

Relapse is NOT a Failure!

No one fails in OA. As long as you're willing to keep seeking help from others and work your program, recovery is possible.

(OA Twelfth-Step-Within Handbook, p. 22)

“Breaking Out of Relapse” Video by OA



This video is available on OA.org via Venmo (click on the link below - no need to sign up or log in). It's about 19 minutes long. Some of the resources listed at the end are outdated. <https://vimeo.com/391023802?&login=true#> =

Ideas about how to use the video:

1. Use the video at a meeting like a mini-workshop. Invite fellows who have experienced relapse to share their particular experience.
2. Use the video with a sponsee who is in relapse or is afraid of relapse.
3. While watching the video, pause it when it asks a question and ask participants to answer the question as best they can. Additional questions could be helpful, too. For instance, re: “Disease Concept Illustrated,” ask how does this cycle apply to me? Or, how are slips and relapses the same or different in my experience?



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