

COMING UP in the
August Lifeline,
the promises and OA

Lifeline

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Weekly

Love Songs

Four months abstinent, I kept thinking about how the Big Book says that if you think you can control yourself, go ahead and try. So I did.

I deliberately bought my trigger foods, and all the aspects of compulsive eating, the shame, the guilt and the willingness to deceive, came back. At the store, I grabbed trigger foods while my family wasn't watching. I suggested they wait in the car for me to finish. Once home, I hid my stash.

Here's the happy ending. I did eat some of the foods, but I stopped. They tasted good, but they did not bring emotional satisfaction. After months of eating well and being abstinent, my body didn't want the junk I had once used to stuff down feelings. I no longer needed to reward myself with punishment.

When I went to bed I told my husband, and my honesty was rewarded with his admiration for what I had done and for my

being so open with him.

I heard a love song and realized that love songs aren't just for someone else; sometimes they are for us. If one of my OA friends lost her abstinence, I wouldn't condemn her. We offer love and support to others, and we need to offer that to ourselves. I thank my family, OA and myself for the love and support.

— Lifeline, June 2001



Inspiration

Little by little, I started accepting myself. When I could do this, my abstinence started naturally.

— Lifeline,
October 1976



A Call To Service

A.C.F. from Zurich, Switzerland says, "When I do service I don't think about bingeing, and I learn to stop isolating and start participating."

How will you serve this week?

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