

THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 635
WICHITA, KANSAS 67207



Nov 2010

Extinction Burst

I was reminded in a recent meeting about the helpfulness of the pamphlet, “Before You Take That First Compulsive Bite”. One of the suggestions in it is to not think about how good that certain food would taste. This really hit home for me. When it comes to my eating habits lately, I have been faithful in my actions, but not always in my heart and mind. I may be passing up the treats, but inside my mind, there is still a lot of noise going on about how yummy that treat would be and how sorry I feel for myself for not getting to eat it.

I subscribe to a newsletter from a man named Alan Cohen. Once in awhile, he has something to say about addiction that I find helpful. Below is such an article:

“Dee and I enjoy watching a television program called, “It’s the Dog or Me,” showcasing the skills of dog behaviorist Victoria Stillwell. In each episode Victoria takes a seemingly impossible case of dog misbehavior and helps the dog and its owner correct it.

In one segment Victoria was called to rehabilitate a dog who demanded to be given a treat by its owner, and would bark incessantly if he did not receive it. As part of the therapy, Victoria held a treat before the dog and purposely did not give it, in an effort to train the dog to be patient. The dog barked a little at first, and when he realized the treat was not forthcoming, he became more and more vociferous, almost to the point of being vicious. As the dog’s owner observed the escalating misbehavior, she became anxious.

“Don’t worry,” Victoria reassured the owner. “This is just an extinction burst. Sometimes the bad behavior gets worse before it gets better.”

When you seek to change an undesirable habit or addictive behavior pattern, when the habit is threatened, it will often intensify. In a way, that is a good sign. It means that you have plumbed to the core of the habit and you are in a key position to reprogram it. If you can just hang in there and not reinforce the unwanted behavior, it may get worse for a while, but eventually it will give up and the situation will get better.

On the television show mentioned above, the dog barked for another few minutes, and then gave up. A corner had been turned, and a new, more positive habit was being established.

If you encounter an extinction burst in your behavior or that of another, don’t despair. You may be getting closer to the end of what isn’t working, and closer to your desired change.”

This barking dog reminds me so much of that voice in my head that is screaming for treats, for stimulation, for escape from my life and its responsibilities. I have struggled with “not thinking” about those foods that I crave, and felt like a failure when I couldn’t get the dog to stop barking. This story helped me become aware that the dog may be barking, but I don’t have to give in to its demands. More importantly, I don’t have to buy into what it’s saying. The dog may think it needs the treat, but I know better. I know better.

Bark all you want, puppy. Now I know you are just an Extinction Burst. And by the grace of my higher power, I love myself enough to not feed me what will only make me sick.

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Tradition Eleven has completely changed my perspective on life and my place in it. I would never have expected such life-altering effects from the study of a "lowly" tradition, but it happened for me, and in ways that I never imagined.

From the broader fellowship perspective, Tradition Eleven provides guidelines on how to publicize OA without attempting to persuade, convince, cajole, coax, manipulate or even recruit potential new members. At first I didn't understand why I shouldn't do any of the above. Why wouldn't we want to use any means that I deemed reasonable to encourage other compulsive overeaters, anorexics and bulimics to join our fellowship? Shouldn't I recruit other compulsive overeaters to the program, so that they may experience firsthand the strength of recovery that OA offers? It took an eye-opening realization, courtesy of my HP, to help me see the light.

We choose not to promote OA for the same reasons that I function best on a personal level when I'm not attempting to control others' lives. Summoning all necessary honesty and humility, I realized that I rarely, if ever, know what's best for anyone else. In fact, I need the guidance of my HP on a daily basis to determine my own true path. Therefore, any attempt on my part to promote my own wishes for other people is my attempt to control them.

My children are excellent barometers for how well I'm doing with my promotion and control tendencies. As they mature, my kids are much more vocal about wanting to make more of their own choices. I want to ensure they're making healthy ones. I've come to realize that as a parent, I'm much more effective modeling the behavior I want to see replicated versus coaxing, cajoling, manipulating and promoting. As a "natural-born promoter," I often revert to my promoting/controlling behaviors, especially during times of stress. I can't count the number of times I've regrouped by telling myself, "OK, attraction not promotion here." This Tradition reminds me to just work my own program, literally and figuratively. Life is much easier when I'm not promoting my own agenda, and I become more attractive to others as well. I'm guessing that I'm much more fun to be around when I'm not trying to sell others on my way of living.

Tradition Eleven also emphasizes the importance of anonymity in the public forum. For example, if we choose to identify ourselves to the media as OA members, we are careful not to show our faces or give our last names. We do this to ensure that the focus remains on OA's message and the fellowship as a whole. Anonymity moves the spotlight from the individual onto the message being carried.

As a result of this program, I'm living a better life, and am more centered and focused than I've ever been. I currently live by principles that I only haphazardly "visited" when I was eating and restricting compulsively. I have tools that I use on a regular basis to help me live life on life's terms without turning to addictive foods and food behaviors. As long as I continue to do these things on a regular basis, I will be carrying the OA message. As I attempt to live this message on a daily basis, I may attract others who want the gifts I've been blessed to receive. The OA Twelve & Twelve suggests that I am welcome to share my experience, strength and hope with others, along with factual information about the OA program. In doing so, I will ensure that our message is carried to those who may need it. I will have publicized OA without promoting it, and I'm trusting that HP will take it from there.

~J. S., Olivette



The really idle man gets nowhere.

The perpetually busy man
does not get much further.

~Sir Heneage Ogilvie

ASK Anna Nimity

Dear Anna,

I am miserable! All I do is eat and think about food, even though I have gone to several OA meetings. What do I have to be grateful for?

Hopeless

Dear *Hopeless*,

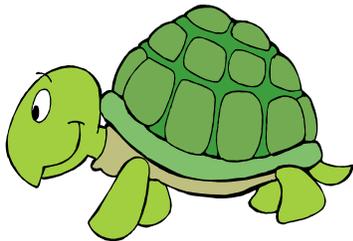
Though it may not seem like it now, finding OA will be one of the best gifts you have ever received. You are breathing, and you can come to meetings—those are two things to be grateful for. Find a sponsor and get busy on the 12 steps. Giving up the obsession with food will enable you to see all of life with an attitude of gratitude!

Yours in humble service,

Anna

**MYRTLE THE
TURTLE:**

Don't quit before
the miracle
happens!



November Big Book Reading List

- | | | |
|-----------|-------------|----------------------------|
| 1. 44-49 | 11. 37-43 | 21. XI-XXIV |
| 2. 50-57 | 12. 535 | 22. Gratitude List |
| 3. 182 | 13. 486 | 23. 375 |
| 4. 328 | 14. 104-113 | 24. 171 |
| 5. 458 | 15. 113-121 | 25. 232-239 |
| 6. 268 | 16. 553 | 26. 151 |
| 7. 474 | 17. 301 | 27. Your favorite
story |
| 8. 219 | 18. 17 | 28. 246 |
| 9. 544 | 19. 388 | 29. 208 |
| 10. 30-37 | 20. 470 | |

ANNOUNCEMENTS

Next Intergroup Meeting, Nov 9, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

www.oawichita.org

**Mid-Continent Intergroup
Treasurer's Report Sep 2010**

Checking:

Beginning Balance	\$591.98
Donations (\$520.30)	
Book Study	\$ 22.00
Monday 7:30PM	\$ 249.30
Independence	\$ 36.00
Monday 10AM	\$ 20.00
Monday 5:30PM	\$ 35.00
Friday Noon	\$ 8.00
Judith from Pratt	\$ 50.00
KS State Conv	\$ 100.00
Expenses (-\$191.71)	
Transfer to Prud Res	-\$191.71
Net (Donations minus Expenses)	\$328.59
Ending Balance	\$920.57

Prudent Reserve	\$3361.02



MID-CONTINENT INTERGROUP OFFICERS

(Terms are 2 years in duration, and are limited to 2 consecutive terms per position)

- | | | |
|---------------|------------|------------------------------|
| CHAIRPERSON: | Deb S. | 316-734-6790 (1st term, '09) |
| VICE CHAIR: | Eva K. | 316-684-5013 (2nd term, '08) |
| SECRETARY: | Mary M. | 316-619-8142 (1st term, '08) |
| TREASURER: | Gay | 316-260-5945 (1st term, '09) |
| LITERATURE: | Barb H. | 316-733-2136 (2nd term, '09) |
| PILOT EDITOR: | Kirsten W. | 316-214-9144 (1st term, '09) |
| PARLIAM.: | Mary G. | 316-652-8689 (1st term, '10) |

All officers are willing to lend an ear for your concerns, comments and questions! Please thank them for their generous