

**NOTES TO LEADER:**

*\*All notes in blue italics are to guide the leader through script, but not meant to be read aloud.*

- Please also identify anyone off camera before the meeting and see if they need help being seen.*

Welcome to the Relapse Prevention Meeting of Compulsive Eaters Anonymous-HOW. My name is \_\_\_\_\_, I am a compulsive eater and the leader for this 1 hour meeting.

Will you please unmute and join me in the **Serenity Prayer**.

*"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Amen."*

Are there any other compulsive eaters here besides myself? Are there any newcomers or returnees? If you're new or returning we invite you to stay after the meeting to have questions answered and for fellowship. Welcome to all.

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.

The Tech Assistant opens the meeting 15-minutes before the meeting starts, so please arrive early and stay through the whole meeting to keep the visual connection consistent. If you need assistance with your video or audio during the meeting, click on the "CHAT" icon to directly message the Tech Assistant (name) privately with your question. Otherwise, you can minimize or close your chat box to refocus yourself on the meeting. We host the live video meetings to unite in recovery by allowing ourselves to be seen. CEA-HOW is a fellowship governed by our tradition of anonymity, so we ask that *only* people who identify as compulsive eaters are present in the room and on camera during the meeting. Here are some guidelines to help the meeting run smoothly -- please be alert, attentive and focused on the meeting in a seated position. Keep your video on if possible and mute your microphone when not speaking. When your video and microphone are on, keep all noise and distractions to a minimum including keeping your device steady for clear reception, avoiding multitasking and keeping all food off camera. Lastly, we ask that you avoid being in bed during the meeting if at all possible.

There is no abstinence requirement to read, except to read the Seven Tools of CEA-HOW. Please say your name before volunteering to read.

- Will someone please read "**Chapter Five—How It Works**" p.58 of the Big Book.

The following can be found in the Forever Abstinent book or on the [ceahow.org](http://ceahow.org) website.

- Will someone please read "**The Twelve Steps of Recovery**"
- Will someone please read "**The Twelve Traditions**"
- Will someone please read "**The CEA-HOW Concept**"
- Will someone with 30 days of continuous CEA-HOW abstinence please read "**The Seven Tools of CEA-HOW**"

We'd like to get to know and welcome each other, please introduce yourself by first name, location, sponsorship qualification (length of abstinence, weight change, level of sponsorship), and if you are available for sponsoring and/or outreach. Please refrain from posting your number in the chat box until after the 7th Tradition break. Again, my name is \_\_\_\_\_, I am in \_\_\_\_\_, ...etc. (*\*Leader verify-call out the unknown participant-all unidentified names or numbers, and Tech Asst will assist-send a private direct message.*)

**Before shares begin, read housekeeping guidelines below.**

This is a CEA-HOW CEA-HOW Relapse Prevention meeting. The fourth week of the month, we have a speaker who shares their experience, strength and hope for 15 minutes.

There is no abstinence requirement to read. At any time after the reading, everyone is offered a chance to share,

provided they have at least 30 days of continuous CEA-HOW abstinence. Those members who have at least 7 days of continuous CEA HOW abstinence may share if their sharing has been discussed with their sponsor.

We ask that no one give advice and please no cross-talk. Crosstalk during a meeting refers to expressing a compliment, commenting on someone's share, any form of disruption, advice giving, or speaking directly to another person rather than to the group. Sharing from our own experience, and avoiding crosstalk frees us from worry about negative or positive judgment. We further ask that those who share keep to the subject at hand, avoiding outside issues such as: religious creeds, other 12-step programs (except in passing), or outside literature or philosophies, and refrain from mentioning any specific foods.

May I have a volunteer to be our Timekeeper? Thank you for your service.

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 the 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 eating compulsively, 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.

### **First (1) Week of the month – Symptoms and Solutions**

*(Leader chooses one topic to discuss. If there is time, the leader chooses a second topic.)*

1. **Increased Stress**: Loss of abstinence not being as important as once was, letting a relationship become more important than our program, all the little stresses or stuff that we just ignore, or 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 reads)* 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! The floor is now open for discussion.

### **Second (2) Week of the Month - Relapse Prone Thinking**

*(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 stop 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 lives.

**Relapse Prone Thinking:***(Leader chooses one or two of the following topics to discuss)*

- 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 under-work; I over-talk or withdraw: I oversleep or under-sleep.
- 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 over analyze 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 (3) Week of the Month – Recommitment to Steps 1, 2 & 3 OR My Relapse 911 Plan**

#### Recommitment to Steps 1, 2 and 3

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

- - - OR - - -

#### My Relapse 911 Plan

- Make a list of CEA-HOW actions 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 share what they listed and open for discussion.)

### **Fourth (4) Week of the Month – Speaker Meeting**

The Leader introduces the Speaker.

- The Speaker selects one reading from the approved literature and shares on "Acceptance" or "Surrender".  
Examples: "BB" – "Acceptance", pages 417-420, 4<sup>th</sup> Edition, or "Surrender", pages 58 and 63.
- The Speaker then reads the selected reading and then gives a 15-minute share on his/her Prevention Relapse Plan and how he/she has accepted or surrendered.
- After the Speaker's share, ask the Speaker to suggest a topic related to the share.

### **Fifth (5) Week of the Month – Leader's Choice**

(If there is a fifth week Leader chooses one of the formats above.)

Lastly, before sharing please state your name. May I have a volunteer to begin sharing?

**\*10 minutes before the end of the meeting\***

### **7th Tradition & Announcements**

Our **Seventh Tradition** tells us that every group ought to be fully self-supporting, declining outside contributions. The 7th Tradition is the only source of income to support Live Video meetings, sponsorship of retreats, sending Area 10 delegates to represent us at the annual business conference, and spreading the message that there is recovery from compulsive eating. At Live Video meetings, we don't pass a literal basket or hat, but we do ask you to give generously, as there is a monthly Video service fee.

To make a contribution utilizing PAYPAL the tech assistant will post the information in the chat, or it can be found on the intergroup website at [www.ceahow-eie.org](http://www.ceahow-eie.org). Or to send a check, please email [eie.ceahow@gmail.com](mailto:eie.ceahow@gmail.com) for a mailing address.

## **Birthday & Step-Up**

Do we have any CEA-HOW "birthdays" or "Step-Ups"?

## **Announcements**

Are there any CEA HOW related announcements?

## **Assisting Newcomers**

For those of you who are new to CEA-HOW we will have a volunteer to stay after the meeting to answer any questions and assist newcomers with getting a sponsor. You must have a sponsor to receive the food plan. May I have a volunteer to stay and assist newcomers or returnees?

## **Literature**

There is CEA HOW Literature available to support you in your journey toward freedom from compulsive eating. The tech assistant has posted the website in the chat on where to obtain this.

## **Outreach**

Now is the time to share your telephone number live during the meeting. Click on the Chat icon in the toolbar and enter your information. Also, if you would like to be added to or receive an Outreach Phone List for the English Electronic Intergroup please email: [eie.outreach@gmail.com](mailto:eie.outreach@gmail.com). This email has also been posted in the chat by the tech assistant.

## **Closing the Meeting**

I wish to thank all members who read and shared during the meeting. Please remember our cherished 12th Tradition which states: **"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."**

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.

Will someone please read **page 11** from **As Bill Sees It, "Quantity or Quality"** (Optional)

*"About this slip business—I would not be too discouraged. I think you are suffering a great deal from a needless guilt. For some reason or other the Lord has laid out tougher paths for some of us and I guess you are treading one of them. God is not asking us to be successful. He is only asking us to try to be. That, you surely are doing, and have been doing. So I would not stay away from A.A. through any feeling of discouragement or shame. It's just the place you should be. Why don't you try just as a member? You don't have to carry the whole A.A. on your back you know!*

*It is not always the quantity of good things that you do, it is also the quality that counts.*

*Above all, take it 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 does not represent any other organization or meeting except this one. The opinions expressed by those who shared are their own and not necessarily those of CEA-HOW as a whole. Thank you for the opportunity to lead. After a moment of quiet meditation, remembering all those in and out of the rooms who are still suffering, will all those who care to, please unmute and join me in the **Serenity Prayer**.

*"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Amen."*