

**2025**

**BOT CANDIDATE**

**ORAL INTERVIEW - Rochelle K.**

**(taken by Chris D / transcribed Ari F)**

**8 August 2025**

Do you have any questions for us?

**Well I did have a lot of questions for Ari, but she answered them. One question I was asked on my written application was about my availability. I wrote when I'm available and when I'm not, and I'm wondering how will this affect my candidacy? (answered verbally by Chris D.)**

1. Why do you want to serve on the Board of Trustees (BOT)?

**I would like to serve on the BOT because I believe I could do so much good for so many people in our fellowship. I also would be excited to work together with an amazing group of people who are so devoted to service and committed to S.L.A.A., as am I.**

2. What do you hope to accomplish?

**Great question. I hope to work together with other Board members to see how we can best move the Fellowship forward. Also, to provide additional communication to the committees and to see how we could get the message out to the Sex and Love addicts who still suffer. I see so many people who qualify for the Fellowship who don't even know it exists. There is support that is needed for meetings that are across the world, and they don't know the resources available to them. I also see opportunities to develop new ways to provide people in meetings with resources to better enable them to help other sex and love addicts.**

3. What issues do you see the BOT facing with the current state of our S.L.A.A. Fellowship?

**Even in the short amount of time we have had the ABM, I've seen an increasing issue around Factions. I didn't realize how adamant some people were both ways, in not wanting to have separate factions**

versus those who were insistent in factionizing themselves and I see that as a challenge. I had my eyes opened the last couple days.

4. What personal challenges can you foresee if you are elected to the BOT?

Personal challenges would consist of just ensuring that I am not spreading myself too thin. I attend 3 to 4 S.L.A.A. meetings a week, so I spoke to my sponsor about my involvement on the BOT. She told me she supports me, and that because I have a lot on my plate right now, I'd need to trade off something else; I wouldn't continue to go to 4 meetings a week while taking on Board responsibilities. So, my personal challenge, which I know I'd need to do and have done previously, would be to reorganize and balance my schedule, to make sure I'm available for BOT commitments.

5. How would you describe your emotional sobriety?

My emotional sobriety is excellent. I have been devoting myself to my emotions and feelings for the last four and a half years as I have been working the Steps. It's been a major focus of mine and I've found during that time, my growth has been exponential compared to when I was first in the program. I used to think my feelings. My prayer and meditation practice has allowed me to have a great sense of being in the moment and mindfulness. I have a practice I put in place that I implement throughout each day, which keeps me centered and HP focused.

6. I am going to present a scenario and would like you to respond as best you can...

*Because you are a BOT member, a member of the Fellowship contacts you. The member is upset about something which either you, the BOT, or a staff member has done. The situation is something that has been discussed by either the full BOT or the appropriate committee and that group is comfortable with the situation and generally does not share the concerns of the member who has called you. Describe how you would handle the situation.*

First of all, what is really important is that I listen to what the person has to say and that I ask clarifying questions as well as letting the person know he/she/they have been heard. That is really critical. Just knowing that so many of us haven't been heard growing up, one of the most important things is that a person wants to know he/she/they are heard. Then, I would get as much information as I could about the situation. Interestingly, the skills I use when I teach Religious School students, helps

me in the information gathering section. People might leave out or embellish information. Also, sometimes for myself, I take things personally; maybe other people might too. It might not be an attack on this person. It is important I empathise, ask probing questions and listen. Then what is critical is that I'd say "the buck stops here." Because knowing I will find out from talking to different people and to garner trust from the person that I am talking with. One thing that comes to mind, it's funny, before I got here I was thinking of a situation like this and as I was getting ready to go to sleep, HP put this thought in my head. I knew it was for a reason. I am going to find out during ABM why it was put in my head a few nights ago. I was reminded when I was in my 20s, at a supermarket, they constantly had me working in the customer service area. The head cashier has so much appreciation for me. She said it doesn't matter when they come to the customer service area with a complaint, the way you show you care and ask questions, they are calmed down every single time. That is why I had that thought. This is the question that answer was for.

7. With the information that you've shared in these interviews, which personal message would you like conference members to keep in mind as they face this important vote?

To keep in mind my years of dedication to S.L.A.A. Started in 1985, have seen a tremendous amount of history over that time. I have been instrumental in helping so many people in S.L.A.A. I've seen so many people come and go. I'm dedicated to the program. I am an SLAA-er for life. And I strongly believe my experience, strength, and /hope that I bring to the Board position would be of service to many people.

**EXPLAIN THE PROCESS OF WHAT WILL HAPPEN NEXT WITH THESE QUESTIONNAIRES AND THE ELECTION/APPOINTMENT PROCESS.**

Any additional comments or questions? Additional comment: Over the years I have seen people come and go, which I mentioned. I've lived the history that is an invaluable asset.

*\*Please see the applicant's written interview for program sobriety information, including bottom lines and recovery time.*



**PLEASE NOTE: ROCHELLE'S WRITTEN APPLICATION SUBMITTED FIVE MINUTES AFTER THE DEADLINE ON 8 AUGUST 2025**

**BOT CANDIDATE  
WRITTEN INTERVIEW**

NAME: Rochelle K

DATE: 8/8/25

**SECTION A. S.L.A.A. QUALIFICATION**

A-1. Are you applying for the Board of Trustees (BOT) as an [circle all that apply]:  
• **S.L.A.A. Member** • Non-Member • Returning BOT member

A-2. How long have you been a member of S.L.A.A.? Since 1985

• Please explain any lapses of membership.

Even though I had every intention of continuing to attend meetings when I moved to MI from OH in 2012, there weren't any close meetings and no online meetings until COVID occurred. However, although I didn't attend meetings from 2012 to 2021, I continually have identified as a sex and love addict and also practiced Steps 10, 11, and 12 every day.

A-3. What are your bottom-line behaviors?

Acting out outside of a committed relationship, fantasy, intrigue, voyeurism, anorexia.

A-4. What is your current, continuous sobriety date? May 31, 2021

A-5. Have you worked the entire Twelve Steps with a sponsor? • **Yes** • No

• If Yes, please describe. If No, please explain.

I have worked the entire Twelve Steps with sponsors since I entered S.L.A.A. in 1985.

A-6. Do you currently have a program sponsor and/or service sponsor? • **Yes** • No

• If Yes, how does your sponsor relationship work? If No, please explain.

My sponsor and I meet weekly and communicate more as needed.

A-7. How often do you attend S.L.A.A. meetings?

I attend 3-4 meetings a week.

A-8. What, if any, service positions have you held within S.L.A.A.?

Looking back to 1985 and forward, I have held more service positions with S.L.A.A. than what I'd be able to list here, so I'll summarize the top ones: Delegate for the Annual Business Meeting/Conference for two different States (not at the same time); Conference Committees Member – Sponsorship and Healthy Relationships, Intergroup Representative for many years; Secretary for multiple meetings;

Treasurer for multiple meetings; Retreat Committee Chairperson, Co-Chairperson, Treasurer, Member; Days of Sharing Committee Member.

---

A-9. Have you served on any S.L.A.A. Conference Committees?

• Yes • No

• If Yes, what committee did you most enjoy and why? If No, please feel free to explain.  
I've enjoyed the Conference Sponsorship Committee and the Conference Healthy Relationships Committee equally; they have both been very worthwhile.

---

A-10. Helpful S.L.A.A. resources include the S.L.A.A. Basic Text, the F.W.S. Website (www.slaafws.org,) the F.W.S. Newsletter, the Journal magazine, the Conference Service Manual (CSM) and the Corporate By-Laws.

• Please describe your familiarity with these resources.

S.L.A.A. Basic Text – I have the initial Basic Text as well as the 25<sup>th</sup> Anniversary hard-bound version. My sponsees and I, as well as meetings I've chaired and attended, have been using/reading from the draft 2<sup>nd</sup> edition S.L.A.A. Basic Text.

F.W.S. Website – I refer to the [www.slaafws.org](http://www.slaafws.org) website all the time and refer my sponsees and newcomers to our website, our store, and website sections including resources, committees' information and "Getting Started in S.L.A.A."

F.W.S. Newsletter – I'm not as familiar with the newsletter.

The Journal magazine – I'm very familiar with the Journal and actively have directed many fellows to the Journal for multiple topics/editions, have chaired multiple meetings using the Journal as literature, and continually reference the Journal editions to answer newcomers' questions on specific topics.

The Conference Service Manual (CSM) - I'm familiar with the CSM as used for the Annual Business Meeting/Conference (ABM/C) in 2024 and 2025.

The Corporate By-Laws – I'm only familiar with the By-Laws as referenced during the ABM/C in 2024 and 2025.

---

## SECTION B. PROFESSIONAL SKILLS

B-1. What business or professional experience, if any, do you have? (i.e., accounting, audit, commerce, human resources, information technology, legal, management, etc.)

I gained a great deal of expertise in all the expertise areas identified above, which were taught when I earned a Master's of Business (MBA) degree and a Master's of Health Administration (MHA) degree. I additionally had opportunities to put all that experience to use in my professional career.

---

B-2. Have you worked at a nonprofit agency or have other volunteer experiences?

I've worked at nonprofit agencies during my professional career and also have volunteered frequently with nonprofit agencies.

---

B-3. Have you done service work or been on a BOT outside of S.L.A.A.? If so, describe.

Yes, I've been on multiple community Boards of Trustees over the years and have been elected to Officer positions.

---

B-4. This question is to give us an idea of what additional skills/resources you have that would be useful for serving on the BOT.

Are you comfortable writing and editing documents?	• Yes	• No
Are you willing to carry on business discussions using email?	• Yes	• No
Have access to email?	• Yes	• No
Have access to the internet?	• Yes	• No
Have your own personal computer in order to ensure confidentiality?	• Yes	• No
Are you willing to register an email address with Google Groups?	• Yes	• No
Are you willing to adapt to new technology?	• Yes	• No

• Please feel free to explain any special circumstances: No special circumstances.

## SECTION C. INTERPERSONAL SKILLS

C-1. In service at the group level, healthy interpersonal skills can be a deciding factor in effective communication and collaboration. How do you define the key elements of healthy interpersonal skills?  
I define the key elements of health interpersonal skills as: listening to others, acknowledging people's thoughts and feelings, seeking to understand others' points of view and hopefully to determine win-win scenarios, asking clarifying questions, and being aware of non-verbal communication.

• What are your personal strengths here?  
My personal strengths are positivity, a caring nature, thoroughness, coaching, supporting others, looking at the big picture as well as identifying details, and achieving synergy through teamwork.

• What are your weaknesses?  
I sometimes can take things personally, and I also sometimes need to remind myself not to take responsibility for situations that are not mine to own.

C-2. Give some examples of team or group work you've done involving group level decision-making.  
In addition to over 500 group conscience meetings I've actively participated in during my recovery, I've been on multiple community boards of trustees in the community, and I've encouraged and participated in team efforts throughout my professional career.

• Please describe how your interpersonal skills contributed to group level decision-making in these examples.  
I make sure to solicit people's opinions and listen to what they have to say, because I think it's important that everyone is heard and feels part of the decisions.

C-3. Describe your understanding of group conscience.  
Group conscience is going with the decision made by the majority of people and actively getting people's feedback.

C-4. Would you give an example of a situation involving conflict where you felt you were most and least successful?

• Most: I'd say I've been the most successful when I put principles before personalities and listen to people's concerns.

- Least: Conversely, I've been least successful when I don't take people's concerns into consideration or if I don't try to arrive at a win-win solution.
- 

C-5. The BOT recommends that BOT candidates serve at least three months on a BOT committee or BOT subcommittee in preparation for BOT service. Have you served on a BOT committee?

- Yes • **No**

- If Yes, what were your contributions? If No, please feel free to explain.

N/A

---

#### SECTION D. ACCOUNTABILITY / RELIABILITY / AVAILABILITY

D-1. Is there anything foreseeable that may stand in the way of your fulfilling this service commitment if you were elected/confirmed to the BOT?

There is nothing foreseeable that would stand in the way of me fulfilling my service commitment if I'm elected/confirmed to the BOT.

---

D-2. Have you ever chosen to step back from a service/professional commitment? If so, please explain. I have not chosen to step back from a service/professional commitment.

---

D-3. At a minimum, the BOT has up to 12 two- to three-hour BOT video meetings per year. These meetings are typically on a Friday, Saturday or Sunday, depending on your geographic location (we use Coordinated Universal Time (UTC) for scheduling). They could start anytime during the day or night. As a BOT member, you will also chair a BOT committee, which should meet monthly, as well as be a BOT alternate on another BOT committee. The BOT uses emails extensively for discussions and conducting business. Each BOT member is also expected to serve as BOT liaison to several Conference committees which meet at least once a month. Also, this BOT may have international members which means that each person must occasionally sacrifice convenience in order to accommodate all members on a call. Given this framework:

- Are you able to adjust your schedule and are you willing to do so gracefully? • **Yes** • No
- 

- If you are traveling, are you willing to arrange to be on a call while away? • **Yes** • No
- 

- Describe your availability to meet on weeknights, weekdays and weekends.

I attend three meetings during weeknights, so I could withdraw from meetings to allow more time to serve on the BOT. I work full-time 8:30 a.m.-5:30 p.m. Eastern Time (U.S.) and wouldn't be able to meet during that time. Also, I teach Religious School every Sunday morning 8:30 a.m.-12:30 p.m., so I wouldn't be able to meet then either.

---

D-4. You are expected to travel to the Annual Business Meeting each year. Do you have any restrictions for traveling?

- Yes • **No**

- If Yes, what are they?



N/A

---

D-5. As a member of the BOT, your full name and address may be listed on the legal papers related to the non-profit corporation (*The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.*), resulting in a loss of your anonymity, as these documents are public record. How do you feel about that and does it change your willingness to serve on the BOT?  
That'd be fine.

---

## SECTION E. PERSONAL VALUES

Please write a 300 - 500 word essay for possible publication in the Journal magazine and/or the F.W.S. Newsletter.

You may choose ONE of the following themes:

E-1. How do you practice the Twelve Steps, Twelve Traditions and/or Twelve Concepts in your everyday, personal life?

E-2. Which Step/Tradition and/or Characteristic/Sign speaks most closely to your character defects and how do you find personal recovery?

E-3. The Fifth Tradition states “Each Group has but one primary purpose—to carry its message to the sex and love addict who still suffers.” What do you believe is the “message” of S.L.A.A., and how do our Traditions support translating such words into actions?

Note to applicants regarding this essay question:

Please DO NOT refer to your BOT application in this essay in order to provide material suitable for publication in these outreach tools.

Please DO share your experience, strength and hope for the greater S.L.A.A. Fellowship around the world.

E-1. How do you practice the Twelve Steps, Twelve Traditions and/or Twelve Concepts in your everyday, personal life?

As Step 12 states, “Having had a spiritual awakening as the result of these Steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.” Having worked the Twelve States multiple times over the years, I’ve realized that my Higher Power is in charge and my job is to be of service in the best way possible. As I grow from working the Steps, conducting many fearless and searching moral inventories, and asking G-d to remove my defects of character, and also continuing to take personal inventory and then promptly admitting it, I’ve grown more than I ever could have imagined possible. And, because of working with other Sex and Love Addicts and welcoming newcomers, I know that “there but for the grace of G-d go I,” which keeps me humble and continually in the mindset of being of service. I’ve incorporated mindfulness practices that serve me well in all areas of my life. In addition, the Twelve Traditions have guided my path in how I

related to others and have made me into a better person...As I learned to accept my own strengths and weaknesses, I then became so much more accepting and respectful of others.

Additional comments, questions, or information for your written interview are welcome.  
Thank you for your consideration!