

## Stepping Outside

Sometimes you need to step outside, get some fresh air, & remind yourself of who you are & where you want to be. - unknown

this is also what is known as hitting the "pause" button.

it's impossible to live in this world without stress. we all of us have triggers - those hot button things that turn the volume up on our COE. people, places, or things. i can't even write examples of them here, because doing that is a trigger for me.

sometimes we turned to food to deal with feelings that made us uncomfortable - anger, sadness, anxiety, even joy. this program has helped us by giving us the chance to recognize those triggers. and then OA gives us a whole set of tools and 12 steps to react differently to those old, destructive triggers.

but we did not develop a COE disease overnight, and it won't go away after one meeting. in fact it won't go away after 100 meetings. or 1000 meetings. because what we have is a disease. a chronic disease. not everyone who drinks a bottle of beer becomes and alcoholic. but if you have the disease of alcoholism in your DNA, that one beer will wake up that sleeping giant of alcoholism.

likewise, not everyone who "pigs out" at a party has the disease of COE. but for those of us with that DNA in our cells, overeating anything anytime can wake up that sleeping giant.

i love this idea of a pause button, though. use whatever reason you need to. when you just know one of your buttons has been pushed, when you feel your sleepig giant rouse, hit pause.

"excuse me, i'll be right back. . ." head to the rest room, or your car, or go for a walk. get away from the trigger by any means necessary. then find a quiet place and breath. say the serenity prayer. text or call your sponsor or another OAer. read a paragraph from a piece of OA literature. pray. listen to your theme song (WHAAAT?! you don't have a theme song??!! GET ONE!!)

whatever it takes to remind yourself of who you are NOW, and who you want to be.

keep coming back. it works if you work it.