

"WHAT SHOULD I DO? I'M IN A RELAPSE AND I WANT OUT!"

Here's some ideas: Call an OA Fellow or Attend an OA Meeting

Relapse from Recovery meeting info and other [OA.org](https://oa.org) links:



Click here to find a Recovery from Relapse meeting in Central Time:

https://oa.org/find-a-meeting/?meeting_type=all&specific_topic%5B%5D=1367&tzdb=America%2FChicago

To find free OA written resources about Relapse, click here and then type "Relapse" in the search box: <https://oa.org/recovery-resource-library/>

To find and buy OA Books and Pamphlets about Relapse, click here:

<https://bookstore.oa.org>

OVEREATERS
ANONYMOUS.

Lifeline

Stories of Recovery

To find online Lifeline articles about Relapse, click here:

<https://lifeline.oa.org/search-results/?q=relapse#gsc.tab=0&gsc.q=relapse&gsc.page=1>



Click here for Recordings of past R3 Relapse Prevention Workshops and announcements of future workshops:

[Relapse Prevention Workshop Recordings | OA Region 3](#)

STOP. Stop everything, especially thinking!

BREATHE slowly and deeply as many times as possible.

SAY, "I'm in a relapse. I need help. Higher Power, whoever you are, please take my fears (or whatever my problem is) and guide me. Thank you."

ASK, "What's my next action?"

LISTEN.

DO IT as best you can. **REPEAT.**

By Margie, TX



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