



Growing Forward Together

Recover • Connect • Celebrate

Join us for a 3-hour virtual event featuring a variety of interactive recovery workshops led by the S.L.A.A. Fellowship-Wide Services Board of Trustees, *including*:

- “Finding Your Path to Recovery”
- “Letting Go and Letting In”
- “Long Term Sobriety”
- “Three Lists: Bottom, Middle, Top Lines”
- “Overcoming Avoidant Behaviors”
- “Shame and the Addictive Loop”
- “Working the 12 Steps from my Heart vs. my Head”



Date/Time: Sunday, 1 March 2026 from 8 to 11 p.m. UTC
(see worldtimebuddy.com for your time zone)

Registration Fee: \$19.76 USD
(Financial Aid Available)

Register: <https://fifty.slaafws.org>

Schedule of Events

All workshops will include writing and sharing. Please have a journal and something to write with.

- **Welcoming:** Introduction from each Board of Trustees member
- **Session 1:** Choose from up to 4 workshop topics (75 mins)
- **Session 2:** Choose from up to 3 workshop topics (75 mins)
- **Closing:** 45-minute group sharing

All proceeds benefit the S.L.A.A. 50th Anniversary fund

Disclaimer: All workshops are presented by individual members of the S.L.A.A. Fellowship and are not endorsed by S.L.A.A. as a whole, or intended as alternatives to working the 12 Steps of S.L.A.A.



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“Finding your path to recovery” (John S.)

Participants will explore how long-held beliefs and internal logic can shape the course of addiction and recovery. Drawing inspiration from a recent article published in the Journal and guided by reflective questions from a word study being developed by the Conference Fantasy Addiction Committee’s Legacy Writing Group, this session invites thoughtful inquiry into the ideas and assumptions that have influenced personal choices and relationships. Through guided prompts, writing, and open sharing, participants will have the opportunity to examine what has driven their journey and consider what new understanding may support the next steps in recovery.

“Letting Go and Letting In” (Ari F.)

Participants are invited to join us with an open heart and mind, whether your sense of a Higher Power is strong, uncertain, or still taking shape. It will provide a supportive, spiritual space to explore your relationship with a Higher Power. We will begin with the leader sharing their journey of discovery and connection, followed by gentle, reflective slides on the concept of a Higher Power and belief in recovery. Participants will then engage in guided writing exercises along with opportunities for open sharing.

“Long Term Sobriety” (Chris D.)

Members who have been sober ten years+ will share how they work their program now and how it has changed from when they were new. They will also share how sobriety has impacted their romantic relationships and answer questions.

“Overcoming Avoidant Behaviors” (Max B.)

Participants will explore the ongoing challenge of overcoming avoidant behaviors by looking at how avoidance shows up: do we face consequences, or delay them? The action steps are an essential part of “Overcoming Avoidant Behaviors,” offering insight into why life’s challenges are sometimes pushed aside. Step Ten, practiced daily, can reveal patterns of avoidance when we honestly ask whether denial is a river we are trying to cross, or are being called to acknowledge powerlessness and meet daily challenges with clarity and courage.

“Shame and the Addictive Loop” (Jeff R.)

At the center of every addiction is a hurt. Our inability to process our pain can take us to dark places in a desperate need to escape, to numb ourselves to acute suffering. We’ll explore how the shame of the mistaken beliefs we develop about ourselves in the escape process can keep us hooked on the misuse of sex and love as a drug, long after the anesthesia’s usefulness has worn off. We’ll also look at how the Steps of our program — so effective at helping us gain and maintain sobriety — can also give us hope by exposing the inner lie behind the negations shame whispers in our ears.

“Three Lists: Bottom, Middle, & Top Lines” (Patrick D.)

We will explore a trio of essential S.L.A.A. recovery tools called the Three Lists. Participants will learn how to define and clearly draw their own Bottom Line behaviors (actions that trigger the addictive cycle), Top Line activities (actions that nurture sobriety and growth), and Middle Line (behaviors that often serve as slippery slopes). This session is designed to help newcomers set their initial boundaries and guidelines with clarity, while encouraging those who have been in the fellowship longer to dig deeper and explore more nuanced levels of self-honesty and growth.

“Working the 12 Steps from my Heart vs. my Head”

(Rochelle K.)

Discover a fresh, heart-centered approach to the 12 Steps in this interactive workshop. Participants will explore the difference between feeling the Steps from the heart versus thinking through them from the head—a shift that can deepen connection with a Higher Power, support greater self-acceptance, and accelerate personal recovery. Through practical exercises, simple tools, heartfelt reflection, and daily spiritual practices, this session offers a dynamic and inspiring way to experience the Steps with renewed clarity and authenticity.

Workshops and schedule are subject to change.

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