

STEP 12 MAGAZINE

Carrying A Message of Hope in Recovery

It Might Even Be

FUN

Stopping to Smell The Carousel

by Suzanne Whang

Finding Joy in Recovery

by Beck

Exclusive Part 3

The Neurobiology of Methamphetamine Dependence

by Dr. Kearthy Sandler

Travel Sober

by Bob K.

INSIDE:

- Newcomer's Page
- Horoscopes
- Puzzles
- Humor Page
- Recovery Resources

50% of all proceeds from the sales and subscriptions of this magazine will go back into the community — Carrying the message and spreading the resources for sobriety is our honor.

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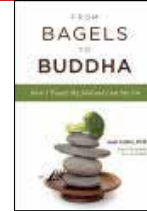


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Dr. Judi Hollis

Experience, Strength, and Hope
For People Struggling with Food Obsession



To Thine Own Self Be True



In January, Overeater's Anonymous celebrates 56 years of helping people recover from compulsive/obsessive patterns of eating. Food obsession has been around for a lot longer than 56 years, and, thank goodness, we have a program in place to help us manage and overcome this self-destructive, often deadly, malady.

The similarities between all recovery fellowships are significant. We strive for inner peace, self-love, acceptance, freedom from obsession, freedom from guilt/shame and an overall sense of worth. We achieve these things by working the steps (in 12-step programs) and by finding a power and strength to guide us in making better choices and better decisions.

Decisions are the bread and butter (pardon the pun) of the personal growth we strive for. We have choices. We see what the choices are and we decide what we will do. We can decide to eat the cheesecake knowing that the first bite puts us on "auto pilot" (where "choice" becomes less of an option), or we can decide to decline the momentary urge knowing that in five minutes (maybe ten) the "desire" will be less than a

memory—less than a memory because we didn't act on the thought.

The struggle to dis-engage the auto-pilot after we flip the switch with that bite of cheesecake is a lot harder than it sounds. The chemistry of the brain gets involved and the battle between healthy choices and self-destructive behaviors requires a spiritual connection, a bank of emotional supporters and a fully stocked tool box.

So many people say they think that OA is a cult. However, the back of the coins/tokens says, "to thine own self be true." So how do we accept guidance and still be true to ourselves? Basically, it's a lot of work!

It's important to have constant contact with a sponsor, go to meetings, read the literature, follow a food plan—all with diligence. This process helps us sort out what being true to ourselves really means. We begin to understand that we are not being true to ourselves when we "reward" ourselves with a bag of potato chips or a box of cookies.

Being true to yourself can also mean ignoring the rolling eyes and dirty looks generously given by people in meetings who are tired of hearing your same complaints and stories. Sharing in meetings is part of the magic. It reduces the weight of a problem a little more each time you verbalize it and the resolution and clarity will come. You deserve the clarity.

Life is worth celebrating. Let's celebrate OA's birthday together in Los Angeles this January. More importantly, let's celebrate being true to ourselves by recognizing our strengths, our weaknesses and our choices.

Written by Karen VanDenBerg based on a meeting with Judi on 12-11-15

© 2015 Dr. Judi Hollis is a Licensed Family Therapist, author of several books and educational materials, motivational speaker, radio and television expert. Judi would love to hear from you! You can ask Judi questions and access her materials, at www.judihollis.com or call 1-800-8-ENOUGH

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