

# Abstinence in November

So often in the past, Thanksgiving has been all about the FOOD - overeating, bingeing, purging, abstaining, stressing about it all. But through OA's tools and principles, **we've learned a better way!**



"Thanksgiving in OA looks quite different for me now in my life. I still get together and enjoy time with my friends and family. But unlike in the past, I am no longer obsessed with the food, wondering how much I can fit on my plate. Instead, I stay present, enjoying the time with my family, and can now stay awake after the meal for games and socializing."  
Amanda H

## LET'S WRITE!!

This Thanksgiving, use this writing tool to help you stay abstinent.

- Do I have an attitude of gratitude today?
- What action plan do I have to stay abstinent this Thanksgiving?
- How can I rely on my Higher Power to stay abstinent this holiday?
- If I'm having problems, have I asked someone else what they are doing?
- Have I helped someone today?



This message is from the Region 3 Twelfth Step Within Committee (TSW). Reaching out to those who still suffer and to address relapse and recovery. November 2020

**Keep coming back, it works when you work it, and you're worth it!**

