

How to Live In Recovery Program

Week 1 Inspirations

Useful Advice

By Sally J

1. **Do Not Ever Give Up!**
 - a) Fight and Take Action to Work for Your Recovery!
 - b) Remember, you can do anything, one day at a time. Keep showing up!
2. Ask for and Accept Help.
 - a) Do all our suggestions.
 - b) We are here to help you because we believe in everyone's ability to live in recovery.
 - c) Give it your very best effort by using our time together wisely.
3. Who to Ask for Help?
 - a) Contact your buddy, your co-facilitator or us at **howtogetabstinent@gmail.com** for help.
4. Repetition
 - a) You may notice the intentional repetition in our instructions and information.
 - b) We have found this repetition significantly helps participants better learn and comprehend the materials.
 - c) If this does not apply to you, consider practicing patience and acceptance.

Teachers

As teachers, we have the great privilege and responsibility to impact our student's lives positively, giving them the reasons to push forward and motivate them to want to succeed. By Gustav G.

Thank you for giving us the opportunity to teach you how to live in recovery, to teach you how to effectively do all your tools and support materials daily and to afford you the opportunity to receive the many gifts of recovery. By Sally J

Be Teachable

Adapted from *Food For Thought* By Elizabeth L

When we were eating addictively, we were negative and fearful. We alternated between avoiding work and feeling responsible for everybody and everyone. An important part of our recovery is being teachable. We live in recovery by becoming ready to learn and grow into our best self. All this does not happen overnight. We need to follow the lead of our Higher Power and begin to trust that He will not require more than we are capable of doing. To be teachable is to hold ourselves ready and available for direction. When we get discouraged and make mistakes, we are open to try again. We do not jump into situations prematurely and we do not close our minds in refusal to change. We are ready to grow and serve, especially ready to believe.

Are you ready to be open-minded and teachable? (Yes or No)

How To Live In Recovery Program Week 2 Inspirations

Taking A Break Is An Addict Brain Lie

By Anonymous How To Live In Recovery Program Graduate

By Taking A Break, Bailing, Quitting Or Leaving Program, I Injure Myself And Can NOT HEAL In Recovery

Many times on my journey to recovery I have heard my addict brain lie to me by whispering “this is too hard just take a break from program and try again later.” That lie is so sweet and tempting and the tricky part is that it feels like truth. The reality is that change is hard. The lie is that it is too hard. What is too hard is the agony of addiction and obsession. Change and detox put us into a state of stress. Even good change that we want and look forward to like weddings, vacations, buying a house, etc are stressful.

When we are off balance or under stress, our brains are hardwired to find equilibrium in the most efficient way possible. My food addict brain thinks that the most efficient way to relax is to eat. Although some people in meetings talk about how they felt so much better, so clear headed, so well rested after being abstinent, that was not my experience. I often felt crazier and more exhausted when I got abstinent. Everything felt like a struggle due to my brain and body being in a state of stress.

I want recovery and the gift of abstinence so badly, yet I truly believed that by taking a break I would be better able to give it another try. I thought of it like climbing a mountain. I just needed a break, right? Then I'd be rested and could come back to Program even stronger. Yet another lie because I always came back weaker and sicker. Recovery isn't something to be conquered like a mountain it is a journey not a destination. Recovery allows me to heal. Taking a break from program actually delays my healing and puts me at risk of further injury to myself physically, mentally and spiritually. Healing takes energy, creates stress, is time consuming, and is not always pleasant. But it is well worth it in the long run. Continuing in program, focusing on recovery, healing and enjoying all the promises is much better than continuing to hurt myself.

Food Addicts have One Choice: An Addiction Or A Recovery-Centered life. Which one will you choose

Accepting Our Imperfection

By Sally J

Having accepted that I am an imperfect human being is a big relief and has changed my life. Most of my life I practiced the illusion of perfectionism and the result was failure, shame, and embarrassment. I felt not good enough and continued trying to be perfect. I am grateful that in recovery I am striving to practice the reality of imperfection while being non-judgmental and self-compassionate. I expect to make mistakes daily and instead of reacting with degrading and negative thinking, I choose to take the action of asking these recovery questions: what did I learn and what will I do differently next time? I make amends when necessary.

Learning to ask for help is a new behavior, allows me to be imperfect and get help instead of struggling to do it alone. I believe life is a golden opportunity to learn and grow in recovery.

Are you ready to let go of unattainable perfection and accept your imperfections? (Yes or No)

Self-Respect

Adapted from Food For Thought, By Elizabeth L

When we were overeating, we did not have much self-respect. Because we felt guilty about the quantity of food we consumed and by the way we looked, we had very poor self-image. Since we did not respect ourselves, we did not act in a way which evoked respect from others. We put ourselves down and allowed other people to use us. Recovery produces a change which is often astonishing, and our self-respect grows. When we can accept and respect ourselves, those around us respond to us differently as our own attitude changes. What we realize is that self-respect and inner acceptance are more important than any external approval or disapproval. Instead of living for the admiration of others, we seek each day to follow the will of our Higher power. I am grateful for the self-respect I have gotten in recovery.

Are you ready to work on increasing your self-respect? (Yes or No)

How To Live In Recovery Program

Week 3 Inspirations (Page 1)

The Benefits Of Recovery

Adapted from *the Language of Letting Go*, By Melody Beattie

There are two types of recovery benefits:

1. The short-term gains are the things we can do today that help us feel better immediately. We notice an immediate difference in the way we feel and function. We feel lifted, refreshed and comforted when we practice new recovery behaviors, such as doing something good for ourselves.
2. The long-term-gains are other benefits of recovery that we don't see immediately, the larger progress we make in our lives. Over the years, we can see tremendous gains, rewards, and freedoms.

Are you ready to get the benefits of recovery? (Yes or No)

I Want To Learn To Live In Recovery!

By Sally J

I Am a Student Of Change.
I Am Learning New Attitudes.
I Am Learning New Behaviors.
I Am No Longer A Victim.
I Am Living In Recovery.

*Are you ready to choose to live in recovery?
(Yes or No)*

Have A Positive Attitude Every Day

By Donna R and Sally J

Marvelous Monday In Recovery

Terrific Tuesday In Recovery

Wonderful Wednesday In Recovery

Tremendous Thursday In Recovery

Fabulous Friday In Recovery

Sensational Saturday In Recovery

Super Sunday In Recovery

Accepting Our Best

Adapted from *the Language of Letting Go*, By Melody Beattie

We don't have to do it any better than we can, ever. We do our best for the moment and then let it go. If we have to redo it, we can do our best in another moment, later. Striving for excellence is a positive quality. Striving for perfection is self-defeating. These days when our best is less than we hoped for, let those times go too. Start over tomorrow. Work things through until your best becomes better. Empowering and complementing ourselves will not make us lazy, but it will nurture us and enable us to give, do and be our best. Today I will do my best, and then let it go. God help me stop criticizing myself so I can start appreciating how far I have come.

Are you ready to accept your best by letting go of unobtainable perfection? (Yes or No)

Food Addiction NEVER Takes A Vacation

What Will Happen To Me If I "Take A Break" Or Leave Program

1. Start relapsing again either quickly or slowly
2. Start gaining all our weight back plus more, like we have done in the past
3. Giving up the hope of ever attaining the benefits that we listed on our Daily Readings Sheet
4. Feeling that we are a failure again and beginning to hate ourselves
5. Thinking we are not enough, do not do enough, and do not have enough
6. Start listening to our addict brain that tells us lies
7. Resume eating unhealthy foods or quantities
8. Losing our serenity, peace, and happiness and giving up our physical, mental, and spiritual health
9. Sinking into depression, wanting to quit, wanting to numb out and feel nothing

Food Addicts CHOOSE An Addiction-Centered Life Or A Recovery-Centered Life

How To Live In Recovery Program Week 3 Inspiration (Page 2)

I Can't Do This Program Because It Takes Too Much Time. I Am Too Busy.

Written By Anonymous and Compiled By Sally J

Does It Take More Time To Do My Program Than It Does To Feed My Addiction?

1. To answer this question, I documented how much time it takes to do my Program and the time it takes to feed my addiction.
2. **I Learned I Spend MORE Time Feeding My Addiction, Than Doing My Program.**
3. My addict brain lies to me when it says "I can't do this Program because it takes too much time. I am too busy."
4. Let's look at the actual time it takes for me to do my Program and feed my addiction, and then compare the results.

How Much Time Do I Spend Doing My Program?

1. It takes me about 40 minutes a day to do my morning tools, 20 minutes to do my evening tools and 30 minutes to do my outreach calls. This totals 90 minutes daily or 630 minutes weekly. In addition, I spend 225 minutes a week on my three committed phone meetings. If I attend face-to-face meetings, I add another 60 minutes travel time, round trip, for each one.
2. I make a list to food shopping twice a week. This takes me about 40 minutes. Each shopping trip takes about one hour at the store for a total of 120 minutes weekly. I will not count driving time because I have to go to the food store anyway.
3. I prep my food for the week. This includes cooking the food, weighing and measuring in individual portions, and putting it in containers to freeze. This takes about 240 minutes. I make salad twice a week. This takes approximately 15 minutes each time for a total of 30 minutes total. Writing my food down for the next day takes about 10 minutes. Weighing my food 3 times a day is about 5 minutes for each meal totaling 15 minutes daily.
4. **CONCLUSION: It takes me about 3.5 hours a day to do my Program with 0 minutes spent on negative thoughts.**

How Much Time Do I Spend Feeding My Addiction?

1. I spend almost every waking minute obsessing about food. After I obsess, I have to make a decision whether to eat or not. This takes about 5 minutes each time. I think about food 5 times an hour, for 10 hours. This is 25 minutes an hour or 250 minutes for the day.
2. If I have binge foods in the house, then I have to look for something to eat. This takes about 10 minutes, 6 times a day for a total of 60 minutes. If I am lucky, I can just grab something out of the cabinet or refrigerator. This takes 2 minutes, 6 times a day for a total of 12 minutes. Then I eat it, which takes maybe 8 minutes, 6 times a day for a total of 48 minutes.
3. If I can't just grab something at home, I have to prepare something to eat. I spend time searching the refrigerator or cabinets for this "perfect hit." This takes about 10 minutes, 6 times a day for a total of 60 minutes. Then, I have to prepare it. This may take up to 30 minutes, 6 times a day for a total of 180 minutes.
4. If I don't find anything to eat, I have to go to the store.
 - I must make a decision to go to the store or not to go. The store is about 2 miles away. I may argue with myself for 10 minutes. If I go, it takes about 8 minutes to get to the store and to park. It takes me 30 minutes to walk up and down the aisles, standing and looking at the food while trying to decide what to buy. Once I decide what I want, I go to the checkout and wait to cash-out. This may take 7 minutes. During this time, I am obsessing about the sugar product in the checkout aisle. Should I buy some or not?
 - I drive home.. This takes another 8 minutes. During those 8 minutes, I start eating in the car. Sometimes I have to take the long way home, so I can finish the snack, and get rid of the evidence. This takes an additional 20 minutes. Once I arrive at home, I have to hide the wrappers, if I didn't litter on the way home. I put the wrappers in the bottom of the trash can, making sure my face is clean, and there are no crumbs on my clothes or the car seat. This takes another 3 minutes. Now I have the challenge of sneaking the food into the house and hiding it. This takes another 5 minutes. Now I have to figure out **how to get to the food I have hidden, so no one sees me get the food. I eat it, hoping no one comes into the room and** catches me while I am eating. This takes another 10 minutes. I begin to feel guilt and shame about all my sneaky behaviors, lies and hurting myself. I must spend at least half of my day doing this self-destructive behavior for 6 hours or 360 minutes.
5. **CONCLUSION: It takes about 6-8 hours a day to feed my addiction while feeling extreme mental anguish.**

SURPRISE! Doing My Program Takes Less Time Than Feeding My Addiction!

1. **FINAL CONCLUSION:** I spend about 3.5 hours a day on my recovery Program versus 6-8 hours a day on my addiction. This does not include the serious negative emotional toll addiction takes on me and my life.
2. "I can't do this Program because it takes too much time. I am too busy," is **FALSE** and one of my **ADDICT BRAIN LIES.**
3. I spend more time feeding my addiction than doing my Program and living in addiction makes me feel extremely miserable.
4. Doing my Program and living in recovery gives me the gifts of serenity, peace, happiness, and many more life-long gifts.

How To Live In Recovery Program

Week 4 Inspirations

Use Your Weekly Tools Check List Daily

By Sally J

Use your Weekly Check List daily as a reminder to do all your tools every day and to see your progress. Our support materials include reading the Daily Reading Sheet, two morning Recovery Support Sheets and two different evening Recovery Support Sheets. Remember, the secret to getting the gifts of recovery is to choose to do all your tools and support materials every day, no matter what. Using your weekly tools check list daily will help remind yourself of the tools you need to do, problem-solving solutions for the ones you are not doing and to celebrate what you have accomplished.

Are you committed to using your weekly tools check list daily? (Yes or No)

Be Teachable

Adapted from *Food For Thought* By Elizabeth L

When we were eating addictively, we were negative and fearful. We alternated between avoiding work and feeling responsible for everybody and everyone. An important part of our recovery is being teachable. We live in recovery by becoming ready to learn and grow into our best self. All this does not happen overnight. We need to follow the lead of our Higher Power and begin to trust that He will not require more than we are capable of doing. To be teachable is to hold ourselves ready and available for direction. When we get discouraged and make mistakes, we are open to try again. We do not jump into situations prematurely and we do not close our minds in refusal to change. We are ready to grow and serve, especially ready to believe.

Are you ready to be open-minded and teachable? (Yes or No)

We DO NOT “Have To” Do Anything

Adapted from *Food For Thought* By Elizabeth L

The serenity and insight which we gain from this Program help us realize that we do not have to do anything. There is always a **choice**. Our lives are gifts and the choice of what to do with them is ours. We can continue to overeat and watch our illness get progressively worse. We can isolate ourselves from other people and console ourselves with food. We can do as little as possible each day just in order to survive. We do not have to follow the Program. The choice is recovery or addiction.

Are you ready to choose recovery? (Yes or No)

NO Amount Is Enough

Adapted from *Food For Thought* By Elizabeth L

For the food addict, one bite is too many and a thousand bites are not enough. No matter how much we eat we are never satisfied. We think we remember a time when a small extra treat made us completely satisfied and content and we try desperately to recreate that sensation. The more we eat, the worse we feel. Now rather than satisfying us, the binge triggers an insatiable craving which drives us to consume enormous quantities of food. Sometimes we stuff ourselves until we are exhausted, physically ill or have run out of things to eat, but we are still not satisfied. The more we eat the more we want to eat. Each binge increases our already out of control eating. Since no amount will be enough to produce the kind of satisfaction we need, our only hope is to abstain from the first bite. Honestly following the food plan and eliminating all binge foods will eventually bring our runaway obsession under control. Doing all our tools and support materials will teach us to live in recovery and day by day bring us the emotional and spiritual satisfaction that we did not get from food.

Are you ready to live in recovery by taking the action of doing all your tools every day? (Yes or No)

How To Live In Recovery Program

Week 5 Inspirations

Recovery IS MY CHOICE!!!

By Sally J

Use The Three A's Of Change To Become Aware Of What I Really Want

1. Awareness:
 - Do I really want to live in recovery and to get the many gifts? (Yes)
 - If I have had the gift of contented recovery, do I want it back? (Yes)
 - Is my behavior of picking up food helping me get what I really want, to live in recovery and to get the many gifts of recovery? (No)
2. Acceptance:
 - Have I accepted that I am a food addict who is struggling with food and recovery? (Yes or No)
 - Have I accepted the solution of doing all my tools and support materials every day, no matter what? (Yes or No)
3. Action:
 - Am I **choosing** to do all my tools and my support materials every day? (Yes or No)
 - Am I **choosing** to use my 911 Emergency Choices Sheet instead of eating? (Yes or No)
 - Do I need to **choose** behaviors and actions that support my recovery? (Yes or No)

There Is A Contradiction Between My Wanting Recovery and My Picking Up Food

By Sally J

1. What did I learn about this contradiction? My attitude and behavior do not match.
2. What do I do differently? I need to **choose** the gifts of recovery and do all my tools and support materials daily
3. Am I ready to take the action to **choose** to live in recovery, **choose** to do all my daily tools and my support materials and **choose** to use my 911 Emergency Choices Sheet instead of eating? (Yes or No)
4. No one can make me **choose to live in recovery to get the many gifts of recovery**. Yes, it is my **choice!**
5. **Yes, it is my choice! Just Do it!**

Are you ready to choose to use you 911 Emergency Choices Sheet to avoid picking up food? (Yes or No)

Moving Forward

Adapted from *Food For Thought*, By Elizabeth L

Time past is gone forever and we can never go back to it. Even our disease progresses forward. We cannot expect to control it by returning to measures which have worked for a time in the past. Those methods eventually failed and trying them again will only bring us the same point of failure. The only way to avoid repetitious failure is to move forward in recovery. Moving forward involves risking what is unknown. The old, familiar rut, depressing as it is, is a known quantity. Moving out of it requires that we have courage and that we must trust in our Higher Power who knows and cares. To move on we must act. Insights do not produce growth until they are accompanied by specific actions. May I risk new actions as You lead me forward
Are you ready to move forward in your recovery? (Yes or No)

Keep Your Eyes on Your Own Plate

Stop the distractions that keep you focused on everything and everyone else but yourself! Practice exquisite self care. Keep your eyes on your own plate and focus on what is right in front of you. Remember, we cannot compare our insides with others outsides. Keep on doing your part and being the best "you" you can be.

Don't Blame Others, Take Responsibility For Yourself



How To Live In Recovery Program

Week 6 Inspirations

Make These Important Changes

1. The goal in this Program is for you to learn to live in recovery by doing all your tools and support materials every day.
2. Whatever you have done up until now has had limited or no results.
3. Consider the importance of setting aside the way you have been doing (or not doing) all of your tools.
4. Start a completely new experience and approach with your tools.
5. Use these simple, effective, suggestions **exactly** the way they are presented.

Are you ready to make these important changes to live in contented recovery?(Yes or No

My Addict Brain Is A Liar

By Sally J

As a food addict, I used food as a fix to many of my feelings and life situations. Eating flour, sugar and quantities initially was quite pleasurable. However, over time I no longer felt good after eating these foods. In fact, I suffered from food cravings and other negative side effects. And yet, my addict brain kept telling me lies: that I needed to treat myself with food, no one would know, I would feel better, I can eat just one, etc. These messages are untrue. All food addicts have food cravings and these food cravings go away. I have learned that I do not have to give in to my cravings; I have other options. Today I choose to do all my tools and support materials daily to build a recovery shield that will protect me from breaking and feeling badly. I choose to use my 911 emergency choices sheet that I created for myself and I practice exquisite self-care and self-soothing. I choose a recovery-centered life!!!

*Are you ready to tell your addict brain to be quiet and go away because you no longer believe its lies?
(Yes or No)*

“Normal” Eating

Adapted from *Food For Thought* By Elizabeth L

The idea that we will one day be able to eat spontaneously, like normal people, is a delusion. We food addicts tend to think that once we get to goal weight, we can go back to “normal” eating. No so. When we accept our permanent need to abstain, when we accept the fact that we can never return to what we thought was normal eating then we can stop making irrational attempts at experimentation which always fails. By accepting our disease and learning to live with it, we become sane and free.

Are you ready to accept that you will never be a “normal” eater? (Yes or No)

Miracles

Adapted from *Food For Thought* By Elizabeth L

The physical, mental and spiritual changes that take place in those who sincerely practice their recovery Program are truly miraculous. The miracle of recovery does not happen overnight. Only dedicated, long-term work and commitment will produce the miraculous change we desire. Miracles do happen, but the ground needs to be carefully prepared and the new growth nurtured daily. The good news is that we can have a new life. Learning to live a new life requires time and patience. The good news is that change is possible. Others have done it. So can you.

Are you ready to have miracles in your life? (Yes or No)

How To Live In Recovery Program

Week 7 Inspirations

Don't Take The First Bite

Adapted from *Food For Thought* By Elizabeth L

Food addicts say that if you don't take the first bite, you won't binge. It's the first bite that gets you in trouble. The first bite may be as "harmless" as a piece of food, but when eaten between meals, and not a part of our daily plan, it inevitably leads to another bite, and another, and another, and we have lost control. There is no stopping. It's the first bite that is a break and when we take it we cheat ourselves and fall back into slavery with our binges. To rationalize by saying that a little deviation won't make a difference is like saying that someone is just a little bit pregnant. All we have to give up is the first bite. Then we do not have to worry about the rest of them. Once we decide not to take the first bite, our problem is solved. Recovery is a life boat. It is possible to stay afloat in this boat as long as we do not jump out by taking the first bite. Use your 911 Emergency Choices Sheet instead of eating. Choose to live in recovery by taking the action of doing do all your tools and support materials daily.

Are you ready to use your specialized 911 Emergency Choices Sheets instead of taking the first bite? (Yes or No)

One Problem is Better Than Two Problems

By Sally J

I know people that have been doing all their tools and felt great for the first time in a long time. Then, a difficult life situation happens or they have a very strong emotional reaction. Their addict brain takes the opportunity to jump right into the situation, telling them that recovery is too hard and too much work and right now is the time for them to quit. This is ridiculous thinking, because if they stop doing their tools, they will have a break and feel terrible, yet again. Unfortunately, now they have **TWO** problems: 1) the **ONE** problem or strong emotional reaction and 2) the **SECOND** problem of having a break or relapse. One problem is better than two problems. Why would anyone listen to their lying addict brain, stop doing their tools, and risk going back into that awful place of relapse?

Are you ready to use your tools to help you with life challenges when they happen? (Yes or No)

Keep Pre-Planning And Being Pro-Active

By Sally J

We choose to live in recovery by continuing to plan our weighed and measured meals each day. To leave them to chance is to invite trouble, since food addicts do not do well eating spontaneously no matter how long they try. We commit our food to our sponsor or Higher Power daily. Planning insures that we have the food available when we need it. We write down our food for the next day. We make decisions about what we will eat when we are rested and strong, not when we are in a rush, overtired, or over-hungry. Preparing meals ahead for busy days, shopping for food after a meal when full rather than hungry, remembering to allow time for defrosting, are some of the many ways we can make it easier to follow a food plan. When we are convinced that our Program is the most important thing in our lives, we are able to find ways to maintain it no matter how challenging or difficult the situation.

Are you pre-planning and being pro-active with your food and life? (Yes or No)

How To Live In Recovery Program Week 8 Inspirations

I Choose To Live In Recovery!

By Sally J

1. I No Longer Make Excuses.
2. I Do My Tools & Support Materials Daily.
3. No Matter What!
4. I Use My Break Sheet to Learn And Grow In Recovery.
5. I Use My 911 Emergency Choices Sheet Instead Of Eating
6. In This Moment The Choice Is Mine!

Are you ready to choose to live in recovery? (Yes or No)

Learn the Actions of Recovery.

By Sally J

1. How to make doing my tools a daily practice so they become a way of life.
 2. How to make the choice to master exquisite self-care.
 3. How to grow in awareness, acceptance and action.
 4. How to experience the Serenity Prayer.
 5. How to put on my oxygen mask daily.
 6. How to put my Program first.
 7. How to live an active recovery-centered life.
 8. How to get "unstuck from the muck" by embracing change and stepping through fear to freedom.
 9. How to make positive decisions to become my best self.
- Are you ready to take action for recovery? (Yes or No)*

How To Live In Recovery Program Week 9 Inspirations

I Do Not Want to Fill Out Break-Through Sheets And I Do Not Want To Go Over Them

By An Anonymous Group Participant

I felt scared and resistant about filling out and going over any Break-Through Sheets. I did not want to revisit my break failures and feel those painful feelings again: the guilt, shame, judgment, and personal failure. The misery I experienced from being a chronic relapser made me think I was a program loser who would never stop breaking, never get abstinent, and never have 90 days.

I was happily surprised that by completing my Break-through Sheets, I learned about myself, my triggers, and my food addiction. I began to see that my feelings and thoughts led me to a destructive long-term habit of addictive eating in response to my strong emotions and fears. My only coping strategy was compulsive overeating to distract me from my discomfort. I am now aware of the cunning, baffling and powerful strength of my food addiction and how badly I hurt myself with food. I see how my repetitive self-destructive break patterns hurt me and I now see healthier options. I know I really want to stop using food as a drug because it makes me miserable.

I am very happy and grateful that I pushed myself through my fears, filled out my Break-Through Sheets, went over them with my sponsor, and learned that breaks can truly be opportunities to learn and grow in recovery.

Are you ready to learn and grow by filling out Break-Through Sheets? (Yes or No)

How To Live In Recovery Program

Week 10 Inspirations

Please do not email or provide copies of these sheets to anyone, including your sponsor and participants.

We recommend that you do all your homework assignments every week to learn to do all your tools and support materials daily, to live in recovery and to get the gift of abstinence.

Perseverance By Elizabeth L

We all go through periods when we seem to be standing still or slipping backwards. There are many times when things do not go the way we would like, and we may be tempted to give up. Do Not ever give up! Practicing perseverance, not giving up and continuing to move forward on our recovery journey is our best and only reasonable choice.

Positive Recovery Thinking

1. I am a worthy person.
2. I refuse to give up.
3. I am safe and sound.
4. All is well today
5. Others have done it, so can I.
6. I am grateful each and every day.
7. I can remember the lessons of my past.
8. I take risks on this path to growth.
9. I practice progress, not perfection.
10. I see breaks as growth and learning.
11. I practice exquisite self-care.
12. I choose to live in recovery daily.
13. Today will be a gorgeous day.
14. I am willing to do what is needed.
15. This Program is really good for me.
16. I practice patience and compassion.
17. The more I give away the more I get.
18. My recovery food makes me feel fabulous.
19. I do service to strengthen my recovery.
20. Everything is getting better every day.
21. My belief in myself is growing every day.
22. I can handle situations so I am no longer a victim.
23. I've crossed the bridge into recovery.
24. I let others know who I am. I have good boundaries.
25. I go to bed on time to get a good night's sleep.
26. I feel God's pleasure in my commitment to Program.
27. Today, I focus on the solution.
28. I put on my oxygen mask each day.
29. I have replaced fear and control with faith and hope.
30. I am too big a gift to this world to feel self-pity.

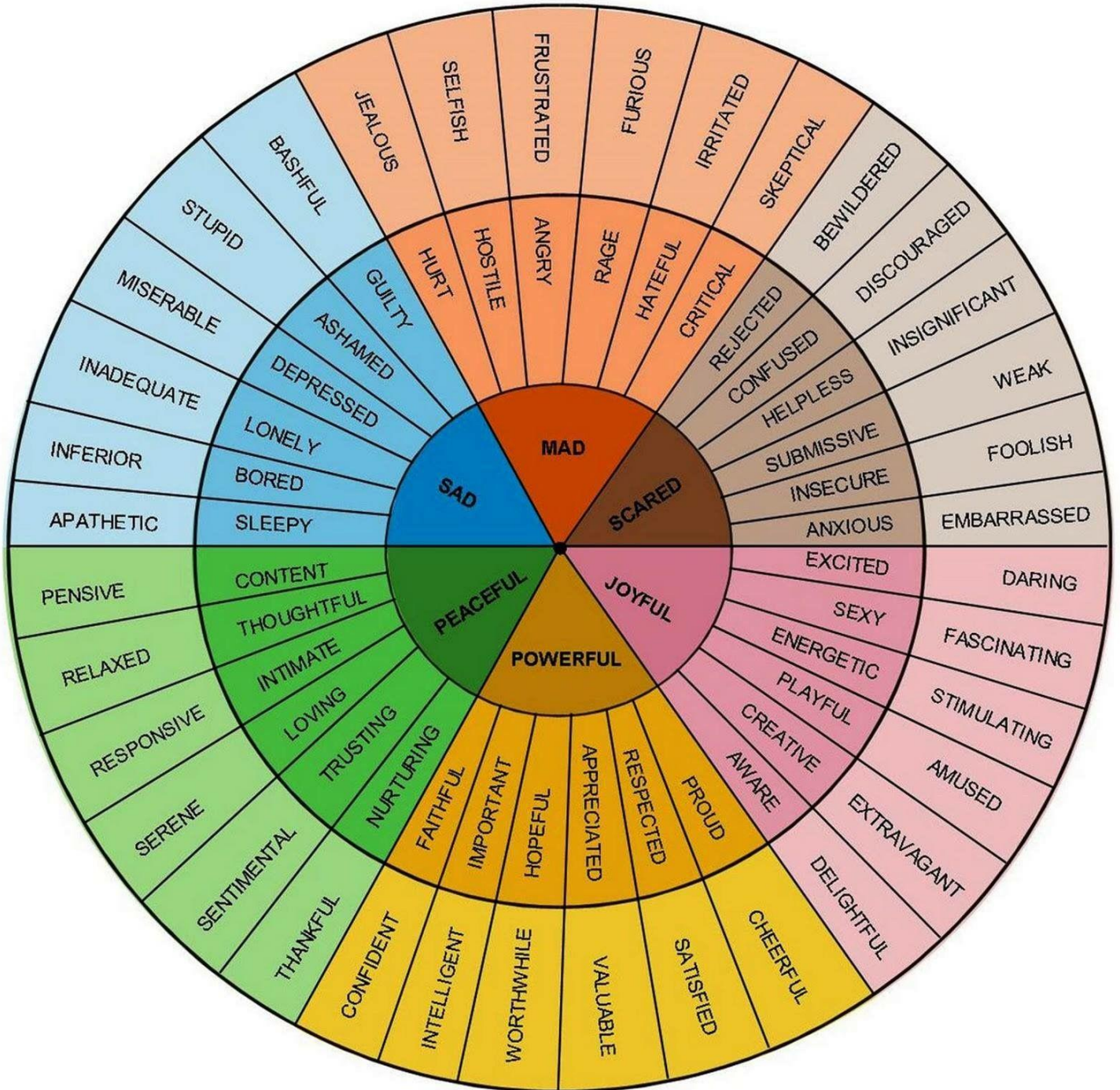
Don't Just

By Roy T. Bennett

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|-------------------------------|----------------------------------|--------------------------|
| Don't just learn, experience. | Don't just criticize, encourage. | Don't just hear, listen. |
| Don't just read, absorb. | Don't just think, ponder. | Don't just talk, act. |
| Don't just change, transform. | Don't just take, give. | Don't just tell, show. |
| Don't just relate, advocate. | Don't just see, feel. | Don't just exist, live. |
| Don't just promise, prove. | Don't just dream, do. | |

How To Live In Recovery Program

Second Feelings Wheel



How To Live In Recovery Program

How To Use The Feelings Wheel

By Jess A and Sally J

The dictionary defines Emotional Intelligence as the ability to understand our emotions and those of others in order to behave appropriately in different situations. The Feeling Wheel is a beneficial tool to use to develop emotional awareness. Begin by focusing on the six inner emotions: Sad, Angry, Afraid, Peaceful, Powerful, and Joyful that represent the most easily identified feelings. Actually, these are called secondary emotions. While they are easiest to identify and label, they are secondary to what a person actually may be experiencing. The outer layers in each trajectory are primary emotions and they are divided into triangles to link with the secondary emotion in order to understand what may be underneath and contributing to the secondary emotion. For example, I know I'm feeling angry, but I'm actually hurt. The wheel represents the wide array of emotions experienced by human beings.

As food addicts we use food to numb-out, avoid, or suppress our emotions. In recovery, we become aware of our feelings. When we have an emotionally intense positive or negative experience, we can use the Feelings Wheel to help us identify our core feelings by examining what subtle feeling we may have not been aware of "under the surface". By learning that all feelings are normal, we accept and learn how our feelings can be useful to our growth. We realize that we do not need to eat to handle our emotions. We learn that there are opportunities to heal and practice alternative actions.

We practice the three steps of Recovery: **Awareness, Acceptance and Action.** We stop hurting ourselves with food. Use the following questions to cultivate a deeper understanding of your emotions. **Awareness:** What core emotion are you feeling on the FW? Did you pick one or more of the core emotions at the center of the Feelings Wheel? Can you identify at least one feeling on the next level? Was it helpful to identify your core feelings? Are these feelings a trigger for you to want to eat? **Acceptance:** Have you accepted that you can feel a large number of normal feelings? **Action:** What new attitudes or behaviors have you developed by practicing awareness and acceptance of your feelings, especially ones that trigger you wanting to eat?

How to Use The 600 Word Feelings List

By Anonymous Program Graduate

As a food addict, I have used food to fill many more needs than just physical hunger. I never really connected what I was feeling with my craving for food. Most food addicts do not know how to identify, feel or handle emotions and often they eat to numb, bury, or avoid them. The 600 Feelings List has opened my eyes to the numerous normal feelings experienced by all human beings. Feelings are not to be judged or feared; they are to be felt and listened to. They help identify needs and unresolved issues and are useful tools in navigating life experiences. Wanting food outside of my meal time or shortly after I eat, now signals me to check into my feelings. What am I experiencing that is being confused with hunger pangs? What is the lesson to be learned? How do I respond, what is my next right action? I have updated my 911 Emergency Choices Sheet to include checking the Feelings List before I take the first bite. Reading through the list has helped me to identify what is really going on inside me. Then, I can choose my options on how to deal with my feeling: I can make a call, self-soothe, journal, do quiet time, or just sit with the feeling until the feeling of wanting to eat passes. I am grateful to learn about the Feelings List and can use it to live in recovery.

Feelings

1. Feelings are something you have; not something you are. Sensitive people usually love deeply and hate deeply. They don't know any other way to live than by extremes because their emotional thermostat is broken. When you let go of control and commit yourself to happiness, it is so easy to offer compassion and forgiveness. This propels you from the past, into the present. People that are negative, spend so much time trying to control situations and blame others for their problems. Committing yourself to staying positive is a daily mantra that states, I have control over how I plan to react, feel, think and believe in the present. No one guides the tone of my life, except me! By Shannon L. Alder
2. It's not wrong to be upset. What is wrong is to blame and punish yourself for simply being human. By Bryant H. McGill
3. We might feel like failures, but as long as we are still trying, we are not failures. We are works in progress. By Toni Sorenson
4. Highly sensitive people are too often perceived as weaklings or damaged goods. To feel intensely is not a symptom of weakness; it is the trademark of the truly alive and compassionate. There is no shame in expressing your authentic feelings. Never be ashamed to let your tears shine a light in this world. By Anthon St. Maarten
5. Hurt feelings or discomfort of any kind cannot be caused by another person. No one outside me can hurt me. That's not a possibility. It's only when I believe a stressful thought that I get hurt. And I'm the one who's hurting me by believing what I think. This is very good news, because it means that I don't have to get someone else to stop hurting me. I'm the one who can stop hurting me. It's within my power. By Byron Katie

How To Live In Recovery Program

It's Amazing To Be Aware We Can Have 600 Feelings

- | | | | | |
|------------------|-------------------|--------------------|---------------------|-----------------------|
| 1. Abandoned | 61. Bothered | 121. Determined | 181. Exuberant | 241. Humbled |
| 2. Able | 62. Brave | 122. Detestable | 182. Failing | 242. Humiliated |
| 3. Abominable | 63. Breathless | 123. Devious | 183. Fair | 243. Hunger |
| 4. Absorbed | 64. Bright | 124. Devoted | 184. Fascinated | 244. Hurt |
| 5. Accepting | 65. Bruised | 125. Diminished | 185. Fatigued | 245. Hyperactive |
| 6. Aching | 66. Bugged | 126. Disappointed | 186. Fearful | 246. Hysterical |
| 7. Admirable | 67. Burned-out | 127. Discontent | 187. Fearless | 247. Icy |
| 8. Admiration | 68. Calm | 128. Discouraged | 188. Festive | 248. Ignorant |
| 9. Adoration | 69. Capable | 129. Disdain | 189. Flustered | 249. Impatient |
| 10. Adventurous | 70. Carefree | 130. Disgruntled | 190. Foolish | 250. Important |
| 11. Affected | 71. Careful | 131. Disgusted | 191. Forced | 251. Impulsive |
| 12. Affectionate | 72. Caring | 132. Disillusioned | 192. Forgiving | 252. Inadequate |
| 13. Afraid | 73. Cautious | 133. Disinterested | 193. Fortunate | 253. Incapable |
| 14. Aggravated | 74. Centered | 134. Dislike | 194. Fragile | 254. Incensed |
| 15. Aggressive | 75. Certain | 135. Dismayed | 195. Fraud | 255. Indecisive |
| 16. Agitated | 76. Challenged | 136. Dismissive | 196. Frazzled | 256. In-despair |
| 17. Agonized | 77. Charitable | 137. Displeasure | 197. Free | 257. Indifferent |
| 18. Agony | 78. Cheerful | 138. Dissatisfied | 198. Free and easy | 258. Indignant |
| 19. Agreeable | 79. Clever | 139. Distant | 199. Frightened | 259. Infatuation |
| 20. Alarmed | 80. Close | 140. Distaste | 200. Frisky | 260. Inferior |
| 21. Alienated | 81. Cold | 141. Distracted | 201. Frozen | 261. Inflamed |
| 22. Alive | 82. Comfortable | 142. Distress | 202. Frustrated | 262. Infuriated |
| 23. Alone | 83. Compassionate | 143. Distrustful | 203. Frustrated | 263. Inhibited |
| 24. Amazed | 84. Competent | 144. Disturbed | 204. Fulfilled | 264. Injured |
| 25. Ambivalent | 85. Composed | 145. Disturbed | 205. Full | 265. Inquisitive |
| 26. Amused | 86. Compulsive | 146. Dizzy | 206. Fuming | 266. Insecure |
| 27. Angry | 87. Concerned | 147. Dominated | 207. Funny | 267. Insensitive |
| 28. Anguish | 88. Confident | 148. Doubtful | 208. Furious | 268. Inspiration |
| 29. Animated | 89. Confused | 149. Drained | 209. Gaiety | 269. Inspired |
| 30. Animosity | 90. Connected | 150. Draw-toward | 210. Gay | 270. Inspiring |
| 31. Annoyed | 91. Considerate | 151. Dread | 211. Generous | 271. Insulted |
| 32. Anticipation | 92. Constricted | 152. Dull | 212. Gentle | 272. Insulting |
| 33. Anxious | 93. Contained | 153. Dynamic | 213. Glad | 273. Intent |
| 34. Apathetic | 94. Contempt | 154. Eager | 214. Gleeful | 274. Interest |
| 35. Appalled | 95. Content | 155. Earnest | 215. Gloomy | 275. Interested |
| 36. Appreciative | 96. Cooperative | 156. Easy | 216. Glumness | 276. Intolerant |
| 37. Apprehensive | 97. Courageous | 157. Ecstatic | 217. Gracious | 277. Intrigued |
| 38. Ashamed | 98. Cowardly | 158. Edgy | 218. Grateful | 278. Invigorated |
| 39. Astonished | 99. Cranky | 159. Elated | 219. Gratitude | 279. Involved |
| 40. At-ease | 100. Craving | 160. Embarrassed | 220. Great | 280. Irate |
| 41. Attachment | 101. Cross | 161. Empathy | 221. Greedy | 281. Irked |
| 42. Attracted | 102. Crushed | 162. Empowered | 222. Grief-stricken | 282. Irrational |
| 43. Aversion | 103. Curiosity | 163. Empty | 223. Grieving | 283. Irritable |
| 44. Awareness | 104. Cynical | 164. Enchanted | 224. Grouchy | 284. Irritated |
| 45. Awe | 105. Daring | 165. Encouraged | 225. Grounded | 285. Isolated |
| 46. Awful | 106. Defeated | 166. Energetic | 226. Grumpy | 286. Itchy |
| 47. Awkward | 107. Defensive | 167. Engaged | 227. Guarded | 287. Jealous |
| 48. Bad | 108. Defiant | 168. Engrossed | 228. Guilty | 288. Jittery |
| 49. Baffled | 109. Dejected | 169. Enjoyment | 229. Happiness | 289. Jolly |
| 50. Bashful | 110. Delighted | 170. Enraged | 230. Hateful | 290. Joviality |
| 51. Betrayed | 111. Depleted | 171. Enthusiasm | 231. Heartbroken | 291. Joyful |
| 52. Bewildered | 112. Depressed | 172. Enthusiasm | 232. Heavy | 292. Joyous |
| 53. Bitterness | 113. Deprived | 173. Envious | 233. Helpless | 293. Jubilant |
| 54. Blessed | 114. Desire | 174. Euphoria | 234. Hesitant | 294. Judge |
| 55. Blissful | 115. Despair | 175. Exasperated | 235. Hollow | 295. Judgmental |
| 56. Blocked | 116. Desperate | 176. Excited | 236. Hopeful | 296. Jumpy |
| 57. Blue | 117. Despicable | 177. Exhausted | 237. Hopeless | 297. Keen |
| 58. Boiling | 118. Despondent | 178. Exploited | 238. Horrified | 298. Kindness |
| 59. Bold | 119. Destructive | 179. Exploring | 239. Hostile | 299. Lack-willingness |
| 60. Bored | 120. Detached | 180. Extravagant | 240. Hot | 300. Lazy |

How To Live In Recovery Program

It's Amazing To Be Aware We Can Have 600 Feelings

301.Lethargic	361.Optimistic	421.Releasing	481.Stimulate	541.Unhappy
302.Liberated	362.Outraged	422.Reliable	482.Strong	542.Unimpressed
303.Lifeless	363.Over stimulated	423.Relieved	483.Stubborn	543.Unique
304.Listless	364.Overjoyed	424.Reluctant	484.Stuck	544.Unloved
305.Lively	365.Overloaded	425.Remorseful	485.Stupefied	545.Unnerved
306.Loathing	366.Overpowered	426.Removed	486.Stupid	546.Unpleasant
307.Lonely	367.Overwhelmed	427.Renewed	487.Suffocated	547.Uplifted
308.Longing	368.Pained	428.Repugnant	488.Sulky	548.Unruffled
309.Lost	369.Panicked	429.Resentful	489.Sunny	549.Unruly
310.Lousy	370.Paralyzed	430.Reserved	490.Superior	550.Unsafe
311.Loved	371.Paranoia	431.Resigned	491.Supportive	551.Unsettled
312.Loving	372.Passionate	432.Resistant	492.Sure	552.Unsteady
313.Lucky	373.Passive	433.Restless	493.Surprised	553.Unsure
314.Mad	374.Pathetic	434.Restored	494.Suspicious	554.Uplifted
315.Malevolent	375.Patient	435.Revengeful	495.Sympathetic	555.Upset
316.Manic	376.Peaceful	436.Revived	496.Tearful	556.Uptight
317.Manipulated	377.Peeved	437.Rigid	497.Teary	557.Useful
318.Manipulative	378.Pensive	438.Romance	498.Temperamental	558.Useless
319.Marvelous	379.Perplexed	439.Sad	499.Tenacious	559.Vacant
320.Mean	380.Personal	440.Safe	500.Tender	560.Vain
321.Meek	381.Pessimist	441.Sarcastic	501.Tense	561.Valuable
322.Melancholy	382.Petrified	442.Satisfied	502.Terrible	562.Valued
323.Melodramatic	383.Petty	443.Saved	503.Terrific	563.Vengefulness
324.Merry	384.Pity	444.Scared	504.Terrified	564.Vibrant
325.Mischievous	385.Playful	445.Secure	505.Thankful	565.Vibrating
326.Miserable	386.Pleased	446.Self-conscious	506.Threatened	566.Victimized
327.Misgiving	387.Pleasure	447.Self-loving	507.Thrilled	567.Victorious
328.Mistrustful	388.Positive	448.Self-pity	508.Throbbing	568.Vindictive
329.Misunderstood	389.Powerful	449.Self-sabotage	509.Tickled	569.Violent
330.Moody	390.Powerless	450.Sensitive	510.Tight	570.Vital
331.Morbidness	391.Preoccupied	451.Sentimental	511.Timid	571.Vivacious
332.Mortified	392.Present	452.Serenity	512.Tingling	572.Volatile
333.Motivated	393.Pressured	453.Serious	513.Tired\	573.Vulnerable
334.Mournful	394.Prickly	454.Settled	514.Tiresome	574.Warm
335.Moved	395.Prideful	455.Shaken	515.Tolerant	575.Warm-glow
336.Naive	396.Proud	456.Shaky	516.Tolerated	576.Wasted
337.Nasty	397.Provoked	457.Shame	517.Tormented	577.Weak
338.Naughty	398.Puzzled	458.Shivery	518.Torn	578.Weepy
339.Nauseous	399.Qualified	459.Shocked	519.Tortured	579.Wearry
340.Needed	400.Quarrelsome	460.Shut Down	520.Touched	580.Whiny
341.Needy	401.Questioning	461.Shyness	521.Tragic	581.Willful
342.Neglected	402.Quiet	462.Silly	522.Tranquil	582.Willing
343.Neglectful	403.Quirky	463.Sincere	523.Trapped	583.Wishful
344.Nervous	404.Radiant	464.Skeptical	524.Triumph	584.Withdrawn
345.Neutral	405.Rage	465.Slow	525.Troubled	585.Witty
346.Nice	406.Rational	466.Smooth	526.Thoughtful	586.Wobbly
347.Nonchalant	407.Rattled	467.Snoopy	527.Trusted	587.Woe
348.Nostalgia	408.Ready	468.Sociable	528.Trusting	588.Wonder
349.Nosy	409.Reasonable	469.Soft	529.Truthful	589.Wonderful
350.Numbness	410.Reasoned	470.Sore	530.Trustworthy	590.Worked-up
351.Obedient	411.Reassured	471.Sorrowful	531.Twitchy	591.Worldly
352.Obligate	412.Rebellious	472.Sorry	532.Unafraid	592.Worn-out
353.Obsessed	413.Receptive	473.Spacey	533.Unappreciated	593.Worried
354.Obsessive	414.Re-enforce	474.Spellbound	534.Unbelieving	594.Worry
355.Offended	415.Reflective	475.Spirited	535.Uncertain	595.Worthless
356.Offensive	416.Refreshed	476.Spiteful	536.Uncomfortable	596.Worthy
357.On-edge	417.Regret	477.Startled	537.Undecided	597.Wronged
358.Open	418.Rejected	478.Stiff	538.Understanding	598.Yearning
359.Open-hearted	419.Rejuvenated	479.Still	539.Uneasy	599.Youthful
360.Open-minded	420.Relaxed	480.Stressed	540.Ungrounded	600.Zest