

Press Release

Since Alcoholics Anonymous first appeared in 1935, 12-Step programs have been helping people in trouble turn their lives around. Professionals marvel at how effective these programs are in treating addicts of all sorts. Even the most sophisticated treatment centers send their patients to 12-step meetings to supplement the work they do and to introduce them to an on-going source of support once they leave the program. Very few deny the effectiveness of 12-step meetings programs.

With this in mind, a new 12-step program was started in the San Francisco Bay Area for one of the fastest-growing populations of addicts—love addicts. This new program is unceremoniously called Love Addicts Anonymous—LAA for short. Those of us who attend LAA want to get the word out. We want others to find help for a very painful and dangerous disorder.

How do you know if you are a love addict and would benefit from LAA? Ask yourself: Do you get totally swept away when you fall in love? Are you needy, afraid of loneliness, get crushes on unavailable people, or let fantasies take the place of real relationships? Do you get stuck in relationships that aren't going anywhere? Do you panic at the thought of losing your partner? Will you *say* anything, *do* anything, *suffer* anything to hold on to someone because it is so painful to let go? If so, you may be a love addict.

Right now there are two LAA meetings in the San Francisco Bay Area in Oakland and Walnut Creek. Others are starting up in Minneapolis, Houston, Dallas, San Luis Obispo and Southern California. For more information about LAA and love addiction, please see our website www.loveaddicts.org. or send a letter to Susan P. at 2019 7th St, Apt A, Berkeley, CA 94710 and we will send you an informational packet. For those new to the concept of 12-step programs here is our Preamble and Statement of Purpose.

Preamble: Love Addicts Anonymous is a fellowship of men and women whose common purpose is to recover from our unhealthy dependency on love as it plays out in our fantasies and relationships. There are no dues or fees; we are self-supporting through our own contributions. Our primary purpose is to recover from love addiction and offer hope to those who still suffer.

Statement of Purpose: Love Addicts Anonymous was started to provide a safe place where love addicts could come together and recover from love addiction. In LAA we will share our experience, strength and hope with each other. As a group, we will support each other unconditionally. We will also read literature, share ideas, process information and work the 12-steps of LAA as adapted from Alcoholics Anonymous. Please be assured that no particular ideology will be forced upon you. You can take what you need and leave the rest. If you are a love addict, or think you might be, join us on our journey toward putting love into perspective and establishing healthy relationships with ourselves and others. Let us do together what we cannot do alone.