

**Start** by structuring your time away by finding opportunities to mediate, exercise, make program calls, and get to 12-step meetings. For many SAs or SLAAs who travel, the lack of accountability, anonymity and unstructured time are huge triggers that have lead to acting out in the past. Recognizing this, it is best to have a structured plan in place that includes Fire Drills and Relapse Prevention tools before embarking on that car or plane ride.

**Do your best** to schedule 12-step meetings in advance. Go online before you leave and locate meetings and start times and then put them into your schedule. As a back-up, know what phone or online meetings are available to you. Be prepared to do the math so varying time zones don't become an inhibitor. You'll be relieved to know that you have a plan (and community) in place!

**Use** the bookend strategy, meaning call, text, or E-mail your Sponsor at every leg of your journey. Again, if time zones aren't cooperative for voice-to-voice contact, use other methods such as E-mail or texts.



### Helpful Online Resources:

Sex Addicts Anonymous

<https://saa-recovery.org/>

Sexual Compulsive Anonymous

[www.sca-recovery.org](http://www.sca-recovery.org)

Sex & Love Addicts Anonymous

[www.slaafws.org](http://www.slaafws.org)

Sexaholics Anonymous

[www.sa.org](http://www.sa.org)

Sexual Recovery Anonymous

[www.sexualrecovery.org](http://www.sexualrecovery.org)

Sex & Porn Addicts Anonymous

[www.spaa-recovery.org/meetings-los-angeles](http://www.spaa-recovery.org/meetings-los-angeles)

**Robert Mendelsohn, LMFT, CSAT-S**  
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Group and Individual Psychotherapy for  
Sex & Love Addiction and other sexual  
concerns

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# Travel Safety Tips



Throughout the year, and especially during the holiday season, we frequently find ourselves engaging in travel away from home. Whether for work or pleasure, *work can be pleasurable or pleasure can become work*. However it shows up, this "break" from routine can certainly leave many of us triggered and feeling separated or disconnected from our recovery "back home."

Whether or not we knowingly "pack it" in our suitcase, stress can often accompany us on our travels making it a shock to our system to be away from home and away from our regular routine.

To help assist you with travelling safely, the following are a couple of "self-help" tips to note in hopes of keeping you connected to your program as you traverse across town or across the globe. Remember, do your best in advance to take your recovery with you.



**The important thing** is to follow through on your commitment to be accountable and engage with someone while you're away. Check-in with others as often as necessary during your travel and remember, you're not "bothering" anyone. In fact, travelling and holidays can be a challenge for all people in recovery. Receiving your call may be the very thing the person on the receiving end needs in that moment.

**Being away** from home can make us feel vulnerable in multiple arenas. Visiting family can result in conflict or provoke feelings regarding unresolved issues, while being away from home can leave us feeling lonely or uncertain because we're in a new, unfamiliar place.

**Take "home" with you.** If you're on the road alone, take framed family photos in your luggage and set them up in your final destination to make it feel like home. The smiles from family and friends can provide wonderful support and a reminder of why sobriety is important.

**Schedule** time to speak with or FaceTime family and loved ones.

**Journal!** Travel provides a wonderful experience to allow us to process the events and feelings we have throughout the day.

**Download** reading material. It's easy to fall into the trap of numbing ourselves when we're off our routine. Try to incorporate some reading or podcasts that will stimulate you in regard to recovery, educational, or career pursuits.



**ENJOY** your time away from home. Research what this new environment might have to offer. Be curious about what outer circle activities you can engage in while there.

***Enjoy the food! Enjoy the culture! Enjoy the sights!***

**Budget!** If commercial sex or drug use has been problematic for you, this may require some additional planning to limit your cash flow or excess spending.

**Include** quality "me time" or family time. That may include a special purchase for you that'll remind you of your trip when you return home. Many of these totems can be indications of a successful journey or recovery that can be displayed at home or in the office. Others may view it as a souvenir, but for you it will hold additional meaning!

You can also spend quality time making small, meaningful purchases for the loved ones in your life.

***Plan and schedule your time on the road and make it a healthy adventure to remember!***

