

*Always to extend the hand and heart of
OA to all who share my compulsion; for
this I am responsible.*

~ OA's Responsibility Pledge

Third Step Prayer

"God,
I offer myself to Thee-
to build with me and
to do with me as
Thou wilt.
Relieve me of the
bondage of self,
that I may better
do Thy will.
Take away my difficulties,
that victory over them
may bear witness to
those I would help
of Thy Power,
Thy Love,
and Thy Way of life.
May I do Thy will always."

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Seventh Step Prayer

My Creator,

I am now willing that you should
have all of me, good and bad.

I pray that you now remove from
me every single defect of character
which stands in the way of my
usefulness to you and my fellows.

Grant me strength, as I go out
from here, to do your bidding.

Amen



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QUESTIONS TO ASK YOURSELF TO HELP HEAD OFF RELAPSE

1. Are you still obsessed with food, diets, calories and weight?
2. Are abstinence and recovery the most important things in your life without exception?
3. Has your life become unmanageable again? Do you think the perfect weight will fix it?
4. Do you believe overeating is a disease and that you are powerless over food?
5. Do you feel "burned out?" Are you rebelling against the Program?
6. Are you trying to work the Program alone? Do you reach out to others and work with a sponsor?
7. Are you rationalizing about eating foods and/or quantities that are not part of your food plan? Do you have frequent slips?
8. Are you working a threefold program: spiritual and emotional as well as physical?
9. Does your concept of a Higher Power no longer seem to work for you?
10. Are you baffled by situations that you once intuitively knew how to handle?
11. Have you worked all the Steps? Are you working them now or do you think once was enough?
12. Do you help other overeaters by sponsoring, sharing and through 12th Step work? If no, why not?
13. Do you attend a weekly home meeting and do service there?

WARNING SIGNS OF RELAPSE

Some of the mental states and warning signs that precede a relapse into compulsive overeating are found in the Big Book of AA, pages 35-43

- * Not accepting a spiritual remedy
- * Failing to enlarge a spiritual life
- * Ignoring or denying my feelings
- * Getting into slippery places when not in fit spiritual condition
- * Thinking a little couldn't hurt me
- * Ignoring reasons for NOT eating compulsively
- * Using trivial excuses
- * Deliberately eating compulsively and feeling justified by nervousness, anger, worry, depression, jealousy, etc.
- * Giving little thought to the consequences that might ensue
- * Getting a thrill out of eating compulsively in spite of the warnings
- * Continuing to eat compulsively despite warnings
- * Thinking it does not apply to me because I'm not that bad
- * Telling myself that it won't happen again
- * Not admitting that I am a compulsive overeater.

HOW CAN WE PREVENT RELAPSE?

- * Keeping in touch with your sponsor
- * Ongoing housekeeping
- * Keep going to regular meetings
- * Daily 10th Step
- * Not taking the 1st bite
- * Keeping the 1st Step in the forefront
- * 1st Things First ~ Recovery
- * Rigorous honesty in all my affairs

- * Humility ~ Not getting cocky
- * Prayer ~ Meditation
- * Daily contact with other members
- * Carrying the message
- * Principles in all our affairs ~ helping others whether they are in OA or not
- * Making amends [promptly]
- * Remembering other people's relapse stories
- * Daily reading of OA, AA literature
- * Daily surrender ~ "Thy Will, Not Mine"
- * Regular Service

WHAT DO YOU CONSIDER A RELAPSE?

- * A regression in all areas of life
- * A slow slide backwards
- * A sudden jolt caused realization of relapse ~ accompanied by guilt, shame
- * A noisy head
- * A detour from discipline of living the OA program. Not only from food, including isolating, less meetings, more shame
- * Denial & Justifying; Self Will ... Self Pity
- * Picking up the first bite ~ which is often the last event in the chain

WHAT WE CAN DO ABOUT BEING IN RELAPSE?

- * Keeping in touch with your sponsor
- * Keep contacts ~ Sponsors, other OA members, phone personal contacts
- * Don't be afraid to ask for help
- * Pray for willingness
- * Keep reading literature
- * Write down or phone in food plans
- * Remember our powerlessness

- * Be kind to self
- * Focus on positive aspects of your recovery the solution, not problem
- * Acceptance of self and your powerlessness
- * Don't make comparison to others
- * Service
- * Turn up early to meetings

WHAT TO DO FOR SOMEONE IN RELAPSE?

- * Keep Calling
- * Acceptance
- * Encouragement
- * Sharing
- * Share your own struggles; let them know they are not alone
- * Remind them that relapse is not contagious and they are welcome in the meetings
- * Help get them to a meeting
- * Encourage them to find a service position to keep them coming back
- * Remind them that they only have to concern themselves with today
- * Pitfalls of perfect recovery

HOW CAN GROUPS HELP THOSE IN RELAPSE?

- * Support and be there for them, e.g., phoning
- * Hold a Relapse and Recovery workshop
- * Establish a 12-Step Within Caller service position to reach out to members who have not attended the meeting in a while