

SYMPTOMS OF RELAPSE (Shared by members of OA at a Relapse Event for Pinellas Traditions Intergroup)

FOOD RECOVERY DISEASE DENIAL ATTITUDE

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|---|----------------------------|---|--|---------------------------------------|
| Sloppy with Food | Not Being Active | I don't need a sponsor or I can do this on my own or Don't ask for Help | Wanting too much | Lousy Attitude |
| Not Committing to a sponsor | Not attending meetings | Watching too much TV | Rationalization | Cockiness, bragging about weight loss |
| Not Drinking enough Water | Skipping meetings | Not praying daily | Lying by Commission or Omission | Loss of Gratitude |
| Eating in Restaurants more than 1 or 2 times per week | Being late to meetings | Not reading program literature, books and meditation book | Dishonesty | Loneliness Alone |
| Stop weighing and measuring | Not putting recovery first | Trying to Control | Stress | What difference does it make anyway? |
| Not adhering to a Food Plan | Don't want to call anyone. | Substitution of the addiction with compulsive shopping, drinking, gambling, anorexia, sex, withholding affection and intimacy Playing lots of computer games | Loss of Gratitude | No play all day |
| Substitution of Foods not on Food Plan and making it fit the foodplan | New jobs, home, food | Thinking food can fix the loneliness | Forget who is in charge...Higher Power | Feeling of failure to myself |
| Changing my | Not using the | Stinking Thinking: | Burned out from Program | Difficulty in setting boundaries with |

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| food plan | tools | Bicycle Riding, thinking all the calories that are being burned and at the same time the foods I can eat and not gain weight. | | others |
| Not writing food down everyday | Failure of Commitment | Self Pity | Don't plan Planning to Fail | Continuous Pain and Stress |
| Being in a situation where my food wasn't available example given for situation is Airport Layover | Not calling a sponsor | Not Willing to surrender old ideas | Indecisiveness | Feelings of sadness |
| TV Advertising | No Quiet Time for self | Looking for an easier softer way | Not Trusting HP Not Letting Go | Irritation by actions of others. |
| Need a Treat | Skipping meetings thinking I don't need to go. | Isolation | Not accepting consequences of my actions | Worry |
| Church Luncheon | Not doing service, letting others be responsible for my recovery | I can do it myself Grandiosity | Resentment and Anger | Controlling others because I am out of control |
| Skipping Meals | | Thinking I can go it alone...No Telephone Calls | Defiant, though I know my truth Not Surrendering | Program adjustments for Health Changes |
| Not planning | | Thinking I can handle 1 bite | Impatient | Wanting to be the Queen |
| Busy schedule and too busy to shop or cook | | Unconscious Eating | Focus on Problems and not solutions | Stuck in the past...thinking of past failures |

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| Trigger: Visiting the children on vacation | | Shame from what I am eating | No Willingness | |
| Trigger: I owe it to my kids to buy XYZ | | Thinking 1 bite won't matter! | Not Willing to give up a specific food I know is detrimental | |
| Buying food for the grandchildren knowing I will have some | | Food Thoughts | Losing the desire for freedom from my addiction | |
| Trigger: Quit Smoking | | Need a Treat | Fear of Failure, working myself into a fear frenzy and looking to food for relief of the fear | |
| Trigger: after everyone goes home | | Not losing Weight | It can't happen to me. | |
| | | Uncertainty, unsure what to do | Thinking I can stop, forgetting I am an addict | |
| | | I will clean up my act tomorrow | Not expressing emotions | |
| | | Gaining Weight | Emotional Hunger | |
| | | Weighing everyday more than 1 time per month...and at times day | Avoiding and want to run away | |
| | | Eating when I'm emotionally upset especially | Feeling Normal | |

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| | | angry | | |
| | | Thinking food will fix emotions or problems | Hungry, Angry Lonely, Tired (HALT) | |
| | | Thinking abstinence is deprivation/punishment | Thinking 1 bite or 1 taste couldn't hurt | |
| | | Work not recognized | Wanting to fit in by eating the same as normal people | |
| | | Staying up too late. | Not being honest with self and others...Avoiding Issues. | |
| | | | Thinking I am in charge and not have others listen! | |
| | | | Blaming others for my unhappiness | |
| | | | Not in the present moment | |
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RECOVERY FROM RELAPSE (Shared by members of OA at a Relapse Event for Pinellas Traditions Intergroup)

FOOD ACTION MANTRA SPIRITUALITY RECOVERY

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| Surrender to a food plan | Surrender to the program | Wait for the Miracle | Prayer and Meditation Daily | Being honest despite of my off track choices |
| Weigh and measure all food for every meal | Commit my food daily to my sponsor | God I need you I am a lost child | 3 RD Step Prayer God's Will not mine. | Weigh 1 time per month preferably on the 1 st of the month. |
| Prepare Food a head of time | Meetings At least 3 meetings per week. | Not Planning is Planning to Fail | Help me in the AM Thank You in the PM | Pick up the phone before acting out. |
| Weigh and Measure my food even though I don't feel like it. | Staying close to God and praying daily | Don't Eat no matter What... No matter what Don't eat! | | Service...Planning Events like the Relapse Prevention Workshop. |
| Absolutely No Sugar, No Flour and No Volume | Discipline | Fake it til I make it | | Putting God First in the a.m. i.e. – quiet time, writing, reading, my literature |
| No Alcohol, No drugs and if NOT necessary prescribed drugs, No Caffeine, No cigarettes | Write my food down daily | | | Making my recovery a priority over everything else. |
| | Make 3 phone calls per day and 1 to my sponsor | | | Use the some or all 8 tools daily. |
| | Drinking H2O | | | Meetings |

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| | and exercising | | | |
| | | | | Writing/Journaling |
| | | | | Read literature, Big Book, 12 and 12, Lifeline, pamphlets, websites of OA recovery and lists like this |
| | | | | Work the steps with a sponsor: 4 th Step Inventory along with a 5 th step to give it away |
| | | | | Forgiveness Steps 8 and 9. |
| | | | | Continuous 12 Step work: Step 1, 2, 3 I can't he can I think I will let him. Daily Prayer is Step 11. |