



connecticutoa.org 860 840-2475

P.O. BOX 331427, West Hartford, CT 06133

Twelve Steps Within

WHERE: FIRST BAPTIST CHURCH
581 MERIDEN AVENUE
SOUTHINGTON, CT

WHEN: SATURDAY, DECEMBER 9, 2017

TIME: 1:00 – 4:30PM

This is an action plan for reclaiming and retaining our abstinence.

If we are struggling or have had a slip or relapse, we may need to take different actions than before to renew our commitment to abstinence and recovery. The food is the last to go when a compulsive eater slips, relapses, or struggles. A thorough look at food and food behaviors is necessary now because our lives as recovering compulsive overeaters depend on it.

Slips, relapses, and struggles do not have to occur in the journey of recovery. But for some of us this does happen. The goal of this process is not to shame or beat ourselves up. It is to learn from it and move forward with a renewed commitment to ourselves, our abstinence, the OA program, and our Higher Power. This inventory and the actions that we take are the most loving things we can do right now for ourselves, our abstinence, and our recovery.

THE AFTERNOON WILL WALK ALL THROUGH A PROVEN METHOD TO GET ON TRACK

Part One: Inventory of What Happened

Part Two: Moving from Slip or Relapse to Recovery

Part Three: Action Plan for Commitment to Recovery

NEED MORE INFO: Call or text Sharon at 860 770-1557

7th TRADITION WILL BE TAKEN