

5 Minute Writing Exercise – SLIP vs. RELAPSE

Please share your experience, strength and hope on Slip vs. Relapse.

Slip is that I got very close to the edge of the abyss. Relapse is that I fell into the abyss.

When I think of slips and relapse, the vision of wet and icy roads comes to mind. I picture myself slipping on the ice; I relapse when I pick myself up and do it over and over again. I have had many slips in my program but I have had many more relapses. Program has taught me that I'm loved and accepted with understanding from a family who understands and supports me. This has eliminated the slips and stopped the relapses (just for today) and one day at a time.

I've not understood what a slip is. I do understand abstinence as eating a balanced food plan with life in between which leads someone to a spiritual recovery. I see relapse as disregarding eating within a food plan, delving into self-centered sufficiency and melting into depression, misery and rapid weight gain.

Perhaps a third should be added – break in my abstinence. (1) A relapse is a prolonged period of loss of abstinence – continuing compulsive behavior (binging, vomiting, etc.). (2) Where as a slip could be a mistake – like OOPS – didn't realize that had _____ in it and it tasted so good I had a lot of it until I realized I needed to stop, or just a mistake – used the tools, stopped, etc. (3) A break in abstinence (I just heard this) – I've been abstinent 15 years (or whatever) and I all of a sudden found myself eating (usually something on my food plan) unconsciously. As soon as I realized what I was doing I stopped, called my sponsor and others – used the tools.

A slip is something I catch or a conscious decision to make a one-time change to a food plan. Relapse is taking over. It is not following a food plan, not using a sponsor or attending meetings. It is disconnecting from Higher Power. It is once again being on the endless circle of I did it, oh well I'll do it again, I did it again, oh well why stop now, I can't stop, I can't stop, I can't stop, I don't even want to stop.

I am terrified to lose my abstinence. I do 3 meals a day nothing in between. I was in a commercial weight loss program which worked some for me for a year until I took a little break. My favorite foods called to me. It took 4 more years to find OA. Through the fellowship and attending meetings, I became abstinent. I have lost twice as much weight, maintaining at 155 lbs. and am celebrating 6 years of abstinence. I see my little break as a relapse. It was an introduction to a long relapse. A slip is a break in abstinence but there is hope to get right back to my abstinence.