

Emotional Recovery



The Roving Reporter Asks...

In what ways have you experienced emotional recovery since you joined OA?

OA has helped me with emotional recovery from clinical depression that has included suicidal thoughts. The unconditional love and acceptance from my OA friends and sponsors have helped me to be free of the bondage of depression when I work the program.

An OA friend shared that "isolation is the dark room where I develop my negatives." Before I came to OA in June 2006, I isolated, developed a never-ending loop of negative thinking, and binged my way up to 371 pounds. I was depressed more than half of the time despite anti-depressives and years of therapy.

When I go to meetings regularly and call my sponsor and other OAs daily, I am free of depression. I am not isolating when I listen and share at meetings. My negative thought loop is being replaced by the positive experience, strength, and hope of my OA friends. I can feel my Higher Power's unconditional love and acceptance at meetings. OA has restored my faith and given me hope.

Thanks to OA and my HP, I have been blessed with great emotional progress but not perfection. When I isolate and don't go to meetings or use the phone I still get depressed. I need the daily spiritual fellowship of OA meetings and phone calls. I know I will see more progress as I continue working the steps using the Big Book with my sponsor.

I know HP will keep me free from the bondage of depression if I don't hit the snooze bar on my spiritual awakening. –Danny

OA and all my recovery efforts have helped me "recover" my emotions. They were lost... somewhere beyond my reach, and I was afraid to look for them. I used to not know what I felt, what I liked, what I needed, what I wanted, but recovery has opened the door to my emotions and given me the courage to walk in and have a look around. Recovery has given me the courage to stay in the same "room" with my emotions and get to know them, as opposed to running 100mph in the opposite direction. I don't do it perfectly, but I haven't gotten a "speeding ticket" in a long time! --Angela

One Day at A Time

Emotional Recovery (continued)

There are a couple of OA pamphlets written on recovery AFTER reaching a healthy weight, one of them being "So You've Reached Your Weight, Now What?" To me, this speaks of the importance of emotional recovery. Once I am no longer preoccupied with weight loss, relationships with God and others become paramount to "practicing these principles in all my affairs" and crucial to maintain recovery. The consistent practice of working Steps 10, 11, and 12 everyday help to keep my spiritual condition and emotions balanced. --Brian

The Roving Reporter "roves" via e-mail. If you would like to receive the question of the month and have opportunity to respond, e-mail b.brown8@comcast.net.

Need a Meeting Between Meetings?

Check out a CD from our resource library, located in the Intergroup Office.

ABOUT OA

Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Notes of Hope is a bi-monthly newsletter for the Middle Tennessee Intergroup. Contact Pam B. at b.brown8@comcast.net to submit an article or announcement. Deadline for the July/August issue is June 15, 2007.
