



Workshop Descriptions & Information for 2023 Spring Recovery Retreat

JUNE 2 to 4, 2023

Workshops are alphabetized, not in order of start time.

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“3 Circles” LEADER: Cyntaya W.

Length: 75 minutes

The inner circle is often called your “bottom lines”, the middle circle behaviors are what brings you close to acting out, sometimes referred to as accessory behaviors, the outer circle is referred to as your “top line behaviors.” In this workshop you will receive direction and suggestions on defining these and create your own 3 circles. You will have the option to share or discuss if desired. If you have attended this before, it is worth a refresher. If you are new to this, we will help you expand on ideas or suggestions you may not have considered. This workshop will be offered on Saturday.

“Anorexia - Tools and Top Lines” LEADER: Ava H.

Length: 90 minutes

Is it safer to stay late at work or stay home than attend social events? Is it easier to stay single or engage in hook-ups than to navigate a relationship? Do you stay in sexually or emotionally unfulfilling relationships because you think you don't deserve better? You might have some degree of anorexia - the compulsive avoidance of intimacy in social, sexual & emotional arenas. We'll get things started with a spirited game of Anorexia Bingo. We'll then explore how anorexia infiltrates our lives in visible and not so visible ways. Lastly we'll share anorexia tools & top lines - touching on how some of them can deepen isolation. This workshop will be offered on Saturday.

“Ask it basket - A Place Where Feedback is Welcome” LEADER: Madge D.

Length: 75 minutes

This is an all inclusive workshop for anyone at any point in their recovery to ask questions, have discussion on sex, love, lust, relationships and fantasy. There is no question that is too big or small. Sometimes we struggle with thoughts, questions or concerns and don't know who to ask. With virtual meetings, people tend to hang around less frequently for fellowship or parking lot time. This workshop is here to help all of us. Have you had a program crush? What do you do about it? How can you handle this? Do you still work with your qualifier? Have you started sober dating, but are concerned about overusing dating apps? Are you in a new relationship and learning the balance of recovery time versus spending time with your romantic partner? Are you new and don't understand some S.L.A.A. language used in meetings? In this workshop we *can* receive feedback and have discussions about what is brewing in our minds. Come join us and anonymously ask a question you may have been denying, avoiding or procrastinating. This workshop will be offered on Saturday.

“Developing the God Consciousness Within” LEADER: Dara L.

Length: 75 minutes

Deep down in every person, there exists a conception of something greater than themselves. Whether you call this God, Goddess, Goddex, Higher Power, Higher Purpose, Source Energy, Light, Love, Nature, the Divine, Good Orderly Direction, or any of the many other names for a spiritual center is irrelevant. What matters is your ability to consciously and regularly connect with your spiritual center. Whether you are deeply religious, spiritual, atheist, agnostic, or simply curious about developing your spiritual muscles, this workshop will support you in the practice of steps two and eleven. As you connect to your own conception of a Power greater than yourself, you'll develop a tangible skill set that will support you in following your own internal compass towards the God-consciousness within. Bring yourself, your journal, and an open heart. This workshop will be offered on Saturday.

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Drop the rock: Step 6 and 7 activity LEADER: Ari F.

Length: 60 minutes

This is a hands-on activity with a creative way to let go of our character defects. Not only are we going to acknowledge our defects, we will also recognize our character assets. All are welcome to attend whether you have completed these steps or if you have not even started working step one. At the end of this workshop, you will receive a one-of-a-kind keepsake to take home. This workshop will be offered on Sunday.

“Emotional Release” LEADER: Michael S.

Length: 3 hours

This workshop will explore how untreated and unresolved early trauma almost always develops into addiction. This workshop will be limited to 6 participants; Ideally a mix of men and women. This will be a very intense workshop on personal trauma and how it relates to addiction. For this reason it is a 3 hour workshop. Participants will experience emotional surgery and release. The safety of the participants is of utmost importance, therefore once the workshop begins, no one else will be permitted to join. We will have a name drawing Friday evening for those interested in attending this workshop. There will be two opportunities for this workshop on Saturday.

“Examining our patterns and behaviors - an approach to Step 4” LEADER: John G. Length: 90 minutes

As we move through our program and our lives, our perspective both fear and resentment change and evolve. So as we move through or repeat step 4, our approach to these will also change and evolve. When was the last time you identified or acknowledged your patterns? Step 4 teaches us to make a searching and fearless moral inventory of ourselves. This process can be quite intensive, extensive and for some take many months to work. Some get stuck on this step or have fears on working it as it can bring up many undesirable feelings. If you have worked this step before, this is a perfect opportunity to re-visit, remind yourself of the patterns that may have been creeping in again or because you are at a different place in your recovery journey. For those who have not experienced this step, or have fears around it, this is a great start to see what it may look like when you get there. Please bring a journal or something to write with. This workshop will be held on Saturday.

“Higher Power Boot Camp” LEADER: Jon A.

Length: 90 minutes

Step two says "Came to believe in a power greater than ourselves can restore us to sanity." This doesn't say we have to identify who or what our Higher Power is. We just have to *believe*. We tried to control our life and situations during active addiction. We possibly pushed a belief or trust in anything (if we had) away. In this workshop we will discuss who or where you believe your higher power was at different times of your life. A great add on to this workshop is *Developing the God Consciousness Within*. This workshop will be offered on Saturday.

“Lengthening the Fuse: Triggers, Plans and Resources” LEADER: Jared G.

Length: 90 minutes

description: What is a trigger? A trigger is a person, place, thing, or environment that sets off an urge to act out or sets off an impulse response. These things maybe the word scenarios or unexpected scenarios instead of the word thing) often cause panic attacks, uncomfortable feelings, shame spiral or lead to depressive and lonely feelings. What do you do when

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you get triggered? How do you handle a situation and what plans can you have? Let's find ways to simplify and enjoy life by having an action plan and solutions. This workshop is welcoming to all; either long time members or those who have just been introduced to S.L.A.A. This workshop is designed to lengthen the response when a trigger ignites. Let's examine what hasn't and isn't working for you and find resources to help keep you sober. Please bring a journal or paper to write on. This workshop will be offered on Saturday.

“Meditation for Self Love” LEADER: Lisa S.

Length: 75 minutes

In this session, participants will be guided through a meditation which has the goal of developing love and nurturance towards ourselves and our physical bodies. Please dress modestly and comfortably and bring whatever will help you feel at ease while lying on the floor - yoga mat, blanket, towel, pillow for under your knees, etc. This workshop will be offered on Saturday.

“Morning Body Movement” LEADER: Suzanne J.

Length: 45 minutes

We trap our feelings in our bodies. Real or perceived threats to the nervous system stay with us, and can make us hypervigilant or unaware of our physical being. We can feel unsafe and not in touch with ourselves and our internal safe space. We can reach out to addiction to self-soothe. Moving our bodies in a safe environment with a group can help us to regulate our internal fire alarms and stay present with the ground, with our senses, and with the beautiful world around us. We welcome you to join us in some easy spinal movements, laughter yoga, dance (if you'd like) and maybe some yelling at the sky. Whatever literally moves you. Wear loose comfortable clothing being mindful of others and bring water to stay hydrated. Start your day of healing together in delicious movement. Meet in the lobby at 7:00am at which time we will decide whether to practice outdoors or in the Atrium, weather depending. This workshop will be offered on Saturday and Sunday morning before breakfast.

“The New Age of Porn - Social Media, Apps and more” LEADER: Connor H.

Length: 90 minutes

We live in a world where technology is all around us; growing at a pace that's faster than ever before. On any given day, one might begin by catching up on work emails, then scroll through countless news articles, begin to shop online, check the stock market for any fluctuations, then "innocently" check on a qualifiers profile just "to see how they're doing." As the line in the sand draws further, they find themselves objectifying celebrities, influencers, and social media "stars" only to completely escape reality and have that familiar feeling of intensity back. Whether we like to admit it or not, we're not just addicted to the thrill of searching for sexual novelty... but rather we seek to act out/recreate the formative stories of our childhood abuse, neglect and trauma - which left us feeling unwanted to begin with (ex: feeling unsafe, isolated and shameful). The even harder truth? The brain doesn't know what porn *actually* is. So, identifying social media sites and apps that *feel* similar to porn is paramount in creating a sustainable recovery program. Whether you relate personally to this subject, or are simply curious to learn more, you are welcomed. This workshop may also be a great add on to the: 3 circles workshop! Please bring something to write with and a few ideas in mind that you'd like to share. This workshop will be offered on Saturday.

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“Strengthening Sobriety Through Sponsorship” LEADER: Steve P.

Length: 2 hours

Have you ever said to yourself, “Do I really need a sponsor?” Are you still searching for the perfect sponsor? What are some guidelines for a potential sponsor? Do you have trouble holding onto a sponsee? Sponsorship is valuable to both the sponsor and sponsee - it helps generate longer term sobriety as well as develop healthy emotional intimacy. Whether you are a sponsor, a sponsee or still searching, this workshop is right for you. All are welcome. We will learn from each other's experiences as well as get some insight from the draft literature created by the Conference Sponsorship Committee (CSPC). This workshop will be offered on Sunday.

12 Step Meetings There are four meetings throughout the course of the weekend. Each meeting will have a chair and a basic format. Core documents and readings are all included in each attendees folder.

- Friday 8:30pm **TOPIC:** Getting Current
- Saturday 4:30pm **TOPIC:** Getting Current
- Saturday 7:30pm **TOPIC:** Speaker
- Sunday 1:00pm **TOPIC:** Two Speakers

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