

Decide workshop goal - what do you want to accomplish?

Set length of time depending on goal and number of topics, e.g. 1 hour after a regular meeting or intergroup meeting, a few hours as a separate event, or a full day or weekend retreat.

Consider budget and whether or not to ask for a suggested donation or 7th Tradition collection.

ITEM	ESTIMATED COST
Rent	
Supplies	
Pamphlets and books	
Raffle or door prizes and tickets	
Easels	
Paper, pens, markers,	
Name tags	
Speaker travel expenses,	
Audio-visual and recording equipment	
Water/coffee/tea	
TOTAL	

Set date and times: _____

Secure location, one preferably with ample car parking and near a public transportation venue.

Find speakers, presenters, and volunteers (set-up, clean-up, greeters, etc.) - local, intergroup, or regional OA members? Gather contact info for all.

Set up workshop plan around the goal:

Set opening, workshop topics and times, speaker, break/meal time, closing, takeaway items.

Have back-up plan if a speaker does not show or the workshops move quickly and there is extra time, like having an impromptu OA meeting or dance or something else.

Additional workshop topics could include food plans, incorporating 12 Steps into abstinence, working with a sponsor on food plans/abstinence...plus whatever else.

Create event schedule for participants.

Create publicity online and on paper. Consider publicity to public media if you're seeking to welcome OA newcomers and the curious. Announce workshop at meetings, local website, and to neighboring intergroups and region.

- Confirm volunteer attendance with follow up calls a few days before the event.
- Visit event venue ahead of time to plan room setup, registration, water/coffee/tea, and other items.

Day of event

- Arrive very early for set up.
- Speakers arrive 30 minutes before event.
- Doors open 15-30 minutes before event.
- At registration table: event schedule, name tags, pens and paper.
- Offer tickets if raffle or door prizes will be held.
- Present workshops and speakers
- Have fun!
- Clean up after yourselves. Leave things better than you found it.

TAKING ACTION

What actions do you take to deal with the desire for non-abstinent food or quantities of food?

What are some tools you use to stay abstinent when feeling self pity?

How will the tools help me stay or get abstinent?

How do you develop your plan of eating?

On page two of the pamphlet, "A Commitment to Abstinence," which of the items on the checklist are you willing to do?

How do you follow your food plan while at social events?

What OA literature do you use in your daily action plan to strengthen your abstinence?

What is your action plan to attain or maintain abstinence from compulsive eating?

What is the role of your food plan in the context of your abstinence?

How do you keep your commitment to abstinence?

What is your action plan so that you don't take that first compulsive bite?

How will you use the pamphlet, "A Commitment to Abstinence" and "Before you Take that First Compulsive Bite" with your sponsor and sponsees?

CHOOSING ABSTINENCE

What's harder to manage: the effort it take to remain abstinent or your life as an active food addict? Explain.

How have other members inspired you to become abstinent?

How did you find or develop your food plan?

When was a time that you had a craving to eat compulsively and what did you do until it passed?

How do you find the willingness to be abstinent?

What is your plan of thinking and acting to live today without eating compulsively?

What compulsive food behaviors do you avoid so you can remain abstinent from compulsive eating?

What behaviors can you implement or change to support your food plan and abstinence?

What tool are you currently not working that you will start using?

POWERLESSNESS / POWER GREATER THAN OURSELVES

Why is the food on my plate stronger than I am?

What does God / Higher Power have to do with what I am eating?

How do you become willing to be abstinent and recover?

What messages are you telling yourself about food?

What do you do if you keep thinking about foods you used to eat but would not eat now?

Describe an experience where you faced a situation abstinely that it was easier for you to abstain from compulsive eating the next time you faced a situation.

When you're feeling deprived by being abstinent, what do you do to shift your disposition from that feeling?

Describe when and how you finally realized that an extra bite or two of food would not make a situation better.

How do you avoid self-pity? On what do you focus to avoid self-pity?

HONESTY and SURRENDER

On a scale of 1-10 (10 being highest) how honest are you about your food, the steps, the tools, and with your sponsor? What will you change?

What compulsive food behaviors are you keeping? What will you do to change them?

Have you accepted whether you have the illness of compulsion?

Why do we resist the boundaries of a food plan?

Take a good look at your food plan – is it helping you attain or maintain abstinence while working toward or maintaining a healthy body weight?

Are you willing to give yourself permission to strengthen your recovery?

Is your food plan helping you achieve or maintain a healthy body weight?

How do you know what food plan is right for you?

To what lengths are you willing to go to obtain and maintain abstinence?

ENJOYING THE “FRUITS” OF ABSTINENCE

What do you do to enjoy your abstinent meals?

What are the joyful aspects of abstinence?

How does the program you use to help with compulsive eating help in other areas in your life?

Do you enjoy your meals? Define enjoyment of your meals.

What are the rewards of being abstinent?

How can carrying the message of recovery help your abstinence?

These are the 3 pamphlets that were used in this workshop.

