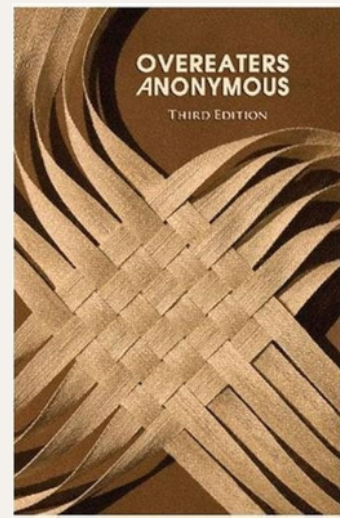


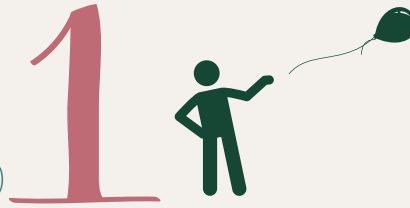
# What does SUBMISSION or SURRENDER Have To Do With Relapse?



Some hidden jewels in the 3rd Ed. Overeaters Anonymous book are in the Appendices; don't skip over them when you read the book!

Appendix C "A Disease of the Body" p. 198-204 includes an enlightening discussion of submission and surrender by Peter G. Lindner, MD. Here are interesting snippets from the text to reflect on:

...Surrender...can best be described as letting go. The individual...admits to being beaten by compulsive overeating. The source of this feeling is almost always despair...It's all part of a crisis experience, with an overload of hopelessness. (p. 201)



2

In submission, an individual accepts reality consciously but not unconsciously. There is acceptance that one cannot, at the moment, conquer reality, but lurking in the unconscious is the feeling that "there will come a day when I will be able to handle my problem on my own." (p. 201)

Submission implies no real acceptance of one's inadequacy; on the contrary, it demonstrates conclusively that the struggle is still going on. Submission is, at best, a superficial yielding, with the inner tensions still present. (p. 202)

3



4

When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle...This freedom is the aim of the OA groups, and complete surrender is manifested...Once compulsive overeaters surrender at the unconscious level, their compliance with the disciplines of the program does not lessen with time...(p. 202)

Surrender, then, is an unconscious event. It is not willed by the individual... This may have the earmarks of a spiritual conversion. Be that as it may, it is an effective transformation...(p. 202)

5



Ask yourself or your fellows: Have I surrendered? Or submitted? What does it look like to submit to the program? How long can this superficial compliance last? What about "white knuckle" abstinence? If I can't make it happen, how can I surrender? If I truly surrender, will I always be relapse-free? What's despair and hopelessness got to do with it? How does this information compare to AA's Big Book text about addiction?

## Upcoming Workshop: Relapse Through the Eyes of the Big Book

Region 3 is presenting this thoughtful workshop Saturday March 29, 2025 2-4 pm MT.  
For more information, email Annette at [ortzow@hotmail.com](mailto:ortzow@hotmail.com) ZOOM ID: 842 4509 9831  
Password: *itworks*

03/2025



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