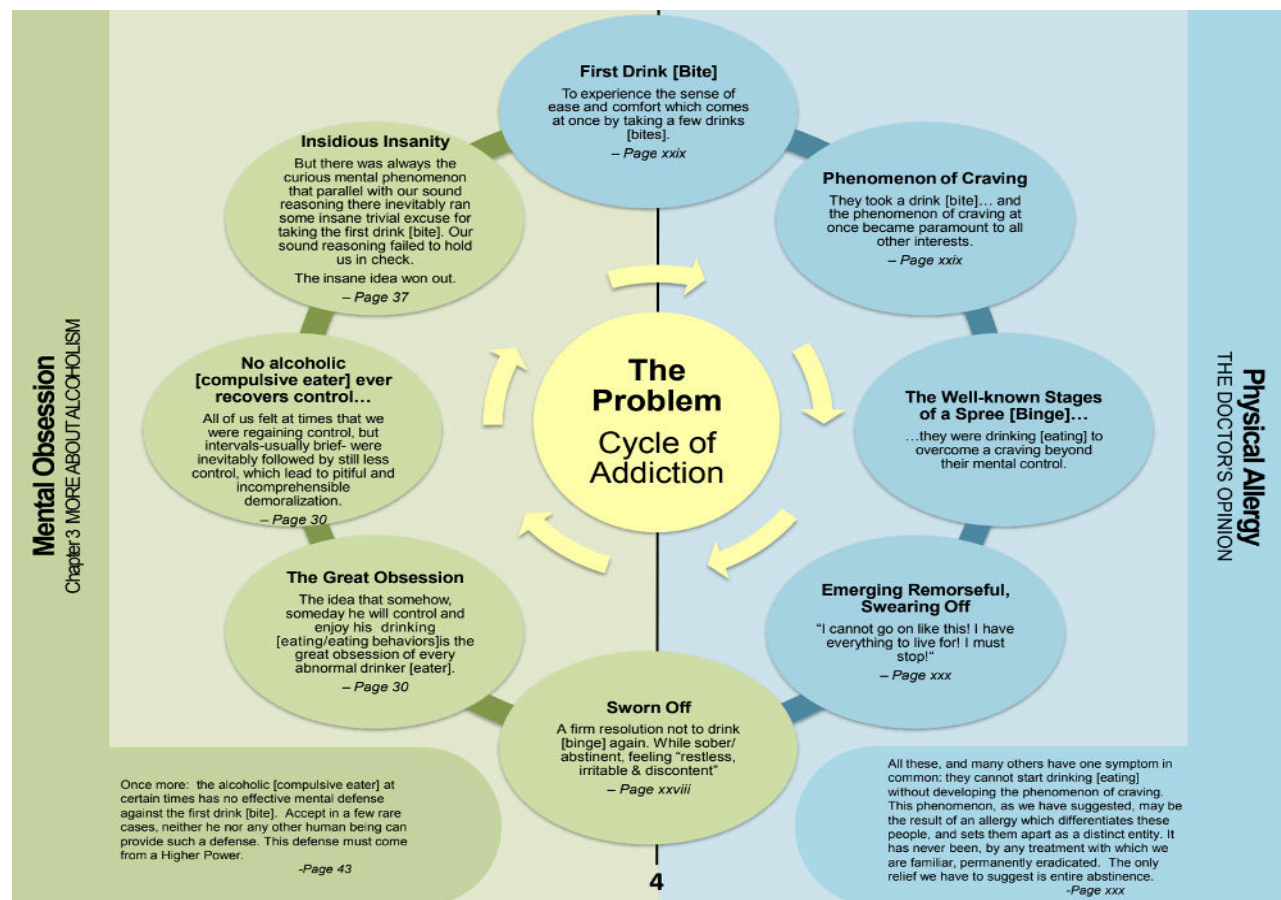


RELAPSE vs RECOVERY

(Cycle of Addiction) vs (Abstinence + 12 Steps)

Discuss this chart with a trusted fellow compulsive eater. What's it mean to you?



The Problem is the Addiction Cycle: Physical Craving And Mental Obsession
As depicted in *Alcoholics Anonymous*, 4th Ed. (Chart Designer: Unknown)

We believe that no amount of willpower or self-determination could have saved us...our resolutions and plans were shattered as we saw our individual resources fail. So we honestly admitted to ourselves that we were powerless over food. This was the first step toward recovery.

(*Overeaters Anonymous*, 3rd Ed., p. 2)

Region 3 has a speaker list! Click here: [Speaker List Request – OA Region 3](#)

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