

DIFFERENCE BETWEEN ABSTINENCE AND A PLAN OF EATING WORKSHOP

(workshop, in its entirety, can be found on the OA Website)

Statement on Abstinence and Recovery : “Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program”.

“Our **Primary Purpose** is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer”.

Brainstorming activity / 9 minutes

- Call out what you think of when you think **abstinence** / write on a large piece of paper, 3 minutes
- Use 3 different colored markers to circle items related to **abstinence** in one color; items related to **plan of eating** in another color, **non-related** items in another color, 3 minutes
- Discuss differences between Abstinence and A Plan of Eating, 3 minutes

Is My Abstinence Strong Enough? /6 minutes

- 2 speakers share on their recovery, 3 minutes each
(questions / do I ? – work the steps; pray & meditate; plan my food; maintain or work towards a healthy body weight; rely on my HP to get or stay abstinent; ask for help, make OA phone calls; have an attitude of gratitude; help others; action plan to stay abstinent; have a sponsor; sponsor others; currently doing work to remain abstinent; activities I do not participate in to maintain my abstinence)

What Actions Do I Take to Make “Abstinence 1st Without Exception”? / 15 minutes

- Get into small groups (4 or 5 people) and write, individually, for 5 minutes
(questions / do I ? – daily prayer and meditation actions; live Step Ten; maintain a specific written list of eating behaviours; identify trigger foods)
- Designate 1 person to take notes (give to R9 Secretary at end of workshop)
- Share answers in small group (2 -3 minutes per person), 10 minutes

Share one thing we could do before we pick up the first compulsive bite / 5 minutes

- Call out what you think of / write on a large piece of paper, 5 minutes

(workshop – 40 minutes)

HAND-OUT FOR THE GROUPS

Questions / do I -?

1. - daily prayer and meditation actions.
2. - live Step Ten.
3. - maintain specific written list of eating behaviours.
4. - identify trigger foods.

ANSWERS FROM THE WORKSHOP

1. - daily prayer and meditation actions:

Group 1 - Meditate + pray every day, morning/evening - follow Big Book suggestions / Each day of course Step 10. Make it automatically try to never miss it. Keep repeating: abstinence is the most important thing in my life without exception - repeating helps me act on it (+ praying) - make abstinence 1st priority. Call sponsor daily. Weigh and measure food (not just " "). Trigger foods? - if in doubt don't touch it. Tools, service, avoid HALT. Spiritual practice of prayer + meditation evolved + adapted over a few years. Don't leave the house without doing this. Acknowledgement - didn't know how to manage our life - humility/powerless

Group 2 - Prayer every day. Sit prayer and personal true for meditation. Keep a certain prayer/meditation routine everyday to keep growing spiritually.

Group 3 - Daily routine - collection of personal prayers. Weekly yoga. A few chosen prayers, and sometimes refresh them - prayer every time when needed. Daily routine on writing, praying. Moving, but not over doing.

Group 4 - Pray regularly/daily meditation is harder to find time for. Prayer is more automatic. On my knees to pray is important. Meditation for me is exercise (sport or something).

Group 5 - Everyone dots, choose from set list of meditation depending of mood. Step prayers, Serenity Prayer, use as ? routine + more fluid depending on daily circumstances.

Group 6 - In the morning, I need to listen to relaxation music and meditation during trip by bus or metro. It brings me calm instead of absorbing stress and using cell-phone. Therefore I need to do an 11th step asking to be away from self-pity, dishonesty, fear.

2. - live Step Ten:

Group 1 - Spiritual practice of prayer + meditation evolved + adapted over a few years. Don't leave the house without doing this. Acknowledgement - didn't know how to manage our life - humility/powerless. Used to write Step 10, became back box. Share it, acknowledge, make amends. Not worth missing. Used to maintain written list. Trigger foods may be fine in the past, but now too "interesting". This is not a diet "can't have it", it's under the umbrella of God, fellowship, OA, one day at a time, amends eating it.

Group 2 - Step 10 - apologize immediately. What was my part in the situation - resentment. Work an not to bring myself in situations where I need to make up.

Group 3 - Daily writing Step 10, with insights + character defects. Talk it over with sponsor. Personal retreat few times a year. Together with husband some spiritual things.

Group 4 - It becomes automatic, especially during the day. It's a light switch now, to feel when something is out of balance.

Group 5 - Rather than mighty/monthly ? review, Step 10 done open throughout the day. All Steps, not just 10.

Group 6 -

3. - maintain specific written list of eating behaviors:

Group 1 - yes, write my food plan + send it to sponsor every day.

Group 2 - Robot system: red/orange/green.

Group 3 - Not written down, anymore, but for example not standing while eating. No stress-eating.

Group 4 -

Group 5 - Mix of written list + in head, written list used as a reminder every day (particular when emotions are high). Don't eat between meals, in car, in front of TV, (half group has a written list).

Group 6 - After 25 years, I needed to have a written list when changed my plan of eating because my head couldn't remember . It is always the first day. My sponsor told me recently, to write again about it and my commitment of abstinence, and she can help my with it. I also have my list with me: FOOD YES and FOOD NO.

4. - identify trigger foods:

Group 1 - Identify trigger foods - use food plan for food addicts + trigger foods are excluded. Sustainable, in addition to daily prayer, say thank you. God will say if it's an abstinent meal. Planning food in advance, so know when I go to the next, because it's planned, it's what I eat. In situations where it's difficult to get ideal foods, or what I've planned, it doesn't matter what food it is as long as I can eat it safely and sanely.

Group 2 -

Group 3 - Clear trigger foods, and avoid it.

Group 4 - VERY IMPORTANT. Triggers & reacts (bad for my health body physically)

Group 5 - Be honest to yourself, only your abstinence.

Group 6 - When I did my trigger food list, I started to be abstinent.