

Setting Bottom-Lines

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解説

Bottom-line behaviors are “self-defined activities which we refrain from in order to experience our physical, mental, emotional, sexual, and spiritual wholeness.” (*Welcome pamphlet 1997.*)

Bottom-lines are the boundaries between our addictive lives and “a new life of fulfillment, richness and mystery [that] surely awaits [us] as [we] move into sobriety ” (*Sex and Love Addicts Anonymous 1986, Page 159.*)

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