

ABSTINENCE SKIT

Debbie : Hi Tom. How are you? Just calling to see how you're feeling.

Tom : Thanks. I'm feeling okay.

Debbie : How's your program going?

Tom : Well... I'm trying to make it to the Tuesday night meeting. Most of the time I get there.

Debbie : Yeh, I know what you mean. Life gets in the way of things sometimes, but I do believe that going to my home meeting every week is one of the best ways to give service. It's helped me so much to realize that I'm not alone in the food problem of mine. But you know what's even a bigger service - keeping my abstinence!

Tom : What do you mean... abstinence is service? The whole idea of abstinence still confuses me!

Debbie : Abstinence is service. If I'm abstinent, there's no limit in how I can be useful in OA, not to mention in my daily life outside of OA. I can sponsor other OA'ers - to help them with their food plan, just like my sponsor helps me with my food plan. I can be a speaker at meetings - I know, if I listen, I can always go home having learned something that will help me. I just hope that I pass on my experience to others, but speaking actually strengthens my abstinence. It reminds me of where I was, and where I am -working the program. I can even go on to service positions in Region & WSBC level - what a privilege that is!! So much recovery there. Wow. And at home, work, family and friends - I've also realized the importance of service. I think I do a lot more today to help out at home.

Tom : But how do you get yourself to stay abstinent?

Debbie : The program has so many things which help me with this. First of all, to not go to the food because of my emotions. Not to do things/behaviors that I once did, like eating my meal standing up, or eating because I'm tired. I make a commitment to my abstinence everyday, by writing my food plan down and turning it over to my sponsor and my H.P. Also, my body image and weight hang-ups have improved so much since working the program. Tom, how is your food plan working?

Tom : Well, I do write it down sometimes. And I try to follow it. But the evening is so hard for me. I find that that's when I can have a slip easily. Sometimes it works for me, Sometimes it doesn't.

Debbie : I have to say that the program works for me all the time - it's me that doesn't work it all the time. But that's why I work the 12 Steps - to help me physically, emotionally, and spiritually. After all these years in the program, I still seek help. And I'm so glad that I do because I need that help. You said you have a problem at night with your food plan. What do you do when you want to pick up the food?

Tom : To tell you the truth, I usually eat! I'm a compulsive overeater!!

Debbie : Right, but think about what the program offers us... to make that outreach call. When I do that for myself, and I'm willing to listen, it helps me so much. When I open up OA literature and read exactly what I need to hear at that moment. And writing for me is such a gift. It helps me to be more self aware. All the tools of the program help in keeping my abstinence. The traditions teach me so much about getting along with others. The concepts, the principles, anonymity - I could go on and on with what helps me in keeping my abstinence. But the steps have so many answers for me - when I work them.

Tom : It all sounds so easy when you say it.

Debbie : No, it's not easy, but it is simple. You know what - today is Tuesday. Let's meet at the meeting tonight. I would love to call a group conscience ... let's talk about starting a Step's Meeting before or after our regular meeting. I bet you there are more than just the 2 of us from our meeting who would appreciate working more in depth with the steps. How does that sound, Tom?

Tom : You know what, Debbie, I think that might be just the thing I need to help me with my abstinence and recovery. I'm really excited. I'll see you tonight. Thank you!

Debbie : No, thank YOU!