

Focus On Preventing Relapse



Preventing Relapse

In our path to recovery, some members experience relapse as part of their journey.

This is a tough experience.

Some of us need to gain a deeper comprehension of the disease and the solution offered through our Twelve Step program.

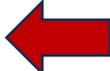


Before a Slip Becomes a Relapse

Every slip has a beginning. Know your danger signs:

- Have meetings become less important to you?
- Do you find yourself criticizing others who don't work their programs like you do, if only in your head?
- Are you starting to think you are an OA authority?



[Twelve Steps to a Slip](#)  **LINK**

Look Deeply Into What Is Behind Your Slip

- Read the suggested material at the *Been Slipping and Sliding?* link below.
- Reflect and write on the idea or question posed.
- Use questions in daily writing, either with a sponsor or on your own.



[Been Slipping and Sliding? A Reading and Writing Tool](#)



Your Action Plan for Reclaiming or Retaining Abstinence

- Part One: Inventory what happened.
- Part Two: Move from slip or relapse to recovery.
- Part Three: Create an action plan for commitment to recovery.



[From Slip or Relapse to Recovery](#)



Suggested Recovery-from-Relapse Meeting Format

This format urges us to accept the ideas that:

- A meeting focused on recovery from relapse helps everyone, no matter where each member is on their road to recovery.
- A plan of eating and the Twelve Steps are foundations of success.
- Using the Tools of Recovery improves our chances.



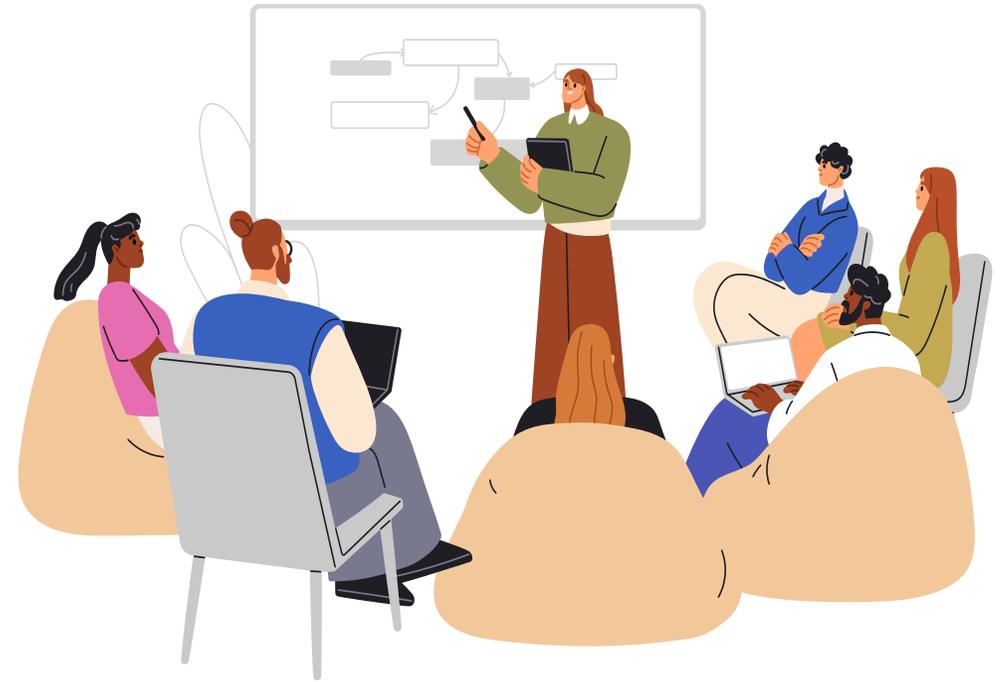
[Suggest Recovery-from-Relapse Meeting Format](#)



Recovery Roadmap Workshop

This workshop will help identify:

- Obstacles and diversions to our road to recovery.
- Ways to use the OA program to get back on track and help others on their journey.



[Recovery Roadmap Workshop](#)



LINK

Meetings Between Meetings

- Phone calls help members return to meetings.
- You are calling for them and avoiding isolation yourself.
- Phone calls provide an immediate outlet for hard-to-handle highs and lows.



[Call Five and Keep 'Em Alive](#)



Keep Your Abstinence Strong

- These twenty-four valuable questions support you in keeping abstinence strong.
- These questions also support your sponsees in their recovery.
- Use these ideas as a focus for meetings and workshops.



[Strong Abstinence Checklist and Writing Exercise](#)



It's in the cards...

- You and your sponsor can do this project together.
- Write essentials of the program on index cards.
- Take a card out whenever you need to reaffirm your program.



[The Simplicity Project](#)



LINK

OA's Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

How to find documents in OA's Document Library:

After watching the first video, continue with the second video.

