

Jane was enjoying a delightful dinner with her three friends. She felt good about herself and it had been a very long time. She was in a celebratory mood.

Her abstinent meal arrived and she cut her meat in half knowing it was twice the amount that was listed in her food plan. She put one pat of butter on her vegetables and offered her baked potato toppings to her friends. Since there were no takers, she asked the waiter to remove them from the table.

She took a moment of silence to calm her mind so that she would focus on her friends, not the food. While looking at her friends of over five years, she was struck by how much she cared for them but how they were completely engrossed in their meals. Then she felt a wave of sadness hit her.

Jane began her meal but felt that she had to keep pace with her friends. She noticed that she raced through the first half of her meal. She excused herself to go to the restroom to gain a little perspective and to slow down.

After her brief break and as she approached the table and sat back down, she stopped and looked at her friends and then again at her plate. They had added food to her plate.

Her friends, laughed and teased her about needing to have a little fun, that she was getting too serious about her new “diet” and that she could live a little. Besides, who did she think she was – a movie star?

What should she do right now?

Open the envelope to find more information on Jane.

Answers to First Reading:

Jane could, depending on her length of abstinence, and how she manage her own recovery:

- Laugh back with friends, be humorous.
- Call the restaurant to tell what she would eat, and the correct amount.
- Stick to her abstinence commitment, and not care about her friends' opinions and jokes.

Additional information:

Key information

- She has six months of abstinence and had already released 25 pounds and is on her way to her goal weight.
- She harassed one of them just like this about a year and a half ago
- Jane is in her late 20s

What could she have done to prepare for the event?

Answers to second reading:

As Jane has a quite recent abstinence, she could have:

- Make an amendment to her friend she laughed at, before being in OA.
- Not go to eat at a restaurant, chosen to do another activity with them.
- Go to call her sponsor to cool down.
- Go away, maybe being rude, but choose to protect her young abstinence instead of taking a chance of a relapse.

Scenario Two Team 2

Carl sat by his daughter's side as she lay sleeping in the hospital bed. He could feel the stress and concern put a toll on his mind and body. This was just too much for one person to process.

He thought about call his sponsor, but hesitated. What did he know about family stress? The guy didn't have any kids, nor a spouse.

His grumbling stomach reminded him that it was well past supper and that he better get something in him so he could be by his daughter's side when or if she wakes up. The cafeteria was closed so he ambled down the halls to the vending machines.

As he looked at the choices, he saw a couple of sad sandwiches – all on white bread – no nutrition there he thought. He needed something warm and substantial, especially since it was late and it was cold out. It still would take several hours for his wife to finally show up. Work was getting to him, he had a project due and now his daughter.

He reached into his pocket and pulled out about \$2 in loose change. There were a couple of things that were priced within his means, but they weren't quite on his food plan.

What should he do right now?

Open the envelope to find more information on Carl.

Key information

- He's been in the program for eight years and had some periods of abstinence and was trying again. For this week he had five days of solid abstinence.
- His wife was on a flight home from her annual business trip
- He lived 5 minutes from the hospital

What could he have prepared for emergencies?

Answers to both readings:

- Call your sponsor! No more excuses Carl!
- Go home at cook dinner.
- Have a list with phone numbers prepared.
- Calm your mind and talk to your HP.

Scenario Three

Ginny arrived at the graduation celebration without her husband of 15 years. She felt quite exposed not having at least one person she knew and she also couldn't remember ever going to a function by herself. Her husband left her because he no longer felt a connection with her.

Looking at all of the laughing and loving couples, she recalled their last conversation. His demands that she lose some weight irritated her. It wasn't like she was 400 pounds. He brought up her involvement with Overeaters Anonymous. She went to meetings sporadically, but there were a lot of people who were still eating, so why couldn't she? Besides she was a modern woman, she embraced her curves. He wanted more sex and she was tired from working all day and raising their three sons, grocery shopping, cleaning the house and taking the dog and cat to the vet. Even her best friend no longer understood her situation.

Her supervisor was a pain and constantly monitored her time, what she did and how long something took. Her mother was sickly and her dad just sat around all day, collected his disability checks and watched game shows.

She looked for some relief as she headed toward the dessert table.

What should she do right now?

Open the envelope to find more information on Ginny.

Key information

- She was solely focused on her weight which was beginning to creep closer to 275 pounds
- She got a final warning at work for being late for her job as a nurse. If she was late again she would be fired
- Her husband was in a recovery program for the last 10 years and is working on gaining custody of their children

What choices does she have?