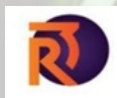


Abstinence: Here's What to Ask Yourself

Having trouble with your abstinence? Become a journalist and ask yourself the 5 “W” Questions

	WHO? Do you find yourself adding a little more to your plate when you are dining with certain people? Perhaps former “binge” partners?
	WHAT? Is there one food or drink in particular which seems to give you trouble? Is there something you’ve added recently to your plan of eating?
	WHERE? Is there a particular place where you eat that leads to some extra eating here and there? A room in your house? A restaurant?
	WHEN? Is there a time of day when food calls out your name? A time when you tend to feel hungrier than usual?
	WHY? Is there something that triggers a casual sideways glance at what’s on your plate (or not on your plate)? An emotion? An event? A day?

Check out these [OA literature resources](#) to help you make your “current events” lead to “good news.”



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