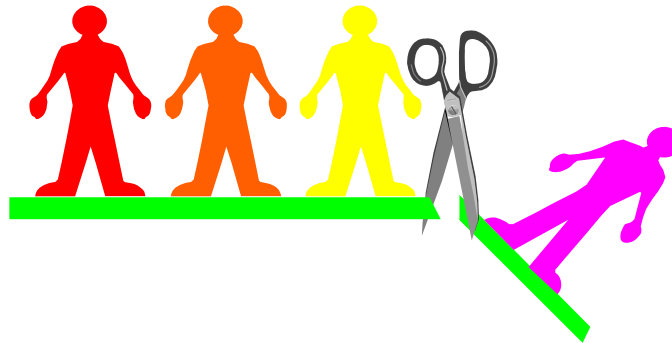


**Overeaters Anonymous**  
New Hampshire Intergroup's  
Twelfth Step Within Committee



***Carefrontation***

**Are you struggling with abstinence?**

- Are you deep in relapse, feeling hopeless about ever getting abstinent?
- Do you think you have never received the level of recovery, abstinence and serenity that you see in other OA members?
- Do you feel you can't go on eating the way you do, but you can't imagine being able to eat any other way?
- Do you feel you don't "get" the program but really want it?

IF YOU HAVE ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, THEN YOU MIGHT BENEFIT FROM A CAREFRONTATION:

- Meet with OA members with long term abstinence.
- Tell them your difficulties with the program.
- Hear their experience, strength and hope AND get their feedback for you.

\*\*\*This is a service for those who want help for themselves.\*\*\*  
Please DO NOT CALL for others.

If you wish to have a carefrontation contact:      Peggie – 603-434-0771  
                                                                                 Elaine – [elzaw@comcast.net](mailto:elzaw@comcast.net)