**What do you say to someone who calls and says, “I want to eat!”**

Comments at a BAIG 2010 workshop

1. What happened just before the food thoughts; since it's feelings that trigger the obsession?
2. Compliment them on picking up the phone before taking a bite.
3. Say "put down the food just for now."
4. Tell them to come up with the tool that would be most helpful at this time.
5. Assess what is currently going on in their life.
6. Ask them what they like best about their abstinence.
7. Ask them about their goals.
8. Get out of the kitchen. Move away from the food.
9. Make a gratitude list.
10. Say the serenity prayer.
11. Read some OA literature.
12. Share your strength, experience and hope.
13. What triggered the urge to eat?
14. Plan to attend a meeting and keep coming back.
15. Ask for help from your Higher Power.
16. Remember the goal is to abstain from the first bite.
17. Take an action other than eating.
18. Pray for willingness.

20. STOP!