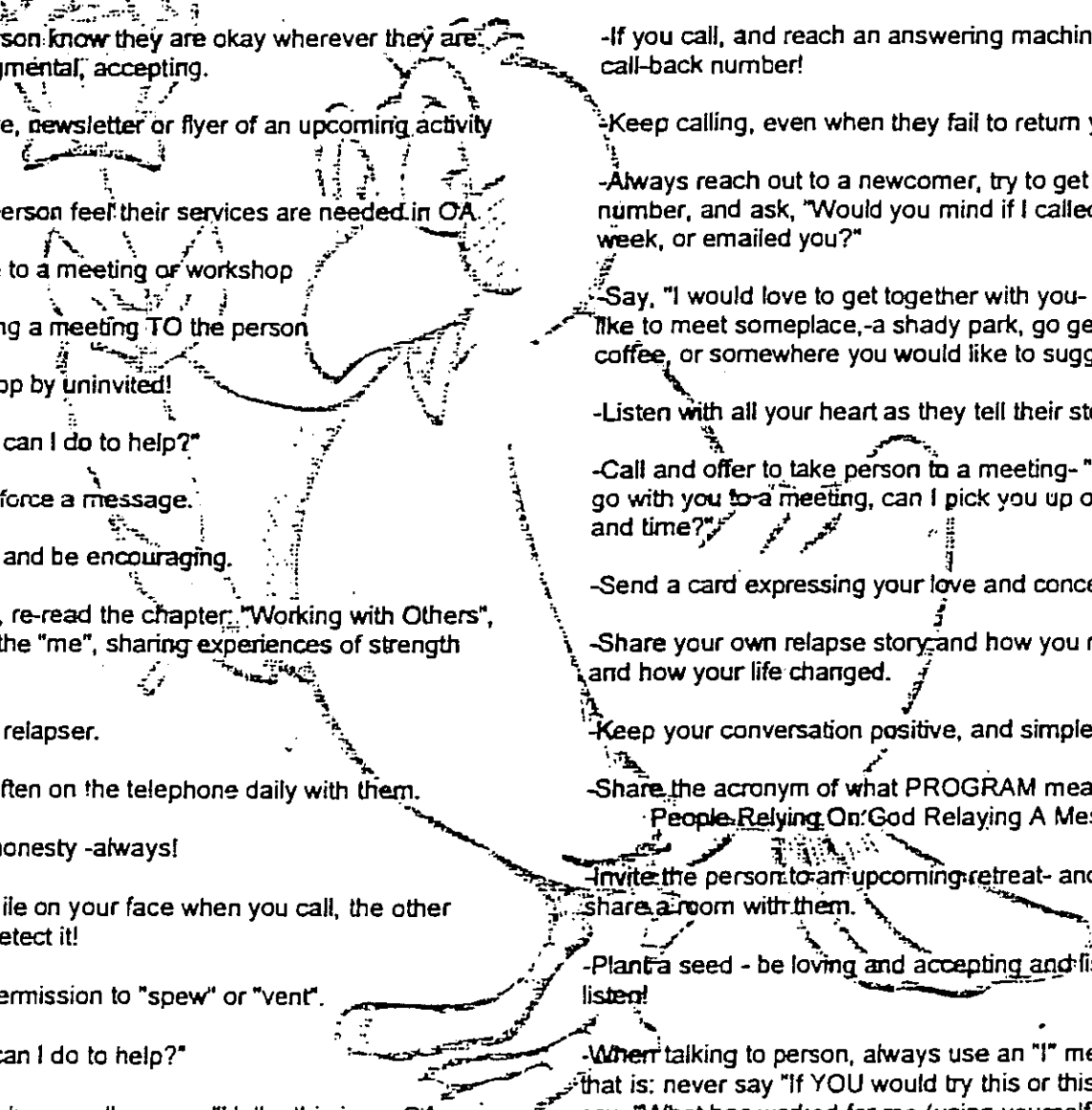


What Can I Say To Help a Friend in Relapse?

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- "I've missed you at meetings. How are you doing?"
 - Let the person know that you care. Call people who haven't been to meetings in a while.
 - Let the person know that recovery is available.
 - Share your own struggles with relapse, and how you are trying to overcome it. Say, "It's ok to be a retreat and people DO survive relapse".
 - Let the person know they are okay wherever they are. Be non-judgmental, accepting.
 - Send a note, newsletter or flyer of an upcoming activity to them.
 - Make the person feel their services are needed in OA.
 - Offer a ride to a meeting or workshop.
 - Offer to bring a meeting TO the person.
 - Do NOT drop by uninvited!
 - Ask, "What can I do to help?"
 - Don't try to force a message.
 - Email them and be encouraging.
 - In Big Book, re-read the chapter "Working with Others", and keep in the "me", sharing experiences of strength and hope.
 - Pray for the relapser.
 - Reach out often on the telephone daily with them.
 - Share with honesty -always!
 - Put a big smile on your face when you call, the other person can detect it!
 - Give them permission to "spew" or "vent".
 - Say, "What can I do to help?"
 - Sometimes when a caller says, "Hello, this is an OA outreach call, it can be a turn off to the listener, and can appear to be impersonal, like the caller is being obligated or "required" to call.
 - Ask, "How are you doing?" If they answer, "Fine, fine, just fine." that is frequently a red flag clue that they are NOT doing fine. Say, "You know, I have heard that the explanation of FINE usually means: Frustrated- Insecure-Neurotic-Exhausted - this will usually bring a laugh or break the ice so they will be encouraged to keep talking to you"
 - Say, "You know, I recently had an experience that made me think of you. May I share it with you?"
 - Say, "Is this a good time to talk? If they say no, then counter with: "Would you mind if I called you back, is there a good time for you?"
 - If you call, and reach an answering machine, leave a call-back number!
 - Keep calling, even when they fail to return your calls.
 - Always reach out to a newcomer, try to get their phone number, and ask, "Would you mind if I called you this week, or emailed you?"
 - Say, "I would love to get together with you- would you like to meet someplace, -a shady park, go get a cup of coffee, or somewhere you would like to suggest?"
 - Listen with all your heart as they tell their story.
 - Call and offer to take person to a meeting- "I'd love to go with you to a meeting, can I pick you up on this date and time?"
 - Send a card expressing your love and concern.
 - Share your own relapse story, and how you recovered, and how your life changed.
 - Keep your conversation positive, and simple - K.I.S.S.
 - Share the acronym of what PROGRAM means to you - People Relying On God Relaying A Message.
 - Invite the person to an upcoming retreat- and offer to share a room with them.
 - Plant a seed - be loving and accepting and listen, listen, listen!
 - When talking to person, always use an "I" message - that is: never say "If YOU would try this or this. Instead, say, "What has worked for me (using yourself as the example) is the following: Or say, "I feel this way", not "You should do or feel this way".
 - Before calling, prayerfully ask God or your Higher Power the best way to approach a person when calling - it will be revealed to you!