

**TSW FORMAT**  
**for**  
**INFORMATION GATHERING**  
**"Ideas that Work"**

**Type of Project:** Recovery/Carrying the Message.

**Project Name:** Preventing Relapse.

**Project Goal:** To help those in need.

**Organizing Service Body:** Ideas gathered from various service bodies.

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**Resources Needed (budget, volunteers, materials, etc.):** The list of ideas are meant as suggestions (see attachment).

**Results:** On the path to recovery.

## PREVENTING RELAPSE/WAYS TO SUPPORT THOSE IN RELAPSE

1. Suggestion made for members at events to wear on their name tags: "Hello, I have \_\_\_\_ days back from relapse. Ask me how I did it." (This was seen at an OA Dallas Convention).
2. No abstinence requirement for sharing at meetings. Meetings can always be timed.
3. Keep attending meetings no matter what. I would go further and say keep attending face to face meetings.
4. Find guest speakers who were in relapse and now abstinent to share what helped them come out of relapse.
5. Encourage members to share their full story. Example - don't leave out the what it used to be like part ( a member recalled at one meeting hearing a member share of some behavior in the disease with the food and the desperation of it, they had never heard her share like that and thought, wow - she was that bad too).
6. **BIG THING** - retreats and special events and workshops. Connection with the fellowship is hard for us all. It may be harder for those in relapse. Spending more than 1-2 hours with other members at workshops and 12 Step Study groups helps to strengthen the fellowship and the message.
7. Ask God for an easy day - I clearly can't handle anything more.
8. Remember that if you're struggling, give up the struggle. If you are fighting, get out of the boxing ring. It isn't about winning the battle, but being free of the battle you are never going to win.
9. Keeping it really, really simple.. Good Orderly Direction. If the only thing I can do today is be abstinent - that is enough.
10. Remember that it's all about practice.... life IS a rehearsal ... just keep practising - practising abstinence, practising talking to God, etc. We are meant to get it wrong, example - step 10 .... "when" (not "if" we get it wrong).