Group 1.

**Let’s look more closely** -
- What do you understand from “refrain”
- What does “compulsive food behaviors” mean to you
- What does the word “obsession” mean to you
- What does the word “compulsion” mean to you

1. - Not to eat certain foods/not eat between planned meals.

2. - Putting my desire to eat above everything.
   - Standing up eating/eating while preparing food/while driving.
   - Thinking about how good it is you are not eating.
   - Buying/cooking too much food.

3. - Constant thinking/being in my head.
   - Food/food thoughts constantly at the back of your head no matter what you are doing.

4. - Not being able to stop.
   - To have the idea I must/I have the right to eat it/to get up out of bed to eat again.
Group 2.

What exactly is abstinence?
- What if I have an extra piece of fruit, after I have finished my meal?
- What if I can't make up my mind about what I am going to have at the next meal?
- What if I'm picking up the food (binging or slipping) about every three weeks with “abstinence” in between?
- How can I get out of this cycle
  - I can't – this is the whole point of the program.

1. - If it is not on my food plan, I'm not abstinent.

2. - Plan B
   - Higher Power
   - Sponsor texting.

3. - It is not continuous abstinence.
   - Slipping and sliding.

4. - Working the 12 steps.
   - Being honest.
   - Using the tools.
Group 3.

Each person defines his or her own abstinence -

- Why is it suggested we define our own abstinence?
- What part does fear play in not liking being told what to do?
- What does “contempt prior to investigation” mean?
- Will it take more will power? More research? Are you ready to “give up”? To surrender?

1.
- The disease is unique, each of us have a different addiction
  - Unlike AA or NA, we cannot abstain completely – we have to eat.
  - We need to address our behaviors, certain behaviors are part of our disease (not to eat in the car for example).

2.
- Fear of change, fear of the unknown, fear of getting things wrong (not having a definite yes/no).
  - Loss of control, not being in charge.
  - Bring up issues of the past – dominance issues (people dominating me), a negative pattern from the past.

3.
- Make up my mind before I try something (usually negative)
  - Being close minded.
  - Making decisions without thinking it through.

4.
- Each time we do something new, we surrender a bit more (surrendering is a one time event that keeps developing)
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Group 5.

Plan of Eating -
Who should decide what you should eat?
What works for you and why?

SUGGESTIONS -
- 3 moderate meals a day, nothing in between.
- A weighed and measured plan.
- Following your doctor/nutritionist's plan.
- Handing your plan over to your HP each day.
- Making a plan for the day ahead of time.
- OTHER...

A plan of eating is more than just what you eat!
- What time do you have your meals? Have you got certain hour slots?
- How much do you eat? Who is the judge of “moderate”?
- Do you sit or stand to eat?
- How fast do you eat?
- Are you enjoying the moment or do you read, listen to radio, text or watch TV while you eat?
- Do you eat in your car?

- We are each responsible for defining our own abstinence.

- Some of us eat 3 meals/w/nothing in between – weighed & measured meals, some must eat every 4 hours due to blood sugar.

- Some of us write everything down and call our sponsors.

- All of us agree that over time, our abstinence has been redefined.

- Additional health concerns – age – changing physical abilities – diabetes (blood sugar) – etc. may necessitate a change in abstinence.

- All agree that having a food plan is the most important factor, not to compare our food to someone else's food plan, to stay focused on our food plan for today and to be mindful when we eat.
Group 7.

**Higher Power**
- What if I haven't got a Higher Power?
- How can I make contact with a Higher Power?
- What does “act as if” mean?
- Am I scared to let go my old ideas?

**You can't have both faith and fear!**
- Which one do you want?

1. - Can act as if, sponsor/group/fellowship can be HP; borrow someone else's HP;

2. - Meditate; pray; talk to HP; writing; ask HP for help; ask for strength.

3. - Practice; don't ask questions – do what you are told; pretend; role play – adopt the role.

4. - Change is a challenge, constant fear of some new change. Not any more – my old ideas didn’t work.
- Something new – fear of unknown.
- So what? Try! Imperfect is also good.
- Small changes, baby steps.
- Plan of action helps me overcome fear, Fear – defect of character.
- Feelings aren't facts.

5. - Faith!
- My disease tells me to stay in the fear, my recovering self prefers to go with the faith.
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Group 8.

The importance of a sponsor -
● How can your sponsor help you with your abstinence?
● How can a sponsor help you with your plan of eating?
● Does your sponsor know everything about you so they can guide you?
● What is GOD in human skin?

1. - Two different things  food vs. working the steps – STEPS
   - Giving over the food to someone else - SURRENDER
   - Listening to someone else's experience - following someone else's example - HOPE
   - Involving someone else – SHARING

2. - Especially for “inbetween”- foods.
   - To modify the abstract recommendations that a nutritionist might have – to work around them.
   - Asking the sponsor to share how he/she got what she/he has.
   - Accept individual food plan – (5 meals?) maybe something through a sponsor.

3. - Yes, everything.
   - Something might remain hidden; but they are in the open anyway.
   - Sometimes through sharing with a sponsor you realize how much you are familiar with each other.
   - She knows me enough in order to be able to help me.

4. - Good people who help us grow.
   - People whom we have difficulties with – they also help us grow.
Group 9.

The importance of service -
- Will service get you abstinent?
- How can doing service help you stay abstinent?
- Can you think of a time when service helped you stay abstinent?
- What kind of service helps you stay abstinent?

1. 
   - Every service helps me to stay in contact with the people of OA and with the program and that can bring me to abstinence.
   - Service of opener/chair means being at meeting so no eating.

2. 
   - Service helps me to stay abstinent above all after dinner, when I begin to dedicate some hours to service.

3. 
   - This service, here, in R9 meeting helps me to stay abstinent, as before coming I had preoccupations which could send me to the refrigerator.
   - But being here with many people abstinent and taking service in R9 helped me not to eat more than I need.

4. 
   - Sponsoring – Practice what you preach.
   - I cannot “talk the talk” if I don't “walk the walk”.


Group 10.

The importance of meetings -
● Why do you go to meetings?
● How can going to meetings help you stay abstinent?
● Are you sometimes “away with the fairies” when others are sharing?
● How can you help someone else with their abstinence in a meeting?

1.
- Because I need help (as CO).
- To share, to take strength.
- To stop, to know there is a beginning and an end with my feelings (bad & good).
- Strength and hope sharing with people who understand. Newcomer, to be there for them with a message.

2.
- Regular on Monday, when I will overeat in company with others and sharing.
- The strength of the group, giving structure (routine) in my life.
- Working the steps and practicing the tools with other overeaters.
- Going to meetings’ helps me not to react and accept the cravings. By my service commitment, I focus more on my abstinence.
- During the meeting sharing my abstinence on good and bad days (witnesses).

3.
- I was in the beginning when not abstinent.
- To live one day, 3 minutes at the time.
- When someone is sharing a story in which I can't recognize me. I thought about something else.
- Now I have a message beyond the story.

4.
- The pain became a relief.
- Even with a long road to my abstinence it is now a choice and a pleasure.
- Sharing the victory over my food problems can help others and my smiling and happiness is the witness.
- Continue doing service and be patient.
Group 11.

**Action plan - HALT**
- Why is it important not to get too Hungry, Angry, Lonely, Tired?
- How long does it take you to realize you are in this space and you need to take action?
- What can you do to take care of yourself (other than eat)?

(HALT doesn't always translate well from English into another language).

1.
- Important to:
  - Stay in balance
  - To recognize it
  - To prevent a trigger which causes us to act out in our disease

2.
- Couple of minutes – with experience
- Have to ask ourselves what our problems are right at this moment.
- Don’t always recognize it – earlier felt hungry when actually thirsty

3.
- Take it easy
- Just for today
- The matter is how we deal with our anger – keeping our side of the street clean.

Think, then speak to a safe person, after few minutes situation changes.