

GREAT EXPECTATIONS - You Can Expect to recover

Losing Shame

“Many of us come to OA carrying the excess baggage of shame and pride. We are ashamed that we’ve been unable to control our eating by ourselves, and yet we’re too proud to admit that we need help with our eating and our lives. In order to recover, we have to let go of shame and pride and actively reach out to others for help”. (OA 12 & 12 Trad 12) p. 164)

VOR May 18 gives clear instructions	FT December 19: Be positive
18 MAY <i>“Believe that you can be abstinent. You will be. Believe that you can have sanity, peace of mind and freedom to live the life you want. You will have them. Believe that you will recover. You will.”</i> —For Today, p. 354 Believing in something that seems impossible requires a leap of faith. The gift of abstinence, freedom from compulsive overeating, the peace and sanity that result from working the program seem like elusive dreams to the newcomer or the relapser. Faith requires that I keep doing what works, no matter what. Sometimes it takes days, weeks, months, or even years before I can see and feel like I have gotten “it.” And when I do “get it,” I don’t get to keep it because the “it” keeps changing. The hope and belief that things will get better is not a tangible commodity that I buy; it is something I must earn. I believe it is possible for everyone to be abstinent, to recover, and to have all our dreams come true. We get what we expect, so “expect a miracle.” We are all miracles.	December 19 <i>Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.</i> William James Say Yes instead of No. Apply that principle to all your living problems. Approach your difficulties with the belief that everything—even the problem itself—is helping you to find a solution. There is no room for fear in such a philosophy. You will not be afraid if you believe—really believe—that life is with you and <i>wants</i> you to solve your problems. Believe that you can be abstinent. You will be. Believe that you can have sanity, peace of mind and freedom to live the life you want. You will have them. Believe that you will recover. You will. For today: I affirm that I have within me all I need to live an abstinent, sober life; and I believe that life is very much worth living.

Great Expectations: Living in Recovery

What do I need to do to expect to recover?

What precautions do I need to take to ensure recovery?

What thinking do I need to change?

MAKE A HABIT OF THESE THINGS - create routines that ensure success- enmesh the program in all my living.
...our willingness to act is an important factor in our healing. (OA 12 & 12 Step 7) p.55

FINDING HOPE

Recovery is not an aspiration - it is our living reality - if we choose it

VOR August 23	VOR August 24
23 AUGUST <i>“Once we compulsive eaters truly take the Third Step, we cannot fail to recover.”</i> —The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., p. 23 This sentence kept alive in me the hope that I could recover from compulsive overeating. It kept me coming back, even through the tough times. It kept me coming back when I felt unloved. It kept me coming back because I knew something had not yet “clicked” for me. But I believed that as long as I kept trying and working the program to the best of my ability, I would be “clicked” into a new dimension. Abstinence has not come easily for me. Many times it eluded me, and even after several years in OA, I have times of relapse. Many times I felt that sustained abstinence from compulsive overeating was impossible for me, despite the fact that I believed I had made great headway on the spiritual and emotional levels. I have received many gifts as a result of working this program; one of the greatest gifts was hope. Without hope, I could easily have given up and eaten myself into mindless oblivion.	24 AUGUST <i>“We ask and we receive, first the willingness, and then the ability. We can count on this without fail.”</i> —The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., p. 21 The first time someone in OA suggested that I needed to pray for willingness, I thought they were crazy. I was overweight, had tried many diets, and hated myself. How could I not be willing to be thin? Then I began observing my behavior. I prayed for God to keep me from eating my binge foods. I ate food that had fallen into the trash. I ate food that I knew was addictive. Then came the realization: I was not willing. Okay, God, now I am willing to pray for the willingness. Praying for willingness has made a difference. The ability came slowly as I became willing to find a healthy way of eating. It came as I became willing to reach out and ask for help with my isolation. It came as I became willing to humble myself and surrender my powerlessness over food. It came as I worked the program one day at a time.

“More gifts are in store for us as we continue working the program and experiencing the miracle of permanent recovery, one day at a time.” (OA 12 & 12 Step 10) p. 74

