

COMING UP in the
November Lifeline,
sharing what helps
most for recovery

Lifeline

2014

Vol. 5, No. 33 Oct. 6–12

Weekly

Feeling Fat: An Antidote

After eight years of working the OA program and six years of being at a normal weight, I have decided that my goal from now on is to have physical, emotional, and spiritual abstinence.

I've come a long way and have had many character flaws removed, but this is a program of living, not stopping after each victory.

I am now ready to tackle my problem of always needing to lose weight—of never being thin enough and still being unnerved by fat. No matter what I weigh and how wonderful I look in my clothes, I am still plagued by momentary lapses of feeling fat.

My sponsor suggested that I think up a word for each letter of the words “fat” and “thin” to associate the resulting message with the feelings behind the two key words.

When I indulge in groundless worry about my weight and become aware that I am feeling fat, I tell myself gently that I am “Feeling another tension.” Then, I can mentally unbloot, physically and emotionally allow my body and mind to relax, and spiritually turn it over.

When the old, angry fear crops up that I am not thin enough, I can say the “thin” words, “To have insane needs,” and let go in the assurance that it's just another manifestation of the illness and that my program is there at an instant's notice to help me ward off the insanity.

I am grateful to OA for many things, but most of all, for giving me the means to get rid of a lifetime of fear and go on with my life.

— Lifeline, October 1984



Inspiration

God does not give us more than we can handle. I prayed for strength to do what felt like more than I could handle, and he gave me that strength.

— Lifeline,
June 2001



A Call To Service

Anonymous says, “When I go to a doctor's office, I leave behind a copy of *Lifeline* or our intergroup newsletter to spread the message to those who still suffer. It takes no time or effort, and it may help someone find recovery.”

How will you serve this week?

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