

Tips for an Abstinent Holiday

Together we can do what we could never do alone!!!!

Adapted from Unity Newsletter and OAiA (OA in Action) 2014

Holidays can be the best of times and the worst of times. Family dynamics are hard and harder when everyone is under the stress and excitement of the holidays. Traditions change, we lose family members and gain some. We can be the person we want to be if we come prepared and look for ways to be of love and service. We always have a choice...do not let anyone or any food be an excuse to lose our abstinence.

General Tips

Remember who you are and that this is a 'life or death' disease. Abstinence matters at all times! Think of it as any other day as far as the food goes and focus on enjoying the people!

- Concentrate on the beauty of the season...tree trimmings, gift wrapping, caroling, spiritual meaning and ceremonies.
- Remember to be grateful for what you have and the people in your life.
- Renew your commitment to the program and food etc. -- "new level, new devil" -- Some levels of life are more demanding, risky, vulnerable: such as holiday time, food, family, emotions etc.
- Remember that your disease is not taking a vacation or holiday. This is like any other day food-wise. It is a special day because of the people you will be with.
- Affirm to yourself that you know what all these different foods taste like, you have eaten enough of them to buy stock in the companies. Say: "I have now given up my right to a chemical peace of mind. Time to trade up by being and staying in recovery."
- Increase meeting attendance and make more calls
- Playing it out can help: If I have this then what will happen next? Well, history has proven I want this particular food and get more and then binge...hmmmm...not worth it.
- Don't let lack of preparation lead you astray! Have an [Emergency Car Kit*](#) in your car or have backup food with you! Your food is your medicine; you need what you have on your plan.
- Refer to your [Emergency Action Plan Card*](#) frequently; it may help you remember what you have committed too. It's too easy to forget when out. Be sure to bring it with you when you are out.

- Service — what can I do, what fits, how can I be helpful to others while caring for self?
- Pray and meditate a lot, especially before going to a social gathering.
- Call or text those in your [Circle of Support](#)* if you need support. Have all of the numbers you need programmed into your phone.
- Think about what you can offer at this gathering, like being a good listener, offering to help clear the table, pass out food, clean up, watch the little ones, etc.
- Try to have control of your own transportation so if you need to leave, you can.

*See 'In Case of Emergency' – previous page.