**Ideas for using writing to support abstinence and recovery**

Workshop: “What does Writing have to do with Abstinence?”

March 13, 2021

Plan of Eating (or food plan)

Food for today

Grocery list

Any writing or drawing that helps us explore our feelings and our inner lives

Writing something we want to learn/remember on a piece of paper or index card and putting it somewhere we will see often: on a mirror or wall, in my car, on the fridge

Plan of Action (action plan)

Jotting down great things heard at a meeting

Writing something on a piece of paper and putting it in a “God Box” – helps in letting it go

Journaling

* Freehand writing
* Daily OA Journal (e.g., Region 7)

Writing on literature (own thoughts or in response to questions… can discuss with other OA members and/or sponsor … may be called an assignment

Writing in a workbook

4th Step inventory

10th Step inventory (spot check inventory, daily inventory)

Gratitude list

Writing to submit to an OA newsletter or other place that publishes writing on personal experience (e.g., whatever is replacing *Lifeline)*

Letter to higher power from me

Letter to me from higher power/Universe/someone who cares about me

Amends letter (to another person or to oneself)

Having a sponsor or sponsee with whom we communicate by mail or email (or text?)

Doodling (among other things, doodling can help us stay present at a meeting