



LIFEBOAT IV

Protégé Guidelines

Why be a Lifeboat protégé? Lifeboat was created for the last gaspers, those who have fallen in and out of the food so many times they've lost count ... like trying to count the stars in the night sky. If you have been struggling to once and for all get out of the food and become recovered, the Lifeboat might be for you. Created to provide an instant small network for those who are hard-core isolators, the Lifeboat is an opportunity to immerse yourself in recovery once and for all so that in 12 weeks (with 1 week off for good behavior / for the retreat) you can face the holidays recovered.

If you are interested in being part of a small group working together in order to go through the 12 steps the AA Big Book way, the following are the guidelines in order to be a participant. There are limited seats so please don't wait to meet the requirements ... let someone know you are determined to be in the Lifeboat IV!

1. I agree/ I am willing to:

- **Complete the Big Book Intensive** (a.k.a., Boot Camp) as it is written. It should be completed **within seven days** or less, in the order it was written. (If for some reason that document wasn't sent with this document, send an email and it will be sent directly. **It can also be found on sallyatari.com (right side of every page.)**)
- **I understand, I must send an email to lifeboat164@gmail.com when I begin and when I complete the Boot Camp** to let the Lifeboat team know I want a seat in Lifeboat IV and so that they may keep start the timer for the 7 day completion and so that they know I have finished the assignment.
- If you have done the Big Book Intensive, but have not remained abstinent, _____ you may not be ready ...
- **Once you have completed the 7day maximum BB Intensive (Boot camp) finish reading through p. 164 of the Big Book within 14 days from the completion of Boot Camp.** The BB directs this on the bottom of pg. 94, and the middle of 95 and 96.

2. I agree/ I am willing to **work with a sponsor daily:**

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- **Daily commitment of food* and assignments** (see Daily Inventory & Nightly Review form found on sallyatari.com).
- **Sponsor will additionally take my fifth step, and will work with me through the amends process (Steps 8-9).**
 - * Protégé understands that abstinence is a requirement to remain in the Lifeboat.

3. I agree/ I am willing to be abstinent [during Boot Camp and] while in the Lifeboat.

- In order to get a seat in the boat, **you must have seven (7) days of abstinence.**
- Put your start date on p. 13 of the AA Big Book next to Bill's declaration, "I was separated from drink for the last time!"
- If you slip or otherwise break your abstinence during Boot Camp and/or Lifeboat, you must notify your sponsor.
- If I break my abstinence at any point during the Lifeboat, I agree to step out of the boat. I then have the choice of getting on the dock to wait for another seat in the boat, becoming a "fly on the wall", or leaving the Lifeboat.
- If you are slipping and sliding, you will not get the personal attention you may require and so you and your sponsor will discuss the best recourse for your recovery.
- This process requires rigorous (severe) honesty and if you break your abstinence, let your sponsor know.

4. I agree/ I am willing to:

- Have weighed and measured abstinence throughout the Lifeboat.
- Work with a Registered Dietitian ("R.D.") while I am in the Lifeboat. (If you had cancer, you wouldn't try and get well without an oncologist, so take your eating disorder/illness seriously! Begin to live a sound food plan.) Here are three suggestions:
 - Lisa Merrill, MS, RD, CDE / www.lisamerrill.com (ET)/734-502-8264
 - Teresa Wright, MS, RD, LDN / www.sanefood.com (ET)/610-275-3552
 - Lori Herold, RD, LD / www.recoverybytes.com / 757.420.5789 ext. 5 (ET)
- Work closely with my Lifeboat Sponsor and R.D. to identify my red-light, yellow-light and green light foods.

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- Submit my food plan outline along with a list of my binge foods and behaviors to my Lifeboat Sponsor.
 - I realize my Lifeboat Sponsor may have additional restraints such as fried foods, chips, certain fats (peanut butter is common).
5. **I agree/ I am willing to give up sugar, flour, and artificial sweeteners in any form just until this recovery process is completed (12 weeks). For the length of the Lifeboat I will abstain from:**
- All sugar in any form including artificial sweeteners, gum and diet soda and anything that contains sugar or sugar substitutes from the start of boot camp and for the length of the Lifeboat (10 weeks)
 - All flour in any form
 - All alcohol in any form
 - Here again, rigorous (severe) honesty is required.
6. **I agree/ I am willing to be present for every Lifeboat meeting and stay on the meeting through the closing prayer.**
- I agree/ I am willing to attend all of the Lifeboat meetings on Sunday Evenings, 7-9 PM ET) for twelve weeks with the goal of becoming recovered.
 - If for some reason you must miss a meeting, the reason must be worthy of missing your 'chemo therapy' treatment (if you had Cancer) and must be reported to your sponsor **prior** to missing the meeting.
 - Be present on the call 5 minutes early for roll call.
 - Stay on the call through the closing prayer at 9 Pm ET.
 - Protégés are strongly encouraged to participate in the live question and answer portion of the Lifeboat meetings. However, protégés agree to listen to the Q and A portion of the meeting utilizing the play back recording line within 24 hours if unable to remain on the line.
7. **I agree/ I am willing to treat this class like a college course; I will not miss any classes.** There are many who want a seat in the boat destined for the land of recovered. If you cannot make such a commitment at this time, please consider that there are many who can

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and are waiting for a seat. If you're not able to make such a commitment at this time, you're welcome to be a "fly on the wall" where you can listen and come and go as you please.

8. **Prayer** – In an effort to model prayer (because the 12 Step Program does encourage a God consciousness, the Lifeboat Guide will be praying at the beginning and end of every meeting. The meetings will begin and end with one of the following prayers: the Set Aside Prayer, the 3rd Step Prayer, the 7th Step Prayer, the Serenity Prayer, or a personal prayer (staying within the guidelines of Big Book jargon).
9. **I agree to listen to AVFY every morning, five days a week** (only the first hour is required) for the period of time that this Lifeboat is in session (12 weeks). If you cannot listen live, it is acceptable for you to listen at some point within 24 hours of it being recorded. Special Editions are optional. Please do not multitask; have high lighters and pen and book open.
10. **I agree/ I am willing to call three (3) recovered OA members a day** and report to my sponsor (in our daily meeting) that this commitment was met.
 - Additionally, **I commit to develop a network** of 10 fellows who I can call in a pinch and eventually work a 10th step with. I will utilize the VFY website phone list and the Lifeboat phone list in order to accomplish this. (It should be noted that it is wise to build your network with people from all time zones as late night calls to Pacific Time come in very handy for many recovered fellows! Consider making one call to a different time zone per day just to build a strong net!)
11. **I agree/ I am willing to NOT SPEAK at any OA meeting until I am recovered** as I must (if you're desperate enough) actively **listen** so that I can **learn**, then **change**, then become **transformed** and finally **recovered**. (This is for ego reduction as well! We have a thinking



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problem; the food is a symptom.) If you're desperate enough to be in a Lifeboat, it's time to "take the cotton out of your ears and put it in your mouth" (courtesy of AA) Listen!

12. **I agree/ understand that I must have computer access to be a part of this Lifeboat** as important documents are found on sallyatari.com and Avision4you.info. Additionally, I agree to have text function and email as communication from Lifeboat leaders will at times be through these mediums. Protégés will communicate with Lifeboat leaders via email to lifeboat164@gmail.com.
13. **I agree/ I am willing to commit to finish my 4th Step inventory in 14 days or less** so that the group can maintain momentum! Additionally, I will check the Lifeboat Preamble (found on sallyatari.com) regularly for scheduling changes so that my assignments are current and any sudden changes may be communicated.

I have read this document and understand what I must do in order to have a successful journey to the 'Land of Recovered!' I will contact the Protégé Coordinator, Rakefet Z., at (CA / 650.248.1614 PT) to let her know I have finished the requirements and would like to have a seat in the next lifeboat.

Signature _____

Date _____

Once you have printed, signed and dated this, let your sponsor know and send an email to that effect to lifeboat164@gmail.com.

The guidelines stated above are what were required of me. I don't pretend to understand what makes one person become recovered and another stay sick and struggling. If you want what I have, then do what I do. For those of you who have signed this and have made the decision to go to any lengths, once and for all, may I say, "I'm looking forward to working with you! You will never be sorry you buckled down to do this work. It's time to get well! Welcome to Lifeboat III! It won't be long till we reach the land of 'Recovered' and we will say, together, "Land Ho!"

Sally A.



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sallyatari@gmail.com

Sally A. / August 8, 2015