

RECOVERY INVENTORY EXERCISE

Write for the next 5 (or up to 10) Minutes:

What actions you are currently taking in the three Pillars of Recovery

1. Support (e.g., OA friend calls, sponsor, sponsees)
2. Self-care (e.g., Food plan, shopping for healthy food, Daily 30+ minute walk, naps as needed)
3. Service (e.g., Meeting secretary, talk with newcomers, volunteer work)

State of your Abstinence

1. Working (e.g., 3 meals and a snack, staying away from sugar)
2. Not working (e.g., Still white knuckling, eating when upset or bored)
3. Other concerns (e.g., Feeling overwhelmed at work, lonely)
4. Changes want to make (e.g., Cut back on work, make plans with friends)

Optional

Do with with a friend or your sponsor!

Each person gets 5-10 minutes to share and request feedback. Be sure to time yourselves so each has a chance to share.

Created by Alan S

Implemented at the October 24, 2021 Secular Overeaters Community Gathering