

BODY IMAGE SEXUALITY RELATIONSHIPS & RECOVERY

OA is developing a new publication and wants to hear your experience, strength, and hope on the topics of body image, sexuality, and relationships.

Help others by sharing how maintaining abstinence, using the Twelve Steps, and relying on a Higher Power has meant a life free from shame and isolation and one full of beauty, love, and self-acceptance.

SEND US YOUR STORY!

- » How has your physical, emotional, and spiritual recovery affected your body image?
- » What is your experience of feeling connected to your body before OA? In OA?
- » How has your physical recovery affected your emotional and spiritual recovery?
- » Are the decisions you make for yourself at a healthy body weight different than those made when you were over- or underweight?
- » How has your sexuality been affected by your physical, emotional, and spiritual recovery?
- » What aspects of sexuality have been the most difficult to face in the light of recovery, and how did you deal with these issues?
- » How do you celebrate your sexuality as a recovering member of OA?
- » How are your intimate relationships different as a result of your physical, emotional, and spiritual recovery?
- » How do you stay abstinent when dating, in a relationship, or during a breakup?
- » How do you relate your recovering body image and sexuality to your relationships?

Stories of approximately 500 words have a greater chance of publication, and submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.

Submissions are not returned. All submissions must contain the author's full name and address. **You may request anonymity with publication.**

Your state, province, or country may remain anonymous if you so indicate.

Due by January 31, 2016.

Email your story to

info@oa.org with subject

line "Body Image."