

## Service

A well-known spiritual axiom says to “keep it we must give it away.” And we don't need to have very much in order to pass it on. In LAA, as in most 12-Step programs, service and carrying the message is the spiritual foundation of our program. Even newcomers have something to offer others. Still, since many love addicts are also codependent, we cannot ignore the fact that in early recovery there may be a fear of service. Will it be draining? Didn't I do too much in my last relationship? Shouldn't I just be taking care of myself right now? These are all valid questions. Moreover, LAA cannot survive without service, and if you do it in moderation it not only feels good, it is good for your self-esteem. Most psychologists agree that altruism is linked to feelings of self-worth. Just remember . . . “moderation in all things.” So if you are a member of LAA, we encourage you to share your “experience, strength and hope” with others even if you don't think you have anything to offer, and even if you think you have already done enough good deeds to last a life time. You will not regret it.

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others . . .” *Step 12*

“Each group has but one primary purpose—to offer a safe place to recover from love addiction and to carry the message of recovery to those who still suffer.” *Tradition 5*

“No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear . . .” Page 84, *Alcoholics Anonymous*

