

16 Warnings of Relapse

Here are the **16 Warnings of Relapse** Judy R. discussed at the **March 14, 2026 R3 Relapse Prevention Workshop*!**

1. Never completely detoxes
2. Minimizes food addiction
3. Lacks good information
4. Believes the lies the food addiction tells me
5. Perfectionism
6. Want it my way
7. Minimal commitment
8. Negotiating with the food plan
9. Believe what food manufacturers tell you
10. Diet mentality
11. People pleasing
12. Resentments
13. External focus of control
14. Isolation
15. Closed minded and rigid
16. Slippery places

Share this list of mindsets and behaviors leading to relapse with your sponsor/sponsee or at a meeting and fill in the blanks with what you've observed in yourself or others. (by Margie DL, TX)

1. I don't want to look at ingredients, a little bit of sugar won't hurt, it's natural, organic, plant-based, artificial, non-caloric, _____, etc.
2. It's not as bad as alcoholism or drugs, it's just food, food isn't deadly, _____, etc.
3. I had some sugar yesterday and nothing happened, I'll be able to eat my binge foods once I've worked all the steps, _____, etc.
4. It'll be okay this time, one won't hurt, I've been abstinent now for 10 days/weeks/months, I'll choose not to overeat tomorrow, _____, etc.
5. I've tried other diets without success, I could never do them perfectly, it's too much pressure, _____, etc.)
6. Ignoring other people's success or suggestions, unwilling to try, _____, etc.
7. Healthy food is too hard to plan and prepare, too expensive, goes bad quickly, a hassle and embarrassing to take with me, _____, etc.
8. I'll exchange cheese for chicken, I forgot what I planned for that meal, I didn't want to eat what I cooked, _____, etc.
9. The label says "sugar-free", "low calorie", _____, etc.
10. I'll stick to it until... the wedding, I lose 50#, start dating, _____, etc.
11. She made it especially for me, I can't just say "No, thanks", _____, etc.
12. I binged cuz I got so mad at them, they got drunk, _____, etc.
13. I've read all the books, go to many meetings, do service, _____, etc.
14. I don't need help with my food, my relationships, my spirituality, _____, etc.
15. I'll do it or die, I'm a failure for not doing it perfectly, _____, etc.
16. Family events, weddings, funerals, previous binge food providers, _____, etc.

*Click here <https://www.oaregion3.org/recordings-hub/relapse-prevention-workshop-recordings/>



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