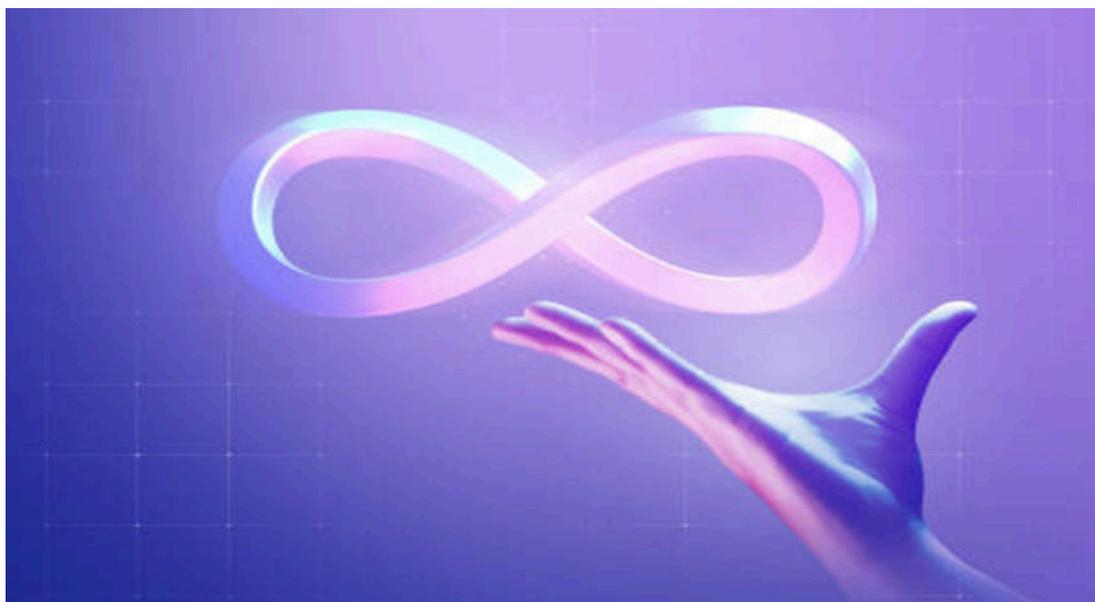


8 Practical Lessons A Member Learned **About Relapse and Recovery In OA**



CLICK HERE TO
READ THE NOV 19,
2025 OA LIFELINE
ARTICLE :

[Eight Practical
Lessons I've
Learned from
Working OA's
Twelve Steps](#)

Some notable relapse-related quotes from the OA Lifeline Article are:

... I had dealt with the allergy of the body and become food neutral, [but] I had not addressed the obsession of the mind by immersing myself in the Steps, and this led me to relapse.

I've always had a relationship with a Higher Power, but I fall into the category of "praying to lose weight but not praying to be willing to surrender."

Acceptance of myself as a true compulsive overeater has been key to making the changes needed for my health. It doesn't matter what other people can or will eat. There are certain things I can't eat and certain emotions and situations that are triggers for me that I have to deal with in a way that is healthy for me.

When I began the practice of living in Steps Ten, Eleven, and Twelve, I began to see that this was a commitment to my Higher Power, to myself, and to my fellows in the program—in that order. And I don't have to feel like practicing Steps Ten, Eleven, and Twelve, I just have to do them.



This message is from the Region 3 Twelfth Step Within (TSW) Committee, reaching out those who still suffer and address relapse recovery.