- **Someone's share is excessively long.**
You can say: A gentle reminder: shares are limited to 3 minutes or less so others may have time to share.
- **Someone's share is long and they are emotionally upset.**
You can say: I can see that you are in a lot of pain. Would you like to talk more after the meeting?
- **Someone is sharing long and the meeting needs to close.**
You can say: Excuse me, the time for sharing has ended. Could you wrap up your share please?
- **Someone is engaging in detailing, euphoric recall, or sharing about acts involving minors**
You can say: Excuse me, please stop. This is not appropriate subject matter for these meetings. It is suggested you discuss this with your sponsor or ask someone to speak with you directly after the meeting.
- **Someone verbally or physically attacks or insults another member.**

If it is a physical attack, please call the police immediately. For any attack, please let your sponsor know and let the chair of group conscience know. The CSD director will be informed. The safety of the CSD for attendees is of utmost importance.

You can say: Stop. This is not acceptable behavior.

for insults or verbal attack: If you continue you will have to leave the meeting.

for physical attack: You must leave the meeting now.

To the group: If you need to process what has happened, please reach out to your sponsor or ask someone to speak with you directly after the meeting.

Lovers Lane SLAA
CHAIR SCRIPT FOR ALL VIDEO MEETINGS

(Weekdays at 12:00. Saturdays at 12:30)

Welcome to the (Noon/ Co-Ed / Men's/ Women's) Meeting of the Lovers Lane Group of Sex and Love Addicts Anonymous.

My name is _____ and I am a sex and love addict. Let's open with a Moment of Silence for the sex and love addict who still suffers, followed by the Serenity Prayer.

“God Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. “

_____ has volunteered to read the [SLAA Preamble](#).

_____ has volunteered to read the [Twelve Steps](#).

Our meetings have moved to an online screenshare format. While attending these meetings, please conduct yourself as if you were attending an in-person meeting, minimizing walking, eating, playing with pets and all other distractions.

Logging on: Please ensure only your first name and the first letter of your last name are showing to protect your anonymity. Our meetings are password-protected to prevent the intrusion of any hackers or unwelcome guests with intent to disrupt.

Video guidelines: For the safety of our new-comers and members, we require that all participants enable their camera so you may be seen and recognized. Please use a nondescript part of your home or enable a virtual background to preserve your anonymity and eliminate movement in the background.

If for some reason, you must pause your video momentarily to eliminate distractions, please make sure a recognizable profile picture is showing while your video is paused.

Audio guidelines: Please remember to mute yourself when not speaking and consider using earbuds so others in your home cannot hear our meeting.

Chat Function: Please reserve the use of the Chat function for the host or co-hosts to share pertinent information or group announcements (Ex: payment information). If you are not the host or co-host, please refrain from messaging the group or other individuals as this disrupts the decorum and safety of our meetings (see: crosstalk).

A gentle reminder to dress with consideration for why we are here and to be mindful of your posture and position during the meeting.

Are there any newcomers to this group of SLAA?

[If yes] To introduce a newcomer to our recovery program:

We offer a choice of topics for today: “what it was like, what happened and what it is like now” and/or Steps 123. I’d also ask for a volunteer to give the newcomer a Newcomer Packet and answer any questions after the meeting.

[If there are no volunteers, the Chair should, regardless of gender, visit with the newcomer after the meeting to offer answers and/or materials.]

Please identify yourself, first name only at random (or in alphabetical order).

As chair (and host) of this meeting, it is my responsibility to lead and maintain decorum. To provide a safe environment for everyone: each person is allowed to share without interruption for three minutes or less. Please also refrain from double dipping until all participants have had a chance to share. Our silence honors the person speaking. We do not offer advice or feedback.

While sharing, we use a general description of our acting out behaviors, avoiding cross-talk, excessive profanity, detailing and euphoric recall.

Cross talk is interrupting, commenting on, or belittling a person while they are sharing. Cross talk is using the Zoom chat feature to communicate with others during the meeting. Cross talk is judging, slighting, or commenting on another person when we have a chance to share. Cross talk is excessive detailing on topics not directly related to our issues or talking so long that others do not have an opportunity to share.

Do not repeat graphic or illegal details in the meeting. If it is necessary for you to repeat graphic details, feel like you are going to act out, or you feel uncomfortable with anyone’s behavior before, during, or after the meeting, you are encouraged to speak with your sponsor or ask someone to speak with you individually after the meeting. Texas law requires that the abuse, neglect or exploitation of minors, the elderly or the disabled be reported to the Texas Department of Family and Protective Services.

Please keep your sharing to approximately 3 minutes, and share only once until everyone has had a chance to share.

Everyone is encouraged to stay in solution, whether it’s solution you have or solution you need. This is a topic or step discussion meeting. Does anyone have a topic to suggest? [Give time here for the spirit to move among us. If there are no suggestions, the Chair chooses the topic.]

The topic for our meeting is _____. The floor is now open.

Closing

The time available for sharing has ended.

Please remember we still practice the 7th Tradition, which says that we are self-supporting, despite attending video meetings. If this is your first meeting, please be our guest. Our suggested contribution of \$3.00 made at the end of meetings supports our ability to reach out to the addict who still suffers, allows us to continue to pay rent for our facility, and to support the North Texas InterGroup and SLAA Fellowship Wide services. There are no dues or fees for SLAA Membership and our meetings are free to all who need it. You can contribute by visiting one of the following:

PayPal – slaadallas@gmail.com

Venmo – SLAA-LoversLane (do not verify last 4 digits)

Literature can be purchased directly from <https://slaafws.org/>
_____ has volunteered to read the Twelve Traditions.

Are there any announcements?

The Lovers Lane Group of SLAA is on the chip system. Due to our meetings being moved to an online platform, we now offer printable chips of hope. They can be found on the home page, under the Lovers Lane entry. We would love to recognize any sort of commitment to the program or period of sobriety and celebrate your commitment to sobriety through applause!

The Chip system begins with a One Day chip. We stay sober, one day at a time. Acceptance of this chip signifies your commitment to a day's sobriety, and carrying the chip is a concrete reminder of that commitment. For those of us who have suffered relapse, taking a One Day chip may represent our renewed commitment to recovery. Is there anyone who wants a One Day chip?

We also award chips for periods of time in the program or sobriety away from our bottom line behavior. It starts with a One Week chip. Does anyone want a One Week chip? One month? Two Months? Three Months? Six Months? Nine Months? Annual chips will be awarded at the birthday portion of the meeting held on the last Friday or Saturday of the month. Is there anyone here who is celebrating an annual birthday who we should recognize?

Would those willing to be temporary or permanent sponsors raise their hands? If you don't have a sponsor, please speak with someone after the meeting. Remember that anonymity is the spiritual foundation of all our traditions. What you hear here, who you see here, when you leave here, let it stay here. Let us now join together in the "we" version of the serenity prayer.

**"God Grant us the Serenity
to accept the things we cannot change,
the courage to change the things we can
and the wisdom to know the difference. "**

("Keep coming back, it works if you work it and you're worth it!")

For meeting chair: Zoom attendance form - <https://tinyurl.com/498rb9xp>