

Recovery from Relapse

Support group	12 Steps	Food plan	Sponsorship	Progress
Cross-addiction	Step 9	Serenity	Abstinence	Step 4
Accountability	Meetings	FREEDOM	OA literature	Step 12
One day at a time	Share	H.O.W. (Honesty Open-mindedness Willingness)	Recovery chips	Gratitude
Body image	Cravings	Self-care	Emotional eating	Service

Recovery from Relapse

Trigger	Step 1	Share	Serenity	Step 12
Body image	Cravings	Service	Recovery chips	Cross-addiction
Self-care	Abstinence	FREEDOM	Meetings	12 Steps
Progress	Support group	Unity	Emotional eating	Accountability
Sponsorship	Fellowship	OA literature	Food plan	H.O.W. (Honesty Open-mindedness Willingness)

Recovery from Relapse

Self-care	Cross-addiction	Share	Service	Fellowship
Abstinence	Unity	Food plan	Trigger	Step work
Emotional eating	Step 12	FREEDOM	One day at a time	Sponsorship
12 Steps	Cravings	Recovery chips	OA literature	Higher Power
Support group	Accountability	Step 4	Body image	Step 9