

### **David F - Dealing with our Underlying Trauma and Fears.**

The workshop will have two parts. In the first part I will share my story briefly dealing with my childhood trauma and the fears it is caused in my life and how I dealt with them. In the second part of the workshop I will facilitate a conversation with participants who would volunteer to share their trauma and fears and how they deal with them.

### **Damion – Embracing Your Outer Circle**

Outer Circle behaviours have the power to enhance our life, our recovery and our spiritual connection. Coming up with a detailed list of activities that help bring meaning, fulfillment, serenity and joy into our lives can be a daunting task.

This workshop will challenge participants to examine their own outer circle and push them to "think outside of the box" to find new activities, interests and behaviours that could transform them in ways they never thought possible.

I will use personal examples of how I tapped into unrealized interests and included them into my outer circle. Not only did I find new passions, but I was able to embark on a new career path that has brought me fulfillment beyond my wildest dreams.

### **Bruce - Higher Power, the Foundation of 12-step Recovery**

Most recovering addicts struggle with the definition of their Higher Power or God.

Some struggle so much that they never complete the 12 steps. They delay the miracle of a spiritual awakening, or worse, leave the program and return to the misery of addiction. I invite you to abandon the need to define your Higher Power and to focus instead on the direct proof of this power at work in your life.

"What is wind? Watch the movement of a tree." - Bruce H.

### **Stefano - Dating and Relationships in Recovery Workshop**

I will briefly qualify to give context as a Sex and Love Addict (Co-dependent). Will speak to how I used the Recovery tools to exit a state of Codependency with my ex partner.

I will speak to how I worked with my Sponsor and Sponsee's to turn my Sexuality over to God and come back into the dating field. Will speak to what dating looked like for me with my Sexuality turned over, and how I prayed for the "Let Go and Let God" construct to take hold of my Life.

Will speak to the work I did with my Sponsor and how that helps me stay grounded in Steps 10 and 11 where my relationship is concerned. Will speak to how this allows my new relationship to take hold and nurture.

I will speak to the relationship challenges I face and how I utilize the 12 Steps to help me.

Discussion to follow.

## **Monique - Self Love and Healing through a Loving Higher Power.**

As addicts getting sober is only the beginning of our recovery journey. With a loving higher power we can learn to love and heal ourselves on all levels (physically, mentally, emotionally and spiritually). The journey to love and nurture ourselves takes time, patience and practice. With the willingness to ask a higher power to show us how, we can begin this beautiful journey.

In this workshop we will discuss:

- What is your concept of a loving higher power
- Establishing a daily practice of connecting to your higher power
- Which steps are fundamental in this daily practice
- Establishing a self love/self care routine

## **Irene & Mark - Step 4 – Moral Inventories and Spiritual Connection**

***"He who has overcome his fears will truly be free." Aristotle***

As sex addicts, we numb out to avoid feeling and processing emotions such as fear, anger, resentment, shame and guilt.

We may be sober on our bottom lines, but our resentments and fears can easily gain momentum, leading us back to unmanageability and our addiction. What strategies can we employ to address those feelings and restore the connection with our Higher Power? Many of us have found that doing a Step 4 inventory (immediately followed by Step 5 - admit to God, to ourselves, and to another human being the exact nature of our wrongs), we are restored to sanity and strengthen our spirituality.

Join us as we explore the ways in which resentment and fear inventories can help restore us to a way of life that is "Happy, Joyous and Free".

Requirements: Courage and honesty are required. Inventories and pens will be supplied.