

BOT CANDIDATE WRITTEN INTERVIEW

Questionnaires are only accepted when completed as word documents. Contact the F.W.S. Office or BDC if you need the electron version.

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

updated 25 March 2026

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.? Nov 2013

• Please explain any lapses of membership.

None

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

No solo masturbation, no going into my old business,
no sexual relations outside of a committed monogamous
relationship

A-4. What is your current, continuous sobriety date? 11/20/2013

A-5. Have you worked the entire 12 Steps with a sponsor? Yes • No

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

Worked steps 1-4 w/ First Sponsor - continued w/ new Sponsor
who I've been with since 2015 (approx). Also participate in
2 ~~annual~~ 12 step focused retreat weekends every year

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.

Just asked someone to be there as a check in
service sponsor I use two trusted fellows to get support with service when I feel
overwhelmed. They have been very helpful.

A-7. How often do you attend S.L.A.A. meetings?
1-3x per week in person

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

mtg level: chair, treasurer, literature I & level: graphics chair +
retreat chair Committees: CMRC, CSC + CSFC + CCC

Board of Trustee secretary, BABMPC Chair, Liaison to CBC and CSTCC

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.
 Sponsorship (CSRC) have been with for 6 yrs. Enjoyed creating new project of literature and workshops on the topic. I have enjoyed the BABMPC as planning and organizing events is a strength of mine and helping to get documents ready for the upcoming ABM is awesome to do.

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

• Please describe your familiarity with these resources.
 Familiar on a 10 (1-10 rating) of all except Bylaws of which I'd give a 1-2 to familiarity. My they knowledge of the bylaws has increased since being BOT Liason to the CBC. That is why I requested to be their liasion this recent CY

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.)
 Graphic design, planning and organizing retreats, fundraisers, craft fairs, adobe programs, google docs, sheets & forms

B-2. Have you worked at a nonprofit agency or have other volunteer experiences?
 No - work yes - volunteered for a sober living home teaching photography (although pre-SLAA days)

B-3. Have you done service work or been on a BOT outside of S.L.A.A.? If so, describe.
 No I have taught workshops at the Spiritual Center I attend, volunteer my time for events at the center

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:

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?

Communication is how any and all types of relationships can be successful. Without communicating including asking for help, concepts/ideas and other situations will be delayed or not executed well.

• What are your personal strengths here?

Open minded, but strong minded - very willing to share my ideas & inputs. willing to lead, create and execute "sample" ideas for visual purposes.

• What are your weaknesses?

Strong minded and wanting to know I've been heard even if my suggestion is not taken. I also get impatient when others are not strong communicators

C-2. Give some examples of team or group work you've done involving group level decision-making.

Adding new verbiage to meeting formats - making sure literature is stocked so newcomers have opportunities to buy or receive lit. ordering effectively!

• Please describe how your interpersonal skills contributed to group level decision-making in these examples.

Leading a group @ a business mtg by offering a suggestion like "Let's have at least three of each pamphlet available"

C-3. Describe your understanding of group conscience.

The majority is what stands for the specific decision being discussed or voted on. HRP plan at the given time

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

- Most: Challenging decisions "on the spot" & vulnerable at 2023 ABM as facilitator, but with support of others and speaking up @ the CCC hybrid call during ABM
- Least: choosing to stop attending a regular in person mtg. Based on lack of kindness & support from existing long time members who were acting how they were behaving. I felt heard.

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.

BTC - very active prior to 2024 ABM
BDC - a few years ago, but don't recall my involvement or who was with me

2025 TO 2026 CY : B7TC assisted in the 50th anniversary fundraiser workshops that were put on by the BOT, BCTC (only 1 meeting so far since being on that committee) / 2024 TO 2026: BDC assisted in reviewing and updating old paperwork, assisted in recruiting and reviewing potential BOT applications

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?

My m-F job hours are not known. Morning commitments m-F for service will likely be missed.

D-2. Have you ever chosen to step back from a service/professional commitment? If so, please explain.

I have stepped down ~~down~~ as chair and co-chair of CSPC to both allow rotation of service and to give more time to subcommittee project passed on being graphics chair for GDVI to allow rotation of service

D-3. At a minimum, the BOT has up to 12 two- to three-hour BOT meetings per year by conference call. These meetings are typically on Saturday mornings beginning as early as 7:30a.m. PT, 10:30 a.m. ET. 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:

as of 30 March 2026 these are updated

• 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

unless on a plane or car w/out communication avail.

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

Flexible evenings. I have several in person SLAA meetings as options, so I can attend @ least one if there are service overlaps

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?

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, Sex and Love Addicts Anonymous, 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?

No problem

SECTION E. PERSONAL VALUES

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

You may choose ONE of the following themes:

- E-1. How do you practice the 12 Steps, 12 Traditions and/or 12 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.

Additional comments, questions, or information for your written interview are welcome.

I am open to serving 1 or 2 yr open BOT position

I will apply to a 3 year BOT position

Which (characteristic, step, sign, etc...) speaks most closely to your character defects & how do you find personal recovery?

Signs of Recovery:

We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.

As a sex, love and fantasy addict, I have struggled with low self-esteem. My confidence was made up of all the attention I got from others. I sought validation from others. I became a chameleon to friends and romantic partners by molding myself to their likes rather than having my own identity. If they liked a certain sports team, so did I. If they liked a certain type of music, so did I. It was very rare that I had my own sense of self, especially around romantic partners. I wanted to always be liked.

Solitude became a word I have grown to love. In the past, solitude made me think of being alone, and as a people addict, who wants to be alone? I am a planner and love gatherings and events to look forward to. I often fill my calendar with plans to see friends as well as plenty of recovery meetings, both 12 Step recovery meetings and service related commitments.

Solitude, as I see it now, has given me so much opportunity for growth. Instead of fear of missing out, I now love how I have learned to be in solitude. Solitude gives me peace and serenity. I can make choices for myself, not anyone else. I can lounge with the dogs, read a book, hop on a virtual meeting, take a walk, and more. All of these are healthy behaviors and not isolation. Solitude simply means I get to be with me, and with the person I have grown to love thanks to this program.