

**"Step
by
Step"**



Overeaters Anonymous
San Antonio Area Intergroup (SAAI)
www.OASanAntonio.com

“Step By Step”

Produced by

San Antonio Area Intergroup (SAAI)

San Antonio Area Intergroup (SAAI) is a service board organized for the support of and directly responsible to local member OA Meetings in the San Antonio, Texas area (Re: OA Ninth Tradition). SAAI is duly registered with the World Service Office (WSO) of Overeaters Anonymous.

We are so fortunate to have a strong recovering community in San Antonio. We wanted to share that with you. The writings included in this booklet were reprinted from “The Swan,” our SAAI monthly newsletter. One of our favorite sections of “The Swan” is one entitled “Step by Step” where recovering Compulsive Overeaters and Food Addicts from our local groups share their experience, strength and hope in working the Twelve Steps of Overeaters Anonymous. We include a step a month in our newsletter and by the end of the year we have a full Twelve Step set to carry with us. We are pleased to share this set with you.

We welcome your thoughts, comments and suggestions. We would also love to hear your experience, strength and hope in working the Steps. With your permission we would include your reflection on the steps in future newsletters. We look forward to hearing from you.

In Joy and Recovery ODAT,
SAAI Service Board

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Step One

*"We admitted we were powerless over food –
that our lives had become unmanageable."*

"Just Powerless"

I knew something was not right even as a young girl, but I just kept thinking, my weight was the problem. If I could just get to the "right" weight, I would be o.k. My dieting attempts included "all or nothing" approaches to eating—a binge /purge cycle that went on for decades. I *tried whatever* diet was popular at the time. I found enough energy or fear to try to do something about the so-called problem (my weight.) Each time I began so hopeful. "This is it. This time, it will work." The first doctor I saw about the problem said I "just needed to eat less." He was right. I just couldn't do it, even as a child.

At last I stumbled through the doors of OA and began to see the light of this 12 Step Program, but only to a degree. I know this program works. It worked for me with God's help for nineteen years. It was not easy, but it did work. It gave me a life I never dreamed I could have.

Eleven years ago I let circumstances -- illness, work, family, *daily living* get in the way of taking care of me. Little by little I let that good life distract me and I stopped doing the things I need to do **each day** to take care of me. I had to learn again that I cannot negotiate with this disease. It is a killer and I want to live.

This time the Steps are for me, the amends is to me and with God's help and the help of OA recovery is for me "One Day at a Time." Before in Phase I of my recovery I could only see part of the problem and part of the healing God has for me, but only part. I want it all.

I am so grateful. God and OA have not given up on me. At last, I haven't either. Soon I will celebrate 19+1 years in recovery. I will joyfully hold a 19-year chip in one hand and 1- year chip in the other grateful for the bridge that joins "where I have been and where I am going." Thank you HP. Thank you OA. JoAnne R.

Step One Reading

AABB: Preface

AABB: Forwards to all editions

AABB: The Doctor's Opinion

OA 12&12: Step One

AA 12&12: Step One

OA (Basic Text) "Keep Coming Back: Rozanne's Story"

Step Two

"Came to believe in a Power greater than ourselves could restore us to sanity."

"The Eleven-Step Solution Begins"

Step 2 outlines the beginning of the "Eleven-Step Solution" to the problem I admitted in Step 1. It is the beginning of my healing process, so I must continue my step work if I am to find the spiritual awakening, sanity and recovery promised in the steps.

Step 2 is simple for me today: I have come to believe in the unconditional love of my Higher Power and that unconditional love will restore me to sanity today. How have I come to believe in my Higher Power's unconditional love for me? I desperately needed this kind of love to get up and face the day, so that's what I envisioned my Higher Power to be. The last three years have brought me some heartache, more than I had experienced before; and I needed someone who was big enough to hold my broken heart and give me the strength to face one day at a time without compulsive eating. I just did not know how to handle the life I was living. The answer came to me in Step 2. I didn't need another person or being telling me I wasn't good enough, or hadn't measured up. I needed love and acceptance just as I was. Voila, I found it in Step 2. This step gives me the courage to get out of bed and face this 24 hours, and to take the rest of the Steps so I can recover.

And what is sanity today? Sanity is refraining from compulsive eating, and a willingness to invite my Higher Power into today's life experiences. I get to take this step as often as I need to any day. Just reminding myself of the unconditional love I receive right now frees my mind of fear, and opens up possibilities I didn't know existed. That frees me to continue my step work and the adventure of recovery just for today. Elaine L.

Step Two Reading

AABB: Bills story

AABB: There is a solution "We came to believe.."

AABB: More about alcoholism

AABB: "We agnostics"

OA 12 & 12: Step 2

AA 12 & 12: Step 2

Step Three

“Made a decision to turn our will and our lives over to the care of God, as we understood him.”

How?

How do I turn my will and my life over? I begin by asking for help which requires me to say the third step prayer and talk to my sponsor, on a daily basis. I say the third step prayer anytime during the day that I feel that I am into selfwill. I plan, report, weigh and measure my food, go to meetings, journal, make reach-out calls, read literature, and give service because all of these things give me freedom from food obsession which in turn allows me access to knowledge of my Higher Power's will for me. I strive to be as honest as I can, telling my sponsor about slips with food and emotional slips because the more I understand about my disease and how it controls me the less likely I am to be fooled by it and the more likely to know the will of my HP. I don't label behaviors/decisions as good or bad. Instead I look at them as useful or not useful. I take time to consider more than one option, and I discuss the possible decisions with others, pray about them, and once confusion has left me, I can make a decision.

How do I know when I am willful? When I don't want to work my program, when I am sure that I know the *right* way and won't listen to others' opinions, when I am frustrated because someone won't see it my way or won't do it my way, when I feel overwhelmed by a problem and don't want to talk about what is bothering or puzzling me, when I feel bloated with self importance or full of self pity, when I am rationalizing why one bite won't matter, I am into self will.

How do I know when I am doing God's will? When I put abstinence first, when I am grateful for what I have in front of me, when I *can consider other possibilities/opinions without feeling threatened*, when I can take necessary action (not nervously overplanning down to the minutest detail) and not be fearful of the outcome, when I fail and can be grateful for the opportunity to have learned what not to do the next time.

“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!” Alcoholics Anonymous p. 63. Kelly M.

Step Three Reading

AABB: Chapter Five: “How It Works”

AABB: Step Three Prayer (page 63)

OA 12 & 12: Step 3 and AA 12 & 12: Step 3

Step Four

"Made a searching and fearless moral inventory of ourselves."

"A Sober Horse Thief" ...NOT

"If you sober up a drunken horse thief, you've got a sober horse thief." That described me when I was abstinent without having the psychic change promised as the result of taking the 12 steps. *I knew something was missing in my recovery. I spoke of and believed in a Higher Power but had a very weak and flimsy relationship with this Power.* Having been in program for years, abstinent physically for long stretches at a time, I had to pray for the willingness to set aside everything I even thought I knew about program, the steps, this way of life and pray for an open-mind. It took years in the program for me to "admit to my innermost self" that I was indeed a food addict and needed help.

The directions in the Big Book are pretty clear and specific for working (taking) the fourth step. It was much more effective when I followed them with the help of a sponsor and the Grace of God. "Resentment is the number offender. It destroys more food addicts than anything else" - including food!!! The food may be down, but resentments remain, along with fears, shame and guilt.

The third step prayer preceded any writing

My first instruction was to simply make a list of any person, institution, or principle that angered me. That was a lengthy list! Next, I was to write the causes and effects, i.e., what had they done (or not done) and what instinct in me was harmed, interfered with, or threatened. This, I was told, was my last chance for "finger-pointing." Afterwards, the detective became the criminal as God helped me look at my part – my dishonesty, selfishness, self-seeking, fear.

"Selfishness-self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate." (P62 Alcoholic Anonymous)

Next, I listed fears –everything from getting old and infirm to returning to overeating – "one hundred forms of fear". After answering a few questions to show me where this fear came from and what I did to try to manage, deny or control it, I gave the fear to God in a prayer – each fear, one at a time. "At once we commence to outgrow fear" is the promise and it is coming true; I am commencing.

The shame and guilt over my sex conduct, using my gender to manipulate, control, having violated my own set of morals time and again gave me lots to eat over. Looking at this on paper was painful. The thought of sharing this with someone – YIKES!! **That** was on my fear list. However, Step Five is next month. Stay tuned!! Anonymous

Step Four Reading

AABB: Chapter Five

"How It Works" beginning with

"Next we launched out on a course of vigorous action"

OA 12 & 12: Step 4;

AA 12 & 12: Step 4

Step Five

*"Admitted to God, ourselves and another human being
the exact nature of our wrongs."*

Steps 2 and 3 started the process of trusting a Higher Power. Step 5 allowed me to develop a personal relationship with that HP who received all my admissions without recrimination or punishment. I felt restored to a state of child-like innocence, wherein mistakes are considered part of the learning process, not fatal flaws. When I realized that my HP loves me unconditionally, I could accept and forgive my mistakes and start growing up. As an adult abstaining from compulsive overeating, I want to do the next right thing and I rely on my HP to guide and direct me into this right way of acting.

As a sponsee, I have shared every 5th step but one, with a sponsor. In each instance I was assured that my actions were no better or worse than anyone's. First, I learned that human beings are very similar in what they want, and what they will do to get it. Second, I felt restored to full membership in the family of people among whom I walked. I no longer felt invisible, and insignificant. Finally, I felt relieved of the drive to achieve more and more just to gain prestige, fame or notoriety; I gained a new understanding of the concept of "enough".

As a sponsor receiving a 5th step, I like to begin by praying aloud and inviting my Higher Power to be present and use me in whatever way is beneficial. I may ask the sponsee to pray out loud also for whatever they feel is needed. I do not have hard and fast rules about how to do a 5th step, whatever allows the sponsee to get the job done is all right with me. Some sponsees like to bring a written copy of the 4th step for me to read as they read aloud; others prefer to speak from notes. At various points in the recitation of resentments and wrongs, a discussion often is in order. For instance, is the sponsee confusing who did the harm, or justifying his/her actions? I have seen how clarifying these points brings relief from guilt, restores faith in the self, fosters forgiveness and allows a workable list to emerge for Step 8.

At the conclusion of hearing a 5th step, I can't improve on the directions in the Big Book of Alcoholic Anonymous: so I suggest my sponsee returns home to a quiet period for a review of their 5th step, and a period of meditation on whether anything was omitted. If anything comes to mind, I ask them to contact me. I also suggest a nap. Connie C.

Step Five Reading

AABB: Chapter Six: "Into Action"

OA 12 & 12: Step 5

AA 12 & 12: Step 5

Step Six

"Were entirely ready to have God remove all these defects of character."

"Simple Willingness"

Early in program this step seemed so simple to me. Sure, God, take my defects, make me a better person; then I would move on through the steps without much thought of consciously cooperating with God for their removal. I realize today I am always on step six. "Being entirely ready" means I have a willingness to change. The Big Book says, "We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us to be willing."

In step four I identified my objectionable behavior. Can I remember my step six commitment as I go through the day and I want to turn to my old behaviors as solutions rather than trusting God and doing things differently?

Today I am not ready to have fear be removed so I may move ahead in my step work toward the design **God** has for my life. And frankly I am not praying too hard for the willingness to remove this. Can I trust God? Sure with the food I can trust God, but what if the changes required to the way I live my life are too drastic for me? As usual I find my fear to be self-centered, that I may lose something I have or not get something I want. The OA 12 & 12 when describing the Step Six principle of willingness says we are "learning through each day's experience the difference between self-will and a simple willingness to cooperate with the guidance of our Higher Power."

I will keep praying for willingness because I have found life in recovery so much better than the alternative. Lynn G.

Step Six Reading

AABB Chapter Six "Into action"

OA 12 & 12: Step 6

AA 12 & 12: Step 6

Step Steven

"Humbly asked Him to remove our shortcomings."

"Teachability"

When I come to OA, the seventh step invites me up to be "one of the group". No better, no worse. I have to learn to allow myself to believe I am deserving of the same credits as I give to others.

Judging other's outsides with my insides, always thinking others more at ease, better at handling life's problems, more advanced in their recovery than I, that is what keeps me from reaching any type of true humility.

I learned that humility is teachability. I need to put aside what I think I know and open my mind to learning new ways to overcome my disease. Humility comes when I remain teachable. I am learning that by trying to do God's will, as I see it, to the best of my ability is practicing humility.

By letting go of old ideas and having the courage to change my core beliefs that have outlived their value, I am practicing humility. I can slowly change to healthier ideas.

For today, I have three ways of checking on my teachability, i.e. humility:

Am I open to suggestion?

Do I avoid judging without investigation?

Do I seek to know and do God's will?

For today, one day at a time, this is how I practice my seventh step. We are not meant to remember it, we are meant to do it. Connie R.

Step Seven Reading

AABB Chapter Six, "Into Action"

OA 12 & 12: Step 7

AA 12 & 12: Step 7

Step Eight

"Made a list of all persons we had harmed and became willing to make amends to them all."

"Willingness"

The first part of Step Eight seemed easy to me, since I had made a list of people for whom I felt resentment when I took my fourth step inventory. The part about being willing to make amends to them all was very hard for me, because I was focusing on the harm many of them had done to me. My Sponsor helped me to see the importance of forgiveness. As long as I was unforgiving for harms that people had done to me, it was impossible to make sincere amends to them for my side of the conflict. I was encouraged to first pray for the willingness to forgive, and then write down the reason I was angry with each person on my list. This writing process helped me to get in touch with my true feelings. It helped to clarify many confused and buried emotions. Unfortunately two of the people on my list were parents who have been deceased long before I came into program. Putting my feelings on paper and truly understanding and forgiving them for all the real or imaginary wrongs I thought they had done to me were so healing. Once God gave me the gift of a forgiving "Spirit" I could see where I was at fault and became willing to make amends to all those on my list. I learned from my OA Step Eight study to turn to God, asking for the willingness to do the things I fear, to make the amends I owe.

I am so grateful for step eight and nine. Releasing resentments and giving and receiving forgiveness are such a huge part of my recovery process.
Vera

Step Eight Reading
AABB Chapter Six,
"Into Action"
(pp76-84)
OA 12 & 12: Step 8
AA 12 & 12: Step

Step Nine

*“Made direct amends to such people wherever possible,
except when to do so would injure them or others.”*

“Amends”

It is a blessing that I was able to do my 9th step during the Jewish High Holy Days last year. The ten days between Rosh Hashanah and Yom Kippur are the most sacred time in the Jewish year. It is when we ask God to write us in the Book of Life for another year and when we ask God to forgive us our sins from the past year. God forgives us for our sins toward Him, but it is our duty to make amends to those people here on Earth we have harmed. In past years, as I went through the ten days of the High Holy Days, I did what I was able to do. Perhaps a perfunctory, “I’m sorry” was about it. Last year, when I was willing to do my real work in the OA program, there was a change. I was able and willing to see what I had done to people and the harm that I had caused. I was able to fully experience the guilt, sadness, remorse and regret and not defend against the pain of these most difficult feelings. It is these very feelings that have caused me for so many tortuous years to alternately starve myself and then overeat over and over again. I could not possibly face what I had said and done to people so I pretended that I had no part, no responsibility at all. I was living a lie; I was the “pretend girl.” Everything was great, when it really was not. My 9th step was the catalyst for change. It was my chance to face my truth and make things right with my God, with others and myself. It was on Yom Kipper, the Day of Atonement that I was able to finish my 9th step. There was a flood of emotions on that most holy day. I felt relieved, free, unburdened, so sad, and most importantly, I felt blessed.

The most impossible thing –to face my God and my truth- was, in fact, not impossible at all. My faith and my trust in God were renewed. I have a different relationship with my Higher Power. It is more honest, closer, more trusting, and more open. This new connection with my God has afforded me a new relationship with myself. I don’t hate myself, I try not to hide from myself, and I try not to bury myself in food or the deprivation of it as a way to punish myself for the harm I have done. Taking step 9 has given me the chance to right past wrongs and to embrace the gift of healthier relationships one day at a time. Suzanne R.

Step Nine Reading

AABB: Chapter Six “Into Action,” p. 76

OA 12 & 12: Step 9

AA 12 & 12: Step 9

Step Ten

"Continued to take personal inventory and when we were wrong, promptly admitted it."

"Daily Growth"

According to the OA 12 and 12, "the purpose of step 10 is to identify and remove from our path today's stumbling blocks, those manifestations of pride, fear, anger, self-pity, greed, and other emotions which are bringing pain into our lives and keeping us from growing today." Funny ... I thought I had gotten rid of those things in Steps 6 and 7, but here they were, constantly popping up. Was there something wrong w/my program? Many years ago I called my sponsor from a pay phone. I felt frantic and helpless because a character defect kept surfacing, and I kept acting out a behavior that I thought I had let go in Steps 6 and 7. I begged her, "When will I stop doing this?" She calmly and lovingly replied, "When you're ready." Again, was there something wrong with my program?

Step 10 tells me that, quite the opposite, there's nothing wrong with my program. Step 10 is the step that makes me realize how human I am ... I make mistakes, I am not made pure as newly fallen snow just because I have asked HP to remove my shortcomings.

Life happens, as the saying goes, and I respond the way I know how to respond. Step 10 acts as my buffer against emotional hangovers and the roaring tornado that I can easily become. Step 10 is the daily checking in with myself and my HP that allows me to let go of the feelings I experience—the very feelings that lead me to eat compulsively. Step 10 gives me a daily process that I can follow to "recognize our emotions and walk through the pain they cause us, but then to let go of them, and turn them over to our Higher Power so that we can regain our emotional balance."

I'll give you an example of some recent 10th step work. I have been feeling overwhelmed at work and at home. What may have started as self-compassion was quickly becoming rampant self-pity. I was taking on responsibilities that didn't belong to me and becoming resentful because of it (no one was asking me to do these things, but one of my character defects is martyrdom). I was feeling anxious and antsy and food was calling me loudly and I was having minor temper tantrums that were threatening to blow out of proportion. I knew I needed some 10th step work.

One of the questions my sponsor suggests I write about on a daily basis is, "What bothered you today?" About a dozen pages later, I was able to recognize the real underlying feelings I was experiencing, the thoughts that

led to those feelings, and the character traits/instincts that were out of whack. By the end of my writing rampage (and that's really what it was), I was able to take a deep breath and ask HP to help me. In fact, those were the last two words I wrote, "HELP ME." I felt

HP's love and comfort, and was able to sleep a full night's sleep for the first time in several weeks. What a miracle. This writing was reprinted from The Recovery Group; Online Step Study Archives; Introduction to Step Ten, Part Two, Leader's Share

<http://www.therecoverygroup.org/wts/2000/2000-10.html#I>

Step Ten Reading

AABB: Chapter Six "Into Action," p. 84 & 85

OA 12 & 12: Step 10

AA 12 & 12: Step 10

Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

"I Didn't Know"

I did not know that I was separated from God when I came to the program. I did not know I was separated from myself. I knew I was different. I knew something was so wrong. Each day I would again fall short of doing what I intended. I would again and again turn back to food, the ever-present drug that dimmed the lights, deadened the pain and took me from my very self--the self God made me to be. In abstinence I could not hide. Little by little with your help the truth began to surface. I began to see that tiny part in me that wanted to save me and was willing to "go the distance" for me. I came to see through the daily guidance of a sponsor, the fellowship of others like me, and the process of working the steps exactly as they are laid out in the BB -- **there is a God I had never known before**, a Higher Power, "doing for me what I could not do for myself." I began to know that Power, the same One that helped all addicts who sought Him "return from the gates of hell."

Right before the directions for Step Eleven in the BB (Page 85) it reads: *"Much has already been said about receiving strength, inspiration and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action."*

That is exactly how it was for me also. I had begun to notice that Presence in my day helping me, guiding me. I had begun to see and feel a connection to this new God, to others in the program and to myself. The directions for recovery tell me these insights and gifts are *not enough*. I must go further. I must consciously **seek** that connection. I must learn to be still, to turn off my "busy brain." I must learn to pray for knowledge of God's will instead of focusing on me and my will. It was not different for me to not decide ahead of time the solution I wanted and to not already know.

This was going to take a lifetime of practice for me to learn, but what mattered is that I **seek today, practice today**. I must practice being still, being present and noticing the presence of a Higher Power in my life. I must practice asking that Higher Power for His will and His power to do it. Left to me it cannot be done. I have to be reminded again and again. **It is not me. It is not up to me.** Over the years I have used many tools in this

seeking. What I have found works best for me are the ones in the BB in Chapter Six This tells me exactly what to do in the morning, at night and during the day to work this step. This helps me "keep it simple." I do not have to reinvent anything. For months I needed to read those directions each day morning and night to remember. I still do that especially when faced with life's little challenges which is most of the time. It helps me also to remember that it is not up to me to understand or reach some lofty level. Just follow directions and **do the best I can today.**

What has happened to me in doing the best I can to work this step is not unique. It is the promised result that comes each and every time I "follow the directions." I don't know why I can make things so difficult at times, but even when I struggle this new God keeps guiding me through the only program that has ever worked for me.

Prayerfully I can now say: "Thank you, God. Thank you, OA, for turning on the light in my heart and in my life and setting me free ODAT."
JoAnne R.

Step Eleven Reading

AABB: Chapter Six "Into Action," p. 85 to the end of the chapter

OA 12 & 12: Step 11

AA 12 & 12: Step 11

AABB: Appendix II, "Spiritual Experience"

Step Twelve

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.”

“Singing your way through the Steps” Alice B.

On the **1st Step** of Program my HP gave to me ...**surrender through the gift of honesty.**

On the **2nd Step** of program, my HP gave to me ... **hope in belief** and surrender through the gift of honesty.

On the **3rd Step** of program, my HP gave to me ... **a God who cares**, hope in believe and surrender through the gift of honesty.

On the **4th Step** of program, my HP gave to me ... **a look at the truth**, a God who cares, hope in belief and surrender through the gift of honesty.

On the **5th Step** of program, my HP gave to me ... **WORDS THAT SET ME FREE**, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

On the **6th Step** of program, my HP gave to me ...**willingness to change**, **WORDS THAT SET ME FREE**, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

On the **7th Step** of program , my HP gave to me ... **a humble prayer for help**, willingness to change, **WORDS THAT SET ME FREE**, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

On the **8th Step** of program, my HP gave to me ... **a list of people harmed**, a humble prayer for help, willingness to change, **WORDS THAT SET ME FREE**, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

On the **9th Step** of program, my HP gave to me ...**the will to make amends**, a list of people harmed, a humble prayer for help, willingness to change, WORDS THAT SET ME FREE, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

On the **10th Step** of program, my HP gave to me ...**a daily inventory**, the will to make amends, a list of people harmed, a humble prayer for help, willingness to change, WORDS THAT SET ME FREE, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

On the **11th Step** of program, my HP gave to me ...**prayer and meditation**, a daily inventory, the will to make amends, a list of people harmed, a humble prayer for help, willingness to change, WORDS THAT SET ME FREE, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

On the **12th Step** of program, my HP gave to me ...**recovery to share**, prayer and meditation, a daily inventory, the will to make amends, a list of people harmed, a humble prayer for help, willingness to change, WORDS THAT SET ME FREE, a look at the truth, a God who cares, hope in belief and surrender through the gift of honesty.

Alice G.

Step Twelve Reading

AABB: Chapter Seven "Working with Others," p. 89

OA 12 & 12: Step 12

AA 12 & 12: Step 12

AABB: Appendix II, "Spiritual Experience"

“The Twelve Steps of Overeaters Anonymous”

1. “We admitted we were powerless over food – that our lives had become unmanageable.”
2. “Came to believe in a Power greater than ourselves could restore us to sanity.”
3. “Made a decision to turn our will and our lives over to the care of God, as we understood him.”
4. “Made a searching and fearless moral inventory of ourselves.”
5. “Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”
6. “Were entirely ready to have God remove all these defects of character.”
7. “Humbly asked Him to remove our shortcomings.”
8. “Made a list of all persons we had harmed and became willing to make amends to them all.”
9. “Made direct amends to such people wherever possible, except when to do so would injure them or others.”
10. “Continued to take personal inventory and when we were wrong, promptly admitted it.”
11. “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”
12. “Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.”

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