

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 Alcoholics Anonymous, 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, etc.
- A noisy head
- A detour from discipline of living OA program
Not only from food, including isolating, less meetings, more shame
- Denial & Justifying; Self Will ... Self Pity
- Picking up the first one ~ 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 or 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
- ◇ Ringing, loving, hug, not afraid

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