OA Desert Recovery October 2026

Freedom from Complacency

I give up on almost nothing, to a fault. Determination could have been my middle name. Even before I found OA, I persevered through circumstances that the most stubborn of mules would have found daunting; except for when it came to overcoming overeating. By the time I got to OA, I had given up on keeping the weight off. I knew how to lose it and had done so multiple times. I just couldn't maintain it.

As soon as there was an emotional situation I couldn't resolve in 24 hours, I was a wreck. The first thing I reached for was my drug of choice - food. At least it doesn't ruin my life like alcohol would, I rationalized. Ha.

With some therapy, my HP, a wonderful sponsor, my weekly meeting (looking at you, Sunday OA folks!), and a ton of readings, I soon learned that overeating would not only ruin my life but would eventually end it.

Well, that was a year and 27 pounds ago. I am happy to say I am abstinent and on my way to a healthy weight. While I have trouble being grateful for struggles and difficulties, I am certainly thankful for those who have walked these Steps with me, helping me to turn around the compulsive eating and stay on the path of the program.

Jeri H.







Until I faced the fatal nature of my disease and proved by repeated experiments that I was powerless over controlling the compulsion to overeat, my life was a progression of failed attempts to overcome the hopelessness. Once I knew, at a gut level, that I needed to do a total immersion into the program, or face debilitating obesity and death, I found a higher power that could manage that compulsion for me. The danger today is when my ego tells me that I have control, that I somehow have the secret to handle this disease. The only secret I have is that my higher power has removed the compulsion to overeat, as long as I stay close to him, follow a few simple steps, remember to live the principles, and continue to check inside myself to change and grow.

Becki B.

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WARNING: Complacency is a dangerous comfort zone that erodes discipline and stops spiritual, emotional and physical recovery.

Right now, I am somewhere in the Atlantic Ocean among 4,000 guests and crew and shameless mass quantities of tantalizing, ever available, everywhere, piles of food that can sink me like quick sand IF I BECOME COMPLACENT.

Complacency ushers in a slippery slope if I let it. Sure, there are lots of ways to justify eating beyond my plan of eating: I'm on vacation; I'm traveling alone so eating often with others provides connection; I've never tasted so much of what is served and this is my opportunity; and the big lie, "just this once."

But I have tasted the happiness, joy and freedom of recovery.

I remember that nothing tastes as good as abstinence feels.

However, when I am in my disease, I cannot be present and enjoy this cruise, let alone the joy of the journey of life.

How can I prevent the slippery slope of complacency? The answer is always in the STEPS.

I commit daily to doing….

Step 10 (Daily Inventory)

Step 11 (Prayer and Meditation)

Step 12 (Service and Sponsorship):

This daily practice allows me to remain abstinent and present. I show up for a life of happiness, joy, and freedom.

Ann S.

