

FOOD SLIP INVENTORY

1. The food is always the last to go, so inventory it first. Write down exactly what happened as if there was a video camera rolling.
2. Remember that food is the symptom, not the problem. Before the slip occurred, there was emotional distress of some sort. Go back several hours or the previous 24 hours or a few days and come forward.
 - a. What feelings were you experiencing before the slip? (It may help to think about this first and also to talk to someone else to get clear before writing.)
 - b. Were you avoiding facing something?
 - c. What lies did your disease tell you that you decided to believe? How did you decide that it was okay to eat and drink?
3. What was the spiritual problem? Was God/your HP anywhere? Did you do your morning 11th Step work?

GOING FORWARD

4. What physical actions are you ready to take to become abstinent and stay abstinent?
5. What emotional actions are you ready to take to become abstinent and stay abstinent?
6. What spiritual actions are you ready to take to become abstinent and stay abstinent?