

Compulsive Eaters Anonymous-HOW RELAPSE PREVENTION MEETING FORMAT

Welcome to the _____ Meeting of Compulsive Eaters Anonymous – H.O.W. My name is _____, and I am a compulsive eater and the leader for this meeting.

Will you please join me in the **Serenity Prayer**?... “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Is there anyone here for the **first time or a returning member**? Please give us your first name so we may get to know you.

Compulsive Eaters Anonymous-HOW is a Group of individuals, who, through shared experience and mutual support, are recovering from compulsive eating. 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. CEA-HOW 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 eating and to carry the message of recovery to those who still suffer.

Will someone please **read** the 12 Steps of Recovery (p. 20 Forever Abstinent)
May I have a volunteer to **read** the 12 Traditions (p. 21 Forever Abstinent Book)
Will someone please **read** The CEAHOW Concept? (p. 24 Forever Abstinent Book)
Will someone with 30 days of CEA abstinence please **read** the Seven Tools (p. 22-23 Forever Abstinent Book)?

This is a CEAHOW Relapse Prevention meeting. This meeting ends at _____. (On the **fourth** week of the month, we have a speaker who shares their Experience Strength & Hope for 15 minutes.) We normally hold our business meeting _____
_____ for a maximum of 15 minutes.

All those who choose to will be offered a chance to share provided they have seven days of continuous CEAHOW abstinence as outlined in the CEAHOW tools. We ask that no one give advice and please no cross-talk. We further ask that those who share keep to the subject at hand and remain positive by offering experience, strength and hope. Shares will be self-limited to 3 mins and please no 2nd shares until everyone who wants to has had a chance to share.

We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but just for who we are. This is especially true of CEA HOW members who are still suffering. We have been in program for some time, perhaps for months or years, but either we have not attained abstinence or we are in relapse. When asked what helped us the most, people who have gone through this painful experience agree on one thing: “Being loved and accepted - - even when they were compulsively eating, even when they

were falling apart emotionally, even when they felt hopeless and unlovable - - was the key to their eventually loving and accepting themselves and, from there, getting abstinent.”

At approximately 45 minutes past the hour...

MEETINGS

FIRST WEEK OF THE MONTH - - SYMPTOMS & SOLUTIONS

(leader choose one topic D & R. If enough time, go onto another.)

1. **INCREASED STRESS:** Loss of abstinence not being as important as it was, letting a relationship become more important than or program, all the little stresses that we just ignore or stuff, not working a program the way we used to.
2. **THINKING:** Old ways of thinking slip in, we ignore them and don't talk about them with anyone in the program.
3. **FEELINGS:** A change in the way we perceive ourselves; everything is great, when it really isn't; we are depressed and do nothing about it.
4. **BEHAVIOR:** We start to act differently, like, covering up what's really going on inside. “I look good on the outside, because that's the behavior I want others to see, but I know something is wrong.”
5. **DENIAL:** Our thoughts go something like this- - “I feel different, everything about me is different, my thoughts, my behavior, feelings - - but these pass quickly and, besides, I don't want to think about this.” This will get progressively worse over time.

Leader: (Please read) Please - - STOP right now and identify not how you are feeling but WHAT you are feeling.

If any of these items apply to you, please discuss them with your sponsor or another compulsive eater and discuss it IMMEDIATELY- - you may not have the luxury of time !

(Floor now open for discussion)

SECOND WEEK OF THE MONTH (Choose one or two of the following D & R)

(LEADER READS : *The most common cause of relapse is that we have stopped doing what kept us abstinent.*

We cut back or stopped going to meetings. Cut back or stopped praying every day. Cut back or stopped calling our sponsors daily. Stopped reading and writing daily. Never started or stopped making our daily outreach calls. Never started or stopped doing service. Stopped applying the 12 Steps into our everyday and everything lives.

RELAPSE PRONE THINKING:

I deny my fear

I convince myself I'll never break my abstinence

I become overconfident about my recovery

I decide that "not eating compulsively" is all I need

I become critical of how others work their programs

I behave compulsively: I overwork or underwork; I overtalk or withdraw: I oversleep or undersleep

I start isolating

I view my problems as insolvable

I make unrealistic or haphazard plans

I live in the "there and then"

I avoid having fun

I overanalyze myself

I become

Irritated by friends and family

I am easily angered

I begin blaming people, places, things, and conditions for my problems

I begin doubting my disease

I experience periods of deep depression

I hoard money, sex or power

I develop an "I don't care" attitude

I openly reject help

I rationalize that eating can't make my life any worse than it is now

I feel sorry for myself

I have fantasies of eating like normal people

I begin to lie consciously

THIRD WEEK OF THE MONTH - - RECOMMITMENT TO STEPS 1, 2, 3

Recommitment to Steps 1, 2, 3

- a. Are you ready to have your HP run the show? How have you shown evidence of this willingness?
- b. How do you intend to seek HP?
- c. Discuss what actions you will take to prevent yourself from taking control again?
 1. In the area of food
 2. With your family
 3. In manipulation of friends
 4. In dealing with character defects

--- O R ---

“MY RELAPSE 911 PLAN”

Make a list of 10 things you can do instead of using your compulsive eating as a coping device. Keep your list in a place where you can find it when you need it !
(Ask for members to give what they listed and open it for discussion.)

FOURTH WEEK OF THE MONTH

Speaker Meeting - - Speaker chooses one reading from the approved literature and shares on “Acceptance or Surrender”.

The speaker reads that reading and then gives a 15 minute share on their Prevention Relapse Plan....how they have “accepted or surrendered”.

[On Speaker week: introduce speaker & leader or a timekeeper times for 15 minutes).

i.e. BB---Acceptance-448-452/ Surrender-58,63

**** After speaker’s share ask speaker to suggest the topic related to share. ****

(NOTE : If there is a fifth week, choose one of the formats above.)

At approximately **6:05 a.m.**.....

OUR SEVENTH TRADITION TELLS US THAT EVERY GROUP OUGHT TO BE FULLY SELF-SUPPORTING DECLINING OUTSIDE CONTRIBUTIONS. THE MONEY COLLECTED GOES TO SUPPORT THIS MEETING AND ITS EXPENSES AS WELL AS REACHING OUT TO OTHER MEETINGS, MEMBERS AND LEVELS OF THE CEA-HOW ORGANIZATION TO HELP SPREAD THE MESSAGE THAT THERE IS RECOVERY FROM COMPULSIVE EATING . WE ASK YOU TO PLEASE GIVE GENEROUSLY.

PLEASE SEND YOUR 7TH TRADITION PAYABLE TO:

CHECKS TO BE PAYABLE TO :
CEA-HOW BRIDGE MEETINGS P.O. BOX 29048
MSC (MAIL SORT CODE) 250
PHOENIX, ARIZONA 85038

THE INSTRUCTIONS TO USE PAYPAL FOR 7TH TRADITION CONTRIBUTIONS:

- 1) LOG INTO PAYPAL ACCOUNT,
- 2) CHOOSE "SEND PAYMENT" TYPE IN PHONEBRIDGETREASURER@GMAIL.COM.
- 3) SELECT "PERSONAL" THEN "GIFT" THEN AMOUNT AND METHOD YOU WOULD LIKE TO PAY.

Does anyone have any **CEA-HOW-related announcements?**
(including any service positions open)

Sponsors in need of literature & food plans send email to:
phonebridgeliterature@gmail.com

Are there any CEAHOW step-ups or anniversaries?

For new members or returnees to CEA HOW we have volunteers who will stay after the meeting to answer your questions and help you get a sponsor. You must have a sponsor to receive the food plan. Are there any newcomers or returnees here today? May I have a volunteer to stay after the meeting?.

A sponsor is a CEAHOW member who has 30 days of continuous CEAHOW abstinence, has completed 30 days of questions and has taken the first 3 steps. A sponsor will help you work through the 12 steps. Will all **available sponsors** please introduce yourselves, state your length of abstinence, weight loss and if you are a Food, Inventory, Step and or Maintenance sponsor and please give your phone number slowly.

All others are encouraged to stay on the line for fellowship and exchange of phone numbers. To obtain a list of phone numbers for outreach and also to be included on the list email: phonebridgeoutreach@gmail.com

I wish to thank all of the members who took part in today. Please remember our cherished Tradition of Anonymity - Who you hear here, what you hear here, when you leave here, let it stay here.

THE GOOD NEWS IS THAT YOU NEVER HAVE TO RELAPSE AGAIN !

All you have to do is completely turn around your way of thinking about things and dealing with them. All you have to do is let your Higher Power do for you what you could never do for yourself. All you have to do is SURRENDER and ACCEPT your Higher Power's love for you and commit to living your life with love...ONE DAY AT A TIME.

The requirements of CEA-HOW are what this particular group has found to be effective in working this program, and do not represent any other organization or meeting except this one. The opinions expressed here today by those that shared are their own and not necessarily those of CEAHOW as a whole.

Thank you for allowing me to be your leader for this meeting.

After a moment of silence please join me in "**Serenity Prayer**".

At approximately 6:20 am

Re-open meeting for those without the 7 day abstinence requirement.

Close w/**Serenity Prayer** at 6:30 am.
