

## ***You look great! What have you been doing?***

We in Overeater's Anonymous sometimes hear this and we are provided with a rich opportunity to carry the message to someone who may need to hear it. Some of us, however, freeze up, step back and do not offer our truth in these situations. We may feel shame. We may feel fear. We may just take too long figuring out what to say and lose the opportunity. We may benefit from thinking through what gets in our way and perhaps practice a bit so we are ready.

***Carrying the message to others simply means  
to unselfishly share our experience, our strength  
and our hope with them.***

The PIPO sub-committee of Region 5 recognizes the power of our individual stories at just the right time to share information about our program with others. We recognize that our recovery depends on our willingness to share it, but some of us need an extra nudge, a little practice and perhaps some helpful examples of what we could say when this opportunity arises.

***We have provided examples of our own responses in these situations  
as well as some helpful resources from oa.org below!***

*These are real responses from each of us on the PIPO R5 sub-committee and we invite you to write your own response so that you are prepared and ready to work step twelve with ease.*

## ***You look great! What have you been doing?***

*...Why thank you! Gratefully I found a way to lose 100 pounds. I have been able to keep the weight off for years now. There are no dues or fees and I feel satisfied with my meals. Would you like to hear more? Let's set a time so we can talk.*

***Carol D.***

*...I've been coming to Overeaters Anonymous since 2001. I used to weigh at least 437 lbs. I've weighed about the same since 2003. Overeaters Anonymous is the only thing I've done that has lasted this long. Some days are better than others. Still, I keep coming back, because it works. More info is at [OA.ORG](http://OA.ORG).*

*(Then I wait to see if they have any questions. Comments. And I do what I can to respond to those. If not I offer my phone number in case any questions come up later. Best way: I ask if I can text my phone number to them. This way I have their phone number and can follow up with*

*them later. Let them know I'm thinking about them. I also let them know I'm open to their call at any time - If I'm able to pick up, I will. If not, and a call back is asked for, I will call them back.)*

**Chris**

*...Oh, thanks! I finally realized that I had a real problem with certain foods. I'd get started and then have a hard time stopping. I heard about Overeaters Anonymous and decided to give it a try. Nothing else was working. It's a 12-step program and it's been a huge help. Not just with food and my weight but with the way I thought about those things. If you're interested check out [OA.org](http://OA.org) or I'd love to talk with you some more about it sometime. Have a great day and I'll see you later.*

**Pam L**

*...Hi! I'm Shirley and I belong to a 12 step program called "Overeater's Anonymous." I need to refrain from refined flour and sugar because of what it does to my body. They trigger me to binge on them and other foods. This program helps me to live life on life's terms.*

**Shirley**

*...Thank you! I don't have time to go into it, but I'd love to talk to you more about it. Could I give you a call?*

*(Or) Thank you! I have been working a 12-step program around food. I kept gaining and losing the same weight and felt so discouraged. I have found a lot of healing in Overeater's Anonymous. I have lost 40 pounds and kept it off for 6 years and I think about food a whole lot less. There is a website if you're interested!*

**Melissa**

*...I don't want you to judge my story by the chapter you walked in on. It has been a journey that led to this beautiful destination. I am happier, saner, and feeling good. Looking great isn't just a state of body but a state of mind. I use the Overeaters Anonymous 12 step & 12 traditions as my guide. If you need information, text me at 937-829-7129, I will be happy to discuss what, how, when, where and why.*

*(I am also going to have this printed on a business card to pass out in the event that I don't have time to say it!)*

**Sally**

*...Thanks for noticing the changes. I've been following the Overeaters Anonymous 12-Step program. It is similar to AA in that I had to identify the foods that affect me negatively and abstain from them. The 12 Steps are the roadmap for successfully living in this manner and have completely changed my life in multiple ways. I attend meetings regularly and if you are interested can direct you to a website to help you find one that might work for you.*

**Sheryl G.**

*...Well I was overweight all of my life until I started going to a program called OA. I learned that it wasn't about my willpower. I had great willpower everywhere else. It was really like an addiction. Since I started going to Overeaters Anonymous I've learned so much. Would you like to call me and we can talk more?*

**Linda**

## **Resources from OA.org that may be helpful:**

[Person to Person: Carrying the message . . . our special gift #108](#)

*A pamphlet on handling these very situations when we are asked about our program!*

<https://oa.org/app/uploads/2021/08/carrying-the-message-guide.pdf>

*Do's and don'ts when we are sharing our story with others who are hearing about OA for the first time...*

<https://oa.org/app/uploads/2022/05/carry-the-message-workshop.zip>

*A workshop on carrying the message that you can provide for your IG!*

***Thank you for being prepared and carrying the message!***