

**TSW FORMAT  
FOR  
INFORMATION GATHERING  
"Ideas That Work"**

**Type of Project:** Twelfth-Step-Within Day

**Project Name:** Portland 12-Step-Within Day

**Project Goal:** Support recovery of members who are suffering or are in relapse

**Organizing Service Body:** Portland Oregon Intergroup

**Contact Information:** Dorothy, [djccc@comcast.net](mailto:djccc@comcast.net)

**Resources Needed:** Materials - Name tags; Paper and pens for everyone on tables, flip chart and felt pens, easel, blue tape for fastening to wall; Cut up string in beading lengths, variety of beads, small zip type bags to hold beads; Coffee & a variety of teas, urns to heat both, paper cups, napkins, stirrers; Welcome Back Packet for each attendee (paid for out of Intergroup funds); Meeting directories; Retreat flyers and other local information flyers; Lifeline magazines & subscription information; Literature for sale; Small copier to copy sign-in lists; Ask-it Basket with note paper on each table for their questions; 7th Tradition Basket (we specifically chose not to suggest an amount, because we didn't want those who couldn't afford to pay to feel badly or to leave).

**Implementation Process:** Prep for that day - Purchase all materials needed under resources; Cut up string in beading lengths; Day's schedule posted on the wall; Have the writing questions on the flip chart page and ready for posting:

1. What are my triggers?
2. What's eating me?
3. What can I do beside eat?
4. List ABC's of self-care or abstinence.

Ideas for Twelfth-Step-Within Day from Writing and Sharing (see attachment).

**Additional Comments:** Abstinence beads - these have been well received by many folks. Phone Exercises - this 15 minute piece was good comic relief. Everyone present got a big chuckle out of the whole thing...and some tool reminders too. Sharing about Writing and Literature - We had budgeted 15 minutes for this but it took more like half an hour to get everyone's ideas from the writing and exploring time. We ended up with a huge list of answers for the writing questions and ideas from the packets. Ask-it Basket - took longer than the 20 minutes

budgeted, so we shortened open sharing time at the end.

**Results:** Strengthening of each other's program.

## DETAILED SCHEDULE

**NOTE:** Times were the original budgeted times. We followed them closely until 2:45 p.m., when the next few items took longer than planned. We flexed the schedule and finished on time.

### Schedule 1 p.m. to 4 p.m.

**1 p.m. Welcome and Announcements:**

Name Tags

Sign in Sheet - will be copied as is, so please print legibly

A list of available sponsors and a list of attendees will be available  
by the end of the day

7th Tradition Basket

Rest rooms

Ask-it Basket

Literature and other materials available - meeting directories,  
retreat flyers, bookmarks, Lifeline

Information on each table - Welcome Back Packets for everyone  
(will be used second hour)

**1:05 Speaker**

**1:??** As time allows, sharing until 1:47

**1:47** Before 1st break, talk about abstinence beads, show examples, invite participation during breaks. (For example - take a bag, 30+ beads and cord. If beads are left at the end of the day, they can have more. Abstinence beads can be strung for any day upon which one is abstinent. They don't have to be taken off the string if there's a day that isn't abstinent).

**1:50 Break**

**2:00 Phone Exercises:** We did a fun "exercise" program with cell phones to deal with the "100 pound telephone" phenomenon. Arm curls, wrist curls, finger "jumping jacks" for dialing and the like, all accompanied by a couple of songs. One song was "You Need a Friend". We then had a brief "yoga" moment - breathing deeply and visualizing picking up the phone, dialing it and talking to another person.

**2:15 Writing Options:**

1. What are my triggers?
2. What's eating me?
3. What can I do besides eat?
4. List ABC's of self-care or of abstinence

**2:30** Explore "Welcome Back" packets and other literature with small groups. Read sections and talk about them.

**2:45 Share**

Share thoughts from writing and literature.  
Have a fast writer list them on a flip chart.

**3:00 Break**

**3:10 Ask-it Basket**

**3:30 Open Sharing**

**3:55 Closing with "I put my hand in yours"**

## IDEAS FOR PORTLAND TWELFTH-STEP-WITHIN DAY

### FROM WRITING AND SHARING

#### Triggers:

Holiday event - Everyone else eating sugar; Too much noise or input; Comparing myself with others; Not setting boundaries; Going on a diet; Tired; Pain; Lack of self care; TV - violence; Boredom; Isolation; Conflict; Anxiety; Angry at me; Trying to control a person or outcome; Future tripping; Past dwelling; Skipping a meal; Waiting too long to eat; Alone at home at night; Unresolved emotions; Major life events or changes; Minor life events or changes; Resentments; Afraid to say "No"; Tired; Perfectionism; Transitions; Getting too excited; Dating.

#### What's eating me?

I don't know; My weight; Can't hear my Higher Power saying, "Good job."; Relationship with my mother and sisters; Situations with no control; Parents' elder care; Money; Resentment; Adopted; Unwanted; Committee in head; Not enoughs; Retirement; Unemployment; The weather; Holidays; Expectations.

#### What can I do besides eat?

Call a friend; Use the tools; Enjoy life; Class; Yahoo post; Play with pets; Craft; Read a novel; Put a coin in my mouth; Phone yoga; Play with animals or kids; Dance; Music; Art; Pet dog; Go flying; Go fly a kite; Find a place to yell; Tap dance.

#### A, B, C's of self care:

- A. Action, Abstinence, Affirmation, Acceptance
- B. Believe, Balance, Bravery, Bath, Best I can
- C. Call, Canvas Craft, Compassion, Courage, Community, Car wash, Cry
- D. Decide, Dignity, De-clutter, Dye hair
- E. Exercise, Email, Easy does it, Eating plan, Emotions
- F. Forgive, Feel Feelings, Flowers, Fun, Find voice
- G. God, Good Orderly Direction, Gratitude, Giggle, Go for a walk
- H. Honesty, Humor, Hel someone, Health care, Higher Power, Heat, Happy dance
- I. Imagine, Inspired, Invite help, I Love You, Inventory
- J. Journey, Just for Today, Joke, Join OA, J...(husband's name starts with J).

- K.** Kiss, Knowledge of self, Keep it simple, Kindness, Keep coming back, Kick
- L.** Laugh, Love, Lollygag, Laptop, Literature, Lifeline, Listen, Library, Love myself
- M.** Miracles, Movies, Meditate, Make phone calls, Mindlessness, Make love, not war
- N.** Nurture, New attitudes, "No", New friends, Nutrition, Nap, Nature walks
- O.** Open-mindedness, Organize, Outreach, Open to Higher Power, Off my rocker
- P.** Powerless, Play music, Play, Physical, Pick up Phone, Pray, Produce, Put myself first, Pause, Peace, Patience, Progress
- Q.** Quiet time, Questions, Quest, Quit going to the food, Quit fighting it
- R.** Read, Rest, Relax, Run, Rowdy, Ride bike, Remember, Radiate joy
- S.** Service, Serenity, Surrender, Stay focused, Sponsorship, Smile, Steps, Smell roses, Stop, Snow
- T.** Telephone, Text, Tenth step, Tools, Twelve steps, Today, Talk things out, Talk and listen, Tiptoe
- U.** Unmanageable, Unwind, Unconditional, be Uncomfortable
- V.** Vegetables, Voices of Recovery, Visit a good memory, Vigilance, Vulnerability is OK, Voice
- W.** Whatever it takes, Willingness, Writing, Walking, What's eating me?, Wake up, 12<sup>th</sup> step Within
- X.** eXtra lengths, eXtra lean, eXpect miracles, Xylaphone, X-rays, eXercise
- Y.** Yack on phone, Yahoo group. Yahoos, Yield, Yoga, Yes, Yellow sunshine
- Z.** Zzzzz (nap), Zoo, Zoo lights, Zip my lip, act as Zif, get a Zif