



MDKIG INTERGROUP OF  
OVEREATERS ANONYMOUS  
PRESENTS

# PREVENTING AND RECOVERING FROM RELAPSE

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October 4th 2020 2PM-4:30PM EDT

**ON ZOOM**

Meeting ID: 879 741 6426

Passcode: 305305

Details and additional information for ...

## **PREVENTING AND RECOVERING FROM RELAPSE: AN OVEREATERS ANONYMOUS WORKSHOP**

No matter where we are in our recovery journeys, achieving and maintaining abstinence provides a daily reprieve from the devastating effects of all manifestations of compulsive eating. Unfortunately, relapse is an all-too-common occurrence in Overeaters Anonymous. This workshop explores the causes of relapse and explains how applying the 12 steps and tools of the program can prevent and assist in recovery from relapse.

The leader of this workshop is from Northern California, 13 years abstinent and at a normal weight, 40 years in OA. During relapse weight topped 450 lbs.

### **AGENDA:**

- 2:00 PM** Introduction to the Workshop The leader's story of recovery from relapse. Post "ask-it basket" questions to the zoom chat window (45 min)
- 2:45 PM** Responses to ask-it basket questions (10 min)
- 2:55 PM** Methods for preventing and recovering from relapse Post "ask-it basket" questions to the zoom chat window (40 min)
- 3:35 PM** Responses to ask-it basket questions (10 min)
- 3:45 PM** Writing exercise (10 min)
- 3:55 PM** Sharing about the writing exercise (15 min)
- 4:10 PM** General sharing (20 min)
- 4:30 PM** Closing

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