**REGION 7 RELAPSE PREVENTION WORKSHOP (DATE)**

**(adapted from SJIG) Moderator is (NAME)**

**Serenity Prayer (read by all)**

**God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.**

**Diversity Policy: (Read by NAME)**

The Fellowship of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, age, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

**Overeater’s Anonymous Twelve Steps (read by NAME)**

1. **We admitted we were powerless over food — that our lives had become unmanageable.**
2. **Came to believe that a Power greater than ourselves could restore us to sanity.**
3. **Made a decision to turn our will and our lives over to the care of God as we understood Him.**
4. **Made a searching and fearless moral inventory of ourselves.**
5. **Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
6. **Were entirely ready to have God remove all these defects of character.**
7. **Humbly asked Him to remove our shortcomings.**
8. **Made a list of all persons we had harmed and became willing to make amends to them all.**
9. **Made direct amends to such people wherever possible, except when to do so would injure them or others.**
10. **Continued to take personal inventory and when we were wrong, promptly admitted it.**
11. **Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
12. **Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.**

**Overeater’s Anonymous Tradition Twelve (read by NAME.)**

***Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.***

**The Keys to Relapse Prevention and Recovery (5 minutes)**

 **Workshop Agenda**



* **3 Speakers: Relapse Prevention and Recovery (15 minutes each)**

**1st speaker is** **(FILL in name , IG and phone number)**

**2nd speaker is (FILL in name , IG and phone number)**

**3rd Speaker is (FILL in name , IG and phone number)**

* **30 Minutes Open Sharing after Speakers**
* **Reading of the 12 Steps to a Slip**
* **Open Sharing: The Twelve Steps to a Slip and**

**Your Commitment TODAY to Strengthen Your Program (30 minutes)**

* **RAFFLE 5 minutes-(suggestion of $25 OA literature gift card)**

**TWELVE STEPS TO A SLIP (read by name?)**

 ***Every slip has a beginning. Know your danger signals.***

 ***How Do You Relate to These Danger Signals?***

1. **Start missing meetings for any reason, real or imaginary.**
2. **Become critical of the methods used by other members who may not agree with you in everything.**
3. **Nurse the idea that someday, somehow, you can eat like ‘normal people’ again.**
4. **Let the other members do the 12th step work in your group. You are too busy.**
5. **Become conscious of your OA “seniority” and view every member with a skeptical eye.**
6. **Become so pleased with your own views of the program that you consider yourself an authority.**
7. **Start a small clique within your own group, composed of only a few members who see eye to eye with you.**
8. **Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.**
9. **Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.**
10. **If an unfortunate member has a slip, drop them at once.**
11. **Graduate to the point of no longer needing a sponsor yourself.**
12. **Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.**

***Please Share How You Relate to these***

***Danger Signals and***

***Please Share What You Are Willing to Commit to Today to Strengthen your Program? See Below: (30 minutes)***

* **Daily Step Work**
* **Locating A Sponsor**
* **Attending Meetings**
* **Making Outreach Calls**
* **Commit to Being Honest About Your Own Challenges and Allowing Others in Program to Offer Support to You?**
* **Something We Missed?**

**Seventh Tradition (5 minutes)**

**Visit our Website at**

[(your](https://oaregion7.org/wp-content/uploads/2020/06/R7-Contribution-Options-Summary.pdf) Intergroup’s website link)

**Use this link to make a gift via PayPal, Venmo, Zelle or Credit/Debit Card-(electronic preferred)**

**Or**

**Checks may be mailed to:**

**IG Treasurer (send email to your IG treasurer for exact address)**

**On Check Memo Line Please Indicate:“IG”**

**12th Step Within Workshop”**

**Raffle**

**Closing With The OA Promise (read by all)**

**I put my hand in yours, and together we can do**

 **what we could never do alone.**

**No longer is there a sense of hopelessness,**

**no longer must we each depend**

**upon our own unsteady willpower.**

**We are all together now,**

**reaching out our hands for power and**

**strength greater than ours, and as we join hands,**

**we find love and understanding**

**beyond our wildest dreams.**

**Please fill out the survey attached below**

**TWELFTH STEP WITHIN DAY WORKSHOP SURVEY FORM**

Link for workshop: (Preprinted by meeting offering the workshop)

Service body hosting workshop: IG NAME-Twelfth Step Within Committee

Date:

Time:

1. **Information presented in this workshop was:**
	1. Useful: □ Very □ Moderately □ Not at all
	2. Interesting: □ Very □ Moderately □ Not at all
	3. What I expected: □ Very □ Moderately □ Not at all
2. **Screen Shares were:**
	1. Useful: □ Very □ Moderately □ Not at all
3. **Presenters were:**
	1. Easy to understand: □ Very □ Moderately □ Not at all
	2. Interesting: □ Very □ Moderately □ Not at all
	3. Knowledgeable: □ Very □ Moderately □ Not at all
4. **This workshop will be:**
	1. Useful to my home area: □ Very □ Moderately □ Not at all
5. **I would be interested in attending future workshops on the following topics:**

1.

2.

*Further comments and suggestions may be placed below. Thank you for this input. It will be used in planning future workshops.*

**Please complete and forward to (IG person’s email tallying responses at the end of the workshop.**

Additional Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Note: Survey Monkey may charge for this format, you may have to adjust for free format)**

