

ON-LINE RESOURCES FOR MEMBERS WHO ARE STRUGGLING OR AT RISK OF LEAVING OA

RESOURCE	LINK TO RESOURCE
Relapse Prevention	https://oa.org/members/relapse-prevention/
Strong Abstinence Checklist and Writing Exercise	https://oa.org/members/relapse-prevention/tools-of-recovery/strong-abstinence-checklist/
Twelve Stepping a Problem	https://oa.org/files/pdf/twelve_stepping_a_problem.pdf
From Slip or Relapse to Recovery	http://www.oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf
Tools of Recovery	http://bookstore.oa.org/pc_product_detail.asp?key=8A195E9014F14F40BDB733B91A48ABD8
The Simplicity Project	https://www.oa.org/pdfs/tsw_simplicity.pdf
Been Slipping & Sliding? A Reading and Writing Tool	https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf
A Plan of Eating	http://bookstore.oa.org/pc_product_detail.asp?key=8A195E9014F14F40BDB733B91A48ABD8
Fun and Fellowship	https://oa.org/files/pdf/Fun-and-Fellowship.pdf
Call 5 Keep 'Em Alive	https://www.oa.org/pdfs/Call%205.pdf
At Meetings and Between Meetings	https://www.oa.org/pdfs/At%20Meetings.pdf
Keep It Simple - Ideas that Work	www.oa.org/pdfs/Working%20the%20Steps.pdf
Preventing Relapse - Ideas that Work	www.oa.org/pdfs/Working%20the%20Steps.pdf
Working the 12 Steps - Ideas that Work	www.oa.org/pdfs/Working%20the%20Steps.pdf
Traveling Hopefuls - Ideals that Work	www.oa.org/pdfs/traveling%20hopefuls.pdf

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12 Steps to a Slip - Idea that Work	www.oa.org/pdfs/Twelve%20Steps%20to%20a%20Slip.pdf
Pamphlet: Together We Can	https://oa.org/files/pdf/together_we_can.pdf
Pamphlet: Person to Person	https://oa.org/files/pdf/person_to_person.pdf
Video: Breaking Out of Relapse	https://oa.org/members/relapse-prevention/relapse/
Podcast: Think Before You Take that First Compulsive Bite	www.oa.org/wp-content/podcasts/Nov2_ThinkFirst_BeforeBite.mp3
Podcast: Welcome Back and Members in Relapse	www.oa.org/wp-content/podcasts/Aug3finalOALiteratureWelcomeBack-MembersInRelapse.mp3
Podcast: Plan of Eating and Dignity of Choice	www.oa.org/wp-content/podcasts/Jan_5_Plan_of_Eating_and_Dignity_of_Choice_Pamaphets_Workshop.mp3
Podcast: A Commitment to Abstinence and Maintaining a Healthy Body Weight	www.oa.org/wp-content/podcasts/Mar16editedOALiteratureACommitmentToAbst_Maintain.mp3