

MEMBER INPUT

From SWCTOA Intergroup's "Together We Can" Workshop 5/5/18

These are in no particular order. See if you notice any themes.

Solutions to Get Out of Relapse:

- Use more tools, read, call, pray, meetings
- Pick up that 400 lb. phone and call another OA!
- More service to get out of my own head!
- Don't isolate
- Pray, call, write, keep coming back
- Journal my feelings to get honest about my eating
- Reading Literature
- Relying on your Higher Power
- Food plan/committing daily to stick to it/prayer/my fellows/meetings
- Pray for willingness
- Going to meetings
- Tell someone honestly how you are doing and ask for help
- Move a muscle, change a thought
- Being grateful to be off the roller coaster
- Meetings, meetings, and more meetings!
- Discuss my issues with my sponsor
- Honesty first with myself, then my sponsor
- Get a sponsor
- Spend quiet time by myself...let my mind be heard
- Meditating on the 12 Steps
- Get a sponsor
- Keeping commitments
- Keep coming back even if you aren't getting it
- Working with a sponsor
- Writing
- Go to meetings—even if you don't want to
- Surrender