

Resources for Members who are Struggling or at Risk of Leaving OA

List developed by the 2019 Strong Recovery Project Team of Region One. Links updated 9/2020.

RESOURCE	LINK TO RESOURCE
12 Steps to a Slip - Idea that Work	oa.org/app/uploads/2019/12/Twelve%20Steps%20to%20a%20Slip.pdf
A Plan of Eating	bookstore.oa.org/pc_product_detail.asp?key=E78AA3E5774847B6ADFE059B15AE2258
At Meetings and Between Meetings	oa.org/app/uploads/2019/12/At%20Meetings.pdf
Been Slipping & Sliding? A Reading and Writing Tool	oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf
Call 5 Keep 'Em Alive	oa.org/app/uploads/2019/12/Call%205.pdf
From Slip or Relapse to Recovery	oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf
Fun and Fellowship	oa.org/app/uploads/2019/12/Fun-and-Fellowship.pdf
Keep It Simple - Ideas that Work	oa.org/app/uploads/2019/12/Keep%20It%20Simple.pdf
Pamphlet: Person to Person	oa.org/app/uploads/2019/12/108-Person-to-Person.pdf
Pamphlet: Together We Can	oa.org/app/uploads/2019/12/together_we_can.pdf
Podcast: A Commitment to Abstinence and Maintaining a Healthy Body Weight	oa.org/oa-literature/
Podcast: Plan of Eating and Dignity of Choice	oa.org/oa-literature/
Podcast: Think Before You Take that First Compulsive Bite	oa.org/oa-literature/
Preventing Relapse - Ideas that Work	oa.org/oa-literature/
Relapse Prevention	oa.org/working-the-program/relapse-prevention/
Strong Abstinence Checklist and Writing Exercise	oa.org/app/uploads/2019/12/strongabstinencechecklist.pdf
The Simplicity Project	oa.org/app/uploads/2020/01/tsw_simplicity.pdf
Tools of Recovery	bookstore.oa.org/pc_product_detail.asp?key=8A195E9014F14F40BDB733B91A48ABD8
Traveling Hopefuls - Ideas that Work	oa.org/app/uploads/2019/12/traveling%20hopefuls.pdf
Twelve Stepping a Problem	oa.org/app/uploads/2019/12/twelve_stepping_a_problem.pdf
Video: Breaking Out of Relapse	oa.org/podcasts/
Working the 12 Steps - Ideas that Work	oa.org/app/uploads/2019/12/Working%20the%20Steps.pdf