

WHAT HAPPENS WHEN WE THINK WE'RE "CURED"

The more "cured" I felt, the more my inner used car salesman convinced me that I really could eat that extra stuff...



“...My basic story is that God graced me with abstinence and a 100-pound (45-kg) weight loss my first 18 years in program. Next, I tried to be an OA star... I entered relapse...” and gained back all 100 pounds in 6-8 months!

Find this OA Lifeline story online at <https://oa.org/> or click here:

[When I “Knew It All,” It Led to 10 Years of Relapse. Thankfully, the Longer I Am in OA, the Less I Know - Lifeline](#)

Questions to ask yourself or fellows about “cured” and “recovered”:

- Do I have an “inner used car salesman”? What does he/she tell me?
- After some time of abstinence, do I sometimes feel like “I know it all now”?
- What does the saying, “Take what you like and leave the rest,” mean? Do I say that when I pick up extra food? Or just give lip service to certain steps?
- Does abstaining from sugar make me abstinent? What’s the OA definition of abstinence?
- Does weight loss mean I’ve done a lot of good and hard work, or that God graced me?
- What does “recovered” mean in 12-step programs? Is it the same as “cured”? Do they both feel the same, or different? How? Which one lets in the used car salesman?
- How much personal responsibility do I have for getting/staying abstinent? Does God do it all for me?
- What is it that prevents us from choosing abstinence, for doing our part?
- What am I doing or thinking that’s keeping me from the abundant life God wants for me?
- Do I have to be strong-willed to get abstinent, or do I have to realize my powerlessness?
- Do I share with other compulsive eaters my story of weakness, surrender, willingness, and recovery? Or do I think my story with all the relapses won’t be helpful?



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