

Action Plans (zoom workshop December 28, 2020)

“An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance, and manageability into our lives.”

Pamphlet, “Where Do I Start: Everything a Newcomer Needs to Know,” p.6.

https://bookstore.oa.org/pc_product_detail.asp?key=044B7B5DE2EC44E6BCA2BE41594DBA5B

So what does that mean??

- It is a plan for actions. It is the positive stuff to do instead of being in the disease.
- It helps to write the plan down.
- Anything that repeats (e.g., daily) is creating habits that sustain my well-being (physical, emotional, spiritual...)

Options/ideas – make it my own. The actions below would be a strong program. What is important today? What am I willing to do today?

At least once:

- See a nutritionist (break it down more: research, talk/write about feelings, become willing, figure out insurance or how to pay, call, schedule, show up, etc.)
- Find (and bookmark) websites www.oa.org, www.oanova.org or my local IG, bookstore
- Order “Where Do I Start...”
- Write out an Action Plan...

Daily

- Call Sponsor
- Call other OA member(s) – maybe “talk to someone or at least leave 4 messages” or “talk to three people a day” or “even if I don’t talk to someone... I can leave a message” – or text someone
- Quiet time (can include prayer or talking to space or whatever)
- Meditate / sit / center
- Read OA literature
- Write – can be on OA literature or freehand or sponsor suggestions...
- Food prep
- Affirmations (read/write/say/allow to feel)
- Gratitude list (3-5 items, can’t be the same every day, look for small and big)
- Give myself permission for new, strong, confusing feelings including sadness and anger (How is this an action? Say, “I give myself permission....”)

- Physical activity – good for fun, energy, health, help with emotions, reduce cravings

Every other day or several times a week

- Meeting(s)

Weekly

- Grocery shopping
- Service (of course phone calls can be more often)

Monthly

- Weigh myself

Using My Action Plan

Keeping track, accountability and support

- Checklist
- Sponsor
- Action buddy or program buddy – maybe “wins and challenges”

Habits/patterns – desire, resistance, determination, willingness, surrender – all that good stuff

Writing/talking about how it is to have/do/use... notice what your experience is ... share...

- What is working?
- What am I finding challenging?
- What is not as you expected?
- Where do I want to put more energy?
- Where is the resistance? When does it show up – day 1, day 7 or 8...? This is when it is especially important to let go of whatever is holding you back.

What is challenging? What is my internal discussion? Can I “talk back” to the disease?

- Do I really have to do all that? What really supports me? What does it take for *me* to recover?
- Am I ashamed to do this? How do I deal with shame?
- But it takes so much *time*.... Is this worth my time? Why or why not? Does putting in this time for these actions make my other time better?
- I don't want to ... but am I willing to?
- I don't know how! But can I learn? Can I practice? Is it ok to be a beginner?