

A SPONSOR'S TOOLBELT



Get ideas from
the Overeaters Anonymous,
Board approved holiday workshop
“A Sponsor’s Toolbox.”

Grab some new tools or just refresh your memory!!



- Getting a Newcomer Started
- Getting Honest About Food and Weight
- Food “Slip” Inventory - Slips are learning experiences - what did you learn?
- Fifteen Characteristics of Effective Sponsors
- Tips for Sponsoring
- What do you say to someone who calls and says “I want to eat”?
- And many more great **helps** and **ideas!**



Click on the link below to connect to the full document on oa.org website 

<https://oa.org/app/uploads/2021/08/a-sponsors-toolbox.pdf>



This message is from the Region 3 Twelfth-Step-Within Committee (TSW) reaching out to those who still suffer and address relapse recovery.

Keep Coming Back, It Works **When** You Work It,

And **YOU** are worth it!!!