

# **8 Practical Lessons A Member Learned About Relapse and Recovery In OA**



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2025 OA LIFELINE  
ARTICLE :

[Eight Practical  
Lessons I've  
Learned from  
Working OA's  
Twelve Steps](#)

Some notable relapse-related quotes from the OA Lifeline Article are:

*... I had dealt with the allergy of the body and become food neutral, [but] I had not addressed the obsession of the mind by immersing myself in the Steps, and this led me to relapse.*

*I've always had a relationship with a Higher Power, but I fall into the category of "praying to lose weight but not praying to be willing to surrender."*

*Acceptance of myself as a true compulsive overeater has been key to making the changes needed for my health. It doesn't matter what other people can or will eat. There are certain things I can't eat and certain emotions and situations that are triggers for me that I have to deal with in a way that is healthy for me.*

*When I began the practice of living in Steps Ten, Eleven, and Twelve, I began to see that this was a commitment to my Higher Power, to myself, and to my fellows in the program—in that order. And I don't have to feel like practicing Steps Ten, Eleven, and Twelve, I just have to do them.*



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