

7 C's of RECOVERY

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Overview

1. Choice
2. Courage to change
3. Clarity
4. Commitment
5. Consistency
6. Carrying the message
7. ???

1. **Choice** (i.e. maps to the step 3 decision)

- a) “To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face. But it isn't so difficult. About half our original fellowship were of exactly that type. At first some of us tried to avoid the issue, hoping against hope we were not true alcoholics.” BB p45.

Am I a true compulsive eater i.e. chronic rather than acute?

Am I willing to get well?

Am I choosing to get well?

- b) At “crunch” times, I’m either choosing to find my higher power in the food or in God.
If the food is still an option, then it will end up being the only option.

Am I still surrendering myself to the food (“the false friend”)?

Am I willing to make another choice (i.e. listen to “the true friend inside”)

What would this look like in action?

- c) Surrender can be a difficult concept to understand and to do.

The hardest struggle is giving up the struggle.

Surrender can be described as “letting go” or “getting out of the boxing ring”.

Recovery is not about winning the battle, rather, it’s about being free of the battle I’m never going to win.

Am I willing to give up the struggle?

Am I choosing to give up the struggle? Why / why not?

What does surrender look like to you?

2. **Courage to change** (i.e. maps to steps 4 onwards i.e. taking action)

- a) Courage means “strength of heart” i.e. root of the word - “cor” - means heart in Latin.
The word our culture uses to refer to “facing fear” could be reframed to mean “living from the heart”.
What does “living from the heart” mean to you?
- b) “Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that’s God’s will for me.” (BB p420).
Am I accepting the things I cannot change and changing the things I can?
Am I asking for the wisdom I need to know the difference?
- c) If I am newer i.e. yet to take the 12 steps:
Am I willing to be changed by the process of the 12 steps?
How does that willingness translate into action – what does it look like?

Or...
If I have taken the 12 steps:
Am I willing to continue practising the 12 step principles for ongoing change? (i.e. Step 10 “continue”, Step 11 “improve”, Step 12 “practise”)
How does that willingness translate into action – what does it look like?

3. **Clarity**

- a) **Do I know what the first compulsive bite/behaviour is, in the same way an alcoholic knows what the first alcoholic drink is?** (Note, alcoholics still drink, they just don't drink alcohol).
Do I have a defined food plan that supports my abstinence? Under all conditions? For the long haul? (e.g. jetlag e.g. waiting overnight in the emergency department of a hospital etc)?
How will this clarity guide your actions?
- b) Many of us relate to the statement, "it's all about the food and nothing about the food"
e.g. a member stated that "what comes out of my mouth is just as important as what goes in".
Where do you need greater clarity around your recovery?
i.e. what does recovery look like to you in addition to being abstinent?
- c) BB p60: "Our description of the alcoholic, the chapter to the agnostic, and our personal adventure before and after make clear three pertinent ideas:
 - (a) That we were alcoholic and could not manage our own lives.
 - (b) That probably no human power could have relieved our alcoholism.
 - (c) That God could and would if He were sought."
Am I clear that even a "perfect" plan of eating will never be enough – that my recovery depends on seeking God (as I understand God)?

4. **Commitment**

- a) When we are “committed” to the food, how much time does it take up?
What time and energy are you willing to devote to your recovery each day?
Is that amount of time more or less than compulsive overeating took?
- b) Recovery can be likened to “swimming between the flags” at the beach.
i.e. we need to keep looking up to check where we are or we can drift outside the flags
What does commitment to my recovery look like on a daily basis?
What obstacles can get in the way to this commitment?
How can I address these obstacles?
- c) Without a belief that recovery is possible, then it is unlikely I will commit to the path of recovery which requires effort and ongoing willingness.
Is recovery something you believe is possible? Do you believe it’s possible for you?

5. Consistency

- a) “Don’t break the chain. And if you break the chain, don’t miss twice” Jerry Seinfeld? James Clear?
Why do you think it’s important to take daily actions for your recovery?
How will you sustain consistent action?
e.g. create a sustainable action plan consisting of minimal viable actions such as a short daily call to another member or your sponsor; 5 mins of meditation; 3 mins of reading literature etc
- b) “Action without prayer is self-reliance. Prayer without action is begging” – Unknown
Am I consistently connecting with my Higher Power each day for “strength, inspiration and direction”?
e.g. using 2 way prayer
And am I consistently cooperating with the directions I receive from my Higher Power?
Think about the times when you have actively resisted the directions you’ve received – what have been your fears? How might you address these fears today and in the future?
- c) **What consistent actions have you been taking? How have they helped?**
What actions have you taken inconsistently that you think would really make a difference if you practised them on a more consistent basis?

6. Carrying the message (maps to Step 12)

- a) How was the message of recovery carried to you?
What worked well? What could have been done differently?
- b) What is the depth of your gratitude to those who carried this message in a way that was helpful?
How might you continue this work yourself? Where could you start?
- c) There are numerous ways to carry the message of recovery.
List as many as you can.
Which ones are you actively doing? How often?
Is this a gap in your recovery? If yes, what will you do about it?

7. Celebrating the recovery

- a) List 5-10 things to celebrate and be grateful for in your recovery
- b) Celebration isn't necessarily about milestones.
And milestones are not a destination – they indicate how far we've come.
What progress can you celebrate in your recovery?
- c) How can we encourage each other to celebrate our recovery together?
Why is this an important thing to do?
Am I willing to take action to make this happen?

CELEBRATE!

OVEREATERS ANONYMOUS

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Summary

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A few last things:

- + Key thing take away from this workshop?
- + One thing you're committing to doing within 24 hours?
- + <https://www.surveymonkey.com/r/7Cworkshop>

