

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.

Signs of Relapse:

- Isolation
- Getting "too busy" for meetings and using tools
- Blaming others
- Lying to myself
- Not making phone calls
- When I feel less than...
- Skipping breakfast or undereating at meals
- Not writing my food down!
- Lying to myself
- Thinking I can eat like my non-OA friends. Why, why, why thinking.
- When I avoid being alone with myself
- "Just this one"
- "no one will know"
- stop going to meetings
- rationalizing food behaviors
- I think I can eat like my family now
- Ignoring food temptations
- Not going to meetings
- When I don't eat my veggies
- Bringing in foods that are triggers
- Saying, "it won't hurt"
- Stopped going to meetings
- Expanding food boundaries
- Stinking thinking
- HALT: Hungry-Angry-Lonely-tired—any 2 is no good
- Stopped going to meetings
- Not being honest with yourself about what you are eating
- Sneaky thoughts (...I can have that...)
- Choosing food
- Engage in compulsive food behavior
- Making excuses
- Oh, W.T.F.!

