



Boundaries and Addiction



By Nila J.
Does anyone else have somebody in your life that seemingly lives to antagonize you? The villain of your story. Does

Lex Luthor or the Joker seem like amateurs next to them? This is not a self pity blog or a, "Why, why, why did this have to happen to me!" article. No. I finished doing both of those weeks ago. I must say that I have never come up against an individual who did not like me just because I exist- not based on demographics but just because. At least, Lex hates Superman, because *he wants to be Superman* and the Joker only riles Batman because he considers Batman his only equal. But what does any of this have to do with OA- hold on, I'm getting to that. Abstinence paves the way for recovery. Recovery is simply the retrieval of whatever was lost. In my case, I spent so much time in my own secret fantasy realm eating that one of the things I never learned to do was deal with, lets call them the 'Evil-Lyns' of the world- the antagonist without a cause. Had I been out pursuing interests of mine instead of eating and daydreaming, I'm sure I would have run into Evil-Lyn before. I would have better a clue as of how to deal with her. That is not to say that some non compulsive eaters are any better with Evil-Lyn. A lot of people who do not like this person try to avoid her when they see her coming, while she does whatever she wants.

I say that is giving her too much power; power she does not deserve. So what did I lose that abstinence is helping me get back? Besides time, I lost opportunities to build relational skills and discernment. My ability to read people/ situations is not on par with others in my age group. In social interactions, I feel better than I did two years ago but I still feel exposed and very immature. And I doubt that Evil-Lyn is targeting me for no reason. But I have yet to discover what the reason is. To my surprise, not once has it occurred to me to get a trigger food because of her. Nothing or no one is worth a relapse. Yet, I can't bring myself to do what a family member suggested: ask her what her problem is. Alone, when she doesn't have an audience to play too. I don't know what's holding me back. My instincts say to get out and be kind to my raw emotions. Yet, they also say, stay and find out what the problem is. If recovery is possible, I must be exposed to Evil-Lyn and others from her dreadful home world. How am I going to grow up if I only expose myself to people/ situations I like? What is the point of bothering to become abstinent and doing all that work with the steps if the first time some angry chick that pushes my boundaries, sends me running?

I have to admit that I while the food is not talking to me because of OA, extra time in front of the TV, spending money I should be saving- and other addictive



behaviors crept in on me. Before I knew it, I found another route to places I thought I left behind.... And in the mist of all this I wonder, God, where in Sam Hill are You, anyway?

DEFINING BOUNDARIES,



By Melissa H.
When I first came into recovery, I had no idea what boundaries were, why they were important, or

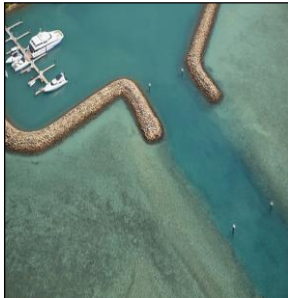
how my addiction affected boundaries. The only boundary I had was to hide who I truly was from others and keep my eating a secret. That really is not a boundary, based on what I know today.

When I Googled the definition of boundary, here is what I found:
The line or plane indicating the limit or extent of something.
A line determining the limits of an area.
A limit: the greatest possible degree of something; "what he did was beyond the bounds of acceptable behavior"; "to the limit of his ability".

Today, based on what I understand about setting healthy boundaries and respecting boundaries of others, I realize boundaries help me be healthy and stay in recovery. I have the right, contrary to what my addiction says, to be safe and take care of myself. I also have the ability to limit difficult experiences or interactions with others. My addiction used to handle all my interactions with others. For example, if someone at work did something that felt uncomfortable, my

addiction had me react one of two ways: do nothing, allow it to happen and secretly fume and resent the person; or, scream and emotionally respond to the person in an over the top manner.

Today, boundaries help me to appropriately respond by letting the person know I disagree or felt



uncomfortable, and to appropriately express any emotions, whether it be to that person to with my sponsor/trusted friend.

Boundaries have truly become a healthy part of my recovery and for that I feel very grateful.



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Ask It Basket Archive

CONFIDENTIALITY—FIFTH STEP

• I did my Fifth Step with another overeater, someone I felt I could trust. But I'm still hearing from her about all my "wrong doings." She keeps bringing up the gory details at inappropriate times, and I'm sure she has told others, too. How do I counteract these actions?

As acknowledged on page 47 of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, "Indeed, admitting the exact nature of our wrongs to another human being has been a frightening prospect for most of us, for we've never before risked such complete openness with another person." Because of this risk, we are advised on page 48 that, "It is important that we choose a trustworthy and understanding person with whom to complete Step Five." How unfortunate that someone whom you trusted with the intimate details of your inventory has chosen to violate your trust by bringing up the character defects that you confided in her. While your question did not indicate whether this individual was your sponsor, we will assume this was the case. Likely, you will want to find another sponsor to help you work through the remaining Steps. Before doing this, however, you might first consider confronting this individual in private and expressing to her how her action has been hurtful to you. You might also read to her a passage from page 49 of our OA "Twelve and Twelve" which states that in doing Step Five "we are not looking for someone to tell us how to manage our problems. What we need is a loving witness, someone who will keep our confidences and will listen without judging us or seeking to fix us." If you also have strong concern that she has broken your anonymity with others, it might be helpful for you to address this issue in the context of Tradition Twelve. No matter how you decide to deal with this person, we encourage you to continue your Step work, even if it means finding another sponsor. The longer you

postpone the continuation of this process, the more difficult it will be to work your program. If any other members have handled a similar breach of confidence with a sponsor or other OA member, please send us the story of how you were able to resolve this issue, hopefully in an affirmative way.

— April 1996

http://www.oa.org/pdfs/ask-it_archive.pdf

ANNOUNCEMENT

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BUSINESS & RECOVERY



WSBC LOGO 2010

SPECIAL MEETINGS

August 7	Abstinence Meeting	10:15 AM
August 14	Service B!OA!N!A!Z!A! TBA	
August 16	OA MTI Meeting	6:30 PM
August 26	World Service Convention LA	
	Hilton*	

*FYI- For those of you that are newcomers or like myself and simply did not know but observe that OA hosts a lot of conventions. Here's why- Conventions are Region 8 Board World Service Organization (WSO) meetings that have recovery seminars running at the same time. Both run throughout the day. The OA media CD's are produced from many of the conventions.



NOTES OF HOPE



OVEREATERS ANONYMOUS NEWSLETTER FOR REGION 8 'BOUNDARIES AND ADDICTION'

Retreats are local fundraising efforts by an intergroup of OA. They will not have a business meeting

SERVICE OPPORTUNITIES

Webmaster – Keeps the Intergroup meeting list on line current, posts printable versions of Notes of Hope, posts upcoming OA related events, and makes any other changes or additions requested by Intergroup. The Webmaster should be able to use software that will edit web pages and upload the edited pages. It is also helpful to be able to create PDF files from other text documents.

Public Information Chair - This chairperson is responsible for organizing PI events such as participating in Health Fairs (with an OA booth providing literature), special open PI meetings for newcomers or those interested in the 12-step program, providing approved newcomer literature and OA speakers for Q&A opportunities. This committee may also take PI to young people via school assemblies, working in cooperation with HIPM committee.

NEXT MONTH'S TOPIC

Manageability:



How has your life become more manageable since you started working the steps? Has it changed at all?

Google Group Awareness – it was observed that awareness of the Google group has waned, after the initial surge to get it going. Anyone interested in receiving OA emails can either sign the list in the IG office or contact Angie B. at angieboo401@yahoo.com. Announcements for IG come out on the OA Google Group as well as the electronic copy of Notes of Hope. Also, any communication from Region or World, notices of workshops and special events are shared.