

CHECK OUT the
March/April 2012
Lifeline issue for
stories about members'
"aha" moments

Lifeline

2012

Vol. 3, No.14 Apr 2-8

WEEKLY

Literary Psychotherapy

I call the Fourth Step inventory a kind of "literary psychotherapy" because we write down the character defects that cause us to be anxious, worried or fearful—feelings which in turn contribute to our compulsive eating.

Our OA books say that we're simply to do it, that form and style don't matter. A special technique that I have used is to imagine that I'm sitting on a beach watching the tides come in. I pretend that each wave is a particular emotion and has the name of that feeling written on it. When I begin to experience a mood or emotion, I write it down. When I feel my list is complete, I talk it over with my sponsor. This concept has helped me in realizing that waves, like emotions, will come, whether I wish them to or not, and that I can decide how to handle them.

— Lifeline, April 1995

Keeping in Touch

Without *Lifeline* I'd be out of touch with successful programs. It's without a doubt what keeps me practicing my program. I've been abstinent for eight years, and abstinence is truly the most important thing in my life. It makes all other aspects of my life livable.

— Lifeline, February 2007

Overeaters Anonymous
www.oa.org



OA SPOTLIGHT

The second quarter 2012 issue of OA's free quarterly newsletter, *A Step Ahead*, is now available for download at www.oa.org/membersgroups/a-step-ahead-newsletter/.

Inspiration

While writing, I've begun to picture compulsive overeaters around the world . . . It's given me a new sense of community, and that's a good feeling.

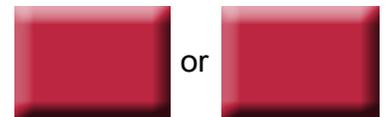
— Lifeline,
October 1994

A Call To Service

April F. from Odenton, Maryland USA has served by reciting "Our Invitation to You" and other OA readings at meetings and by acting as meeting secretary. But she says sharing at meetings is an important part of service because "it helps carry the message to others and myself."

How will you serve this week?

Want to read more?
Subscribe to e-Lifeline!



Already a subscriber? Pass
Lifeline Weekly on to OA friends
and encourage them to subscribe!