

12 Abstinence Strategies for the Holiday Season

Thanksgiving and Christmas are bad enough for compulsive eaters. But in between them are five weeks of office parties, boxes of holiday candy, cocktail parties, and more. OA's Steps, Tools, and Traditions are our keys to success. Here are 12 specific ideas for using them to get through the holiday season.

12. Use Step One: Remind yourself that you are powerless over food, of the pain, suffering, and unmanageability of your life when you eat compulsively. Abstinence is sweeter than any holiday confection.

11. Live One Day at a Time!: Don't think about getting through the entire holiday season, instead focus on staying abstinent until you go to sleep tonight.

10. Sponsor and Be Sponsored: Turn to your sponsor for support and then check in with any sponsees to see how *they* are doing.

9. Make a 12th Step Within Call: December 12th is OA's 12th Step Within Day. Get out of your head by calling someone you haven't seen at a meeting lately or drop in on one of the *Pacific Sunrise OA Telephone Meeting Marathons* - see the link on page 2.

8. Assess Your Abstinence: If you're worried about whether you can make it through the season, take a look at OA's *Strong Abstinence Checklist* for suggestions that are proven

7. Inventory Any Slips: If you do stray from your plan, use *OA's Been Slipping and Sliding* to learn how you can avoid a future slip. See link on the bottom of page 2

6. Ask Other Members for Help: If you don't have a sponsor, get one. Even if you do, ask other OA members how they cope with the holidays.

5. Don't Forget Service: At your meetings, raise your hand for any service opportunities available and do them cheerfully. Read the Promises, put away chairs, order the literature: It's a holiday gift that you'll want to keep on giving.

4. Take Some Quiet Time: Whether as part of your daily spiritual activities or right before a holiday get-together, take some quiet time, relax, read some program literature, and get into a frame of mind where your Higher Power can help you.

3. Make Meetings: Don't let them slip away. If the holiday season is messing up your meeting schedule, supplement with phone meetings or online meetings. *Or attend one of OA's holiday phone marathons - see the link on page 2 or go to oa.org & click on Find A Meeting.*

2. Talk to the Newcomer: Nothing so ensures immunity from compulsive eating as working with newcomers. Greet them warmly, make them feel welcome, and give them a buzz during the week.

And the most important support for abstinence during the holidays or anytime:

1. Trust and Rely on God: As powerless people, we must seek the power to abstain from a source greater than ourselves. Ask your Higher Power, however you define It, for ease and comfort, the willingness to avoid compulsive eating, and to focus your attention on how you can bring others good cheer during this season.

The above was adapted from the following link:

<https://seacoastoa.org/2014/12/07/12-abstinence-strategies-for-the-holiday-season/>

Link To The Strong Abstinence Checklist

<https://seacoastoa.files.wordpress.com/2014/01/strongabstinencechecklist.pdf>

Link To OA's Been Slipping & Sliding ? (A Reading & Writing Tool)

<https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf>

Link To Pacific Sunrise OA - 2018 Phone Marathon Schedule

<https://docs.google.com/document/d/16W2mZ-3vcMkXDNdKJaGn00fKSBm7FmSM8JsvWPhbPvI/edit>