

SLAA Online Group Inventory 2019

Collation of anonymized individual members' answers, submitted Feb 7 - Mar 7, in chronological order

Question #1:

What is one thing you like about the group and/or meeting?

Commitment to implementing and upholding Group Conscience decisions.

Question #2:

What is one thing would you like to see changed about the group and/or meeting?

More Step and Tradition work focus.

The main thing I would like to see is more of the readings from our own literature (our book AND pamphlets) when there is a lull in a meeting. Ideally, I think at least 51% of those readings should be SLAA. (*I realize of course this would take a lot of time to implement*). . Also, is there is any way, we could license from FWS some of the better pamphlets and selected quotes from our book to post on our website (my apologies if they are already there and I hadn't noticed)? If I had my druthers, if we are able to license such things from FWS, I would like to see them under their own heading, something along the lines of "**official conference approved SLAA literature**" (*again, with proper refs of course*) as well as a statement that more literature is available from both FWS and some local groups. My home group (and at least one other local group) not only has our book for sale but our group and at least one other local group have a HUGE selection of SLAA pamphlets free of charge (*some groups in the area only have a limited selection and charge for them*). Our group also has our book on CD's and will loan this to newcomers and other members free of charge. These CD's can also be ordered thru our group secretary/treasurer. We also have a very active intergroup. We had a wonderful 2 day sharing conference last year and I plan to post the next one on SLAAONLINE as an **!A**. At least one op has already ok'd this and our intergroup chair has approved this as well. When we have newcomers, in addition the the other things on the standard scrip, I would like to see a reference to the local and phone meetings listed on FWS as well.

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What is one thing you like about the group and/or meeting?

I like that the group is 24/7/365, and always "there." I like the fact that meetings are regularly scheduled, but also that chat is open at other times. We are all recovering, right? And sometimes recovery needs a formal share in a meeting, and sometimes, we just need to talk with people who are experiencing the same thing. The fellowship is *always* there.

one thing i like about the group/meeting is: that there are three meetings available a day. that is important for access to all who have varying hours. i appreciate it and thank you!

The one thing I like most is as we (slaaonline) relate to the tradition which mentions primary purpose. (#5). I think it is great that this room is here 24/7 and is available world wide.

I like the order and respect that is shared in the group.

I like the group because it is convenient.

Question #2:

What is one thing would you like to see changed about the group and/or meeting?

Almost nothing, really. But I think in meetings, shares go on too long sometimes with things that do not have to do with SLAA. Maybe just gentle reminders to those who share about timing and staynig on topic. I know I have been reminded about share time.

one thing i'd like to see changed about the group/meeting is: making sure there is clear protocol stated about how to deal with predators maybe every time someone logs on so that things don't fall through the cracks. i've been inappropriately spoken to on here and in the earlier parts of my recovery it was damaging when it was already hard to build trust. i understand it may not be fully controllable, but more information on what to do can empower us all. thanks.

If I could change ONE thing, I would use less AA reading and more SLAA reading (our book and pamphlets).

I don't see any change needed in the group..

I really would like more opportunity for some feedback, I realize this could be a Pandora's box but I think there is a lot potential healing and help that could come from it.

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What is one thing you like about the group and/or meeting?

I love the support from other members especially when going through hard times. People are so supportive and kind.

I like the open sharing and keeping well inside the guidelines of the group. The 10 PM EST group is well in line with the program and great folks!

Very friendly group who are very welcoming always

The Topics chosen for the noon meeting.

Question #2:

What is one thing would you like to see changed about the group and/or meeting?

A breakfast club meeting would be nice. Early morning meeting. We have them informally sometimes.

I'd like to have a forum to have Q and A on basic questions - more like a discussion chat room. Perhaps set aside some time slot for that would be nice.

I would like to know if it is possible to stop someone between meetings when they are inappropriate or rude or triggering and no OP is present.

More Banning of "Ridiculous Imaginative" Nicknames.

With all due respect you say Your voice counts! I have came with many ideas to better the site before this month and they have not used one of them. What is So special now about this month?

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What is one thing you like about the group and/or meeting?

I love how this group is committed to the well-being of members; it is evident in our group culture, the traditions (with a small "t") that we practice here, and the warm regard we have for one another. The 12 Traditions are a road map and the 12 Steps/and HP are beacons that leads us home. This Room is a breath of fresh air for me.

I like the format of most of the 12:00 meetings that have brief excerpts of program literature and suggestions for topics to base shares upon. In my opinion, this format makes a big difference in the amount of experience, strength, and hope shared and the overall mood of the meeting is more positive.

One thing I like about the group is it's openness, understanding and availability to access 24/7/365 and that it does have a structure and format that is kept in place by dedicated group of OPs

Question #2:

What is one thing would you like to see changed about the group and/or meeting?

Is it possible to change the value of seconds an individual is given to log in? I believe default is 30 seconds right? Can we make it longer? I think there is a command to make the interval 60 seconds, but I'm not sure. It seems members have a lot of issues signing in, and end up coming in as guest when they can't manage the sign-in process in a timely way. The value is set by Starlink right? [Editor's note: The default time is now set globally to 120 seconds.]

I have no specific changes that I'd like to see made to the group or meeting.

One thing I dislike is the lack of a formal meeting in the morning for those of us in Eastern Time Zone. It would be great if we could add a meeting at 9am EST on Saturday and Sunday at least - way to kickstart our day before the busyness of the weekend sets in.

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I like the convenience, frankly. Although I am fortunate to have quite a few f2f groups in my area, I like the convenience of being able to get online 24/7 & connect with other addicts. One of my personal bottom line behaviors is online sex chatting, so the SLAA Online group has helped me learn to chat online in a healthier way. I like the simple format. The SLAA Online room is easy to use, at least on a laptop. I understand that it was designed before the widespread use of cell phone connections & those are not as user-friendly with the site.

having a positive space to share with support not judgment

Question #2:

What is one thing would you like to see changed about the group and/or meeting?

I don't like the frivolous meeting topics that happen sometimes. They are often not 12-step oriented & seem to be too esoteric or complicated, I've heard privately from several members. If a topic is deemed necessary, I suggest the Steps, Traditions or our own "Tools of Recovery". I don't like that the Steps & Traditions are not easy to find on the SLAA Online website. Although the homepage says, "Sex and Love Addicts Anonymous is a Twelve Step, Twelve Tradition-oriented fellowship based on the model pioneered by Alcoholics Anonymous," those Steps & Traditions are not readily visible on the website. I would like to see the Steps & Traditions on the homepage or have a titled page of their own. [Editor's note: The SLAA 12 Steps & 12 Traditions are now also placed on the SLAA Online website homepage.]

having a 15 minute scheduled fellowship meeting [Editor's note: "fellowship meeting" here according to author= "relaxed back and forth amongst attendees".]

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What is one thing you like about the group and/or meeting?

I like when I meet members that I notice are sober, that in conversations or shares what they say fills me with so much hope of a better life! I also appreciate when sober op'es talks with me and warns me and guides me and encourages me.

To be encouraged of just speaking with sober people. It affects me in a good way.

I like the fact that I found my sponsor in the online chat room

Question #2:

What is one thing would you like to see changed about the group and/or meeting?

I would like a #slaa-women's room (and a #slaa-men's room if that is needed also) because sometimes it is so good to speak with women only. But two men I did AO with told me, or one fooled me actually, they sometimes logged in as women to trick women, so I am not sure it is possible.

I would like it to be more openness about the online AO between members, because secrecy is making it more shameful and exciting and easier to hide it. That people are more encouraged to keep the room safe, and as a member said, something like: If AO, to go to another place that is few clicks away, to do that, because the people in the group are wounded and hurt and ... what was the word he used... broken? That is not exactly sexy, is it? And they are there for a reason, to BECOME sober. Or to stay sober. For recovery purposes they are there. And as several said to me... I AO with you since you are not sober anyway. That seems to be a "false truth" that rules the room under the surface. That is something that would be good to deal with openly.

To also have a room for #slaa-women

something to change: have periodic auto scrolls with information and/or A.A. steps, Promises, Traditions

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What is one thing you like about the group and/or meeting?

My favorite thing about our room (during the meetings) is it's SAFETY. The Ops are EXCELLENT, basically on the same page, & (for the most part) all safeguards & rules enforced, which allows members to concentrate on the work at hand: participation in their own recovery.

Question #2:

What is one thing would you like to see changed about the group and/or meeting?

Suggestion:

1) It has recently come to my attention through an RP, that Slaa has it's own "meditation-a-day" type of reader. Although I very much enjoy all readings from Bill W, maybe ONE DAY PER WEEK we can focus exclusively on readings from OUR Basic text, or this reader?

Or, at least begin to draw upon MORE CONTENT from our OWN Slaa sources? [Editor's note: The new SLAA book of daily meditations "A State of Grace" is currently under final editing before publication.]

Concerns:

1) WHAT can be done about maintaining the integrity of the chat AFTER the meeting. Occasionally, (& more frequently w/ a certain "regular") the language becomes TRIGGERING- to the point where last week, (someone brand-new) asked this person (after hearing some of their comments) whether they knew the purpose of the room they were in! The member replied sarcastically, & it took the newbie a few seconds to understand the member was being facetious! As I witnessed this, I tried to smooth it out w/ humor, (my go-to) but only succeeded in getting the "regular" ticked off!

How can we impress upon our members, to AVOID using "S" words & suggestive language? (Especially, after meetings when the Ops have left..)

2) Contentious RELIGIOUS or POLITICAL comments during shares or chat: Since the 12 Steps (here & elsewhere) purport to be "non-denominational", it would seem prudent to save the HEATED comments & conversations for PM only. (& I'm NOT talking about a member just mentioning their affiliation, beliefs, or holiday plans, lol! - as long as it SELF descriptive) Diversity is fine, bashing is not...

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3) Some members greet others (before they share) w/...ANIMAL NOISES. I understand that they are doing this out of familiarity & affection, but again, how ODD for a Newcomer to see! Can we make a motion to restrict greetings (during the meetings before shares) to, well, ACTUAL GREETINGS? (Anything standard is fine: "Hi, Hello, Welcome, Hey!, Howdy" (EVEN w/ an acceptable ";)") is ok, as long it's, 'um, HUMAN???:0

one thing i like about the meetings is the opportunity to give small tidbits of encouragement to the person sharing both during the share and afterward. i feel like it is beneficial for people to know that they have support and that others can relate to them. helps them to know that they are not alone. :)

one thing i would like to see changed (actually added) to the meetings: i really enjoy the occasional AA readings and references but i would really like to see more SLAA basic text readings and references to SLAA literature. :)

NOTE!

Individual members' submitted answers to Group Inventory Question #3 are not collated in this report. These answers remain the individual responsibility of the members submitting them.

Question #3:

What is one thing you plan to contribute to the group and/or meeting?