

# **HOW I SPONSOR**

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**NOTE: Attached is a detailed description of how I sponsor. The person does not get this packet ahead of time. Instead, they are given the corresponding page(s) for each step or action after we have discussed them. They get this whole package when they are done with their steps to use as a guide if they decide to teach the steps the way they did them.**

## VERY BEGINNING ITEMS

Just know that there is nothing in this program – the meetings, your sponsor, your food plan, the tools, the questionnaire, the reading we’re going to do, the work you are going to do, or anything we discuss – that is designed to make you feel bad. There is no right or wrong, good or bad. Know that there is nothing you ever said, did or thought that a million other people haven’t already done. We are going to start with the tools of this Program to help you put down the food then we are going to search out the things that are blocking you off from your Higher Power and get you connected to your Higher Power so that you can have a much better, happier life.

Here’s what we will be aiming for (and what is promised in our book): Being recovered, which means:

- Connecting to a Power that will do for us what we can’t do for ourselves.
- Being abstinent one day at a time - no fear or stress involved. The obsession is lifted.
- No longer being angry, fearful or harmful.
- Coming from a place of love, kindness and helpfulness.
- No longer focusing on ourselves and our selfish wants and needs.
- A spiritual awakening (*“Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them”*).
- And my favorite: *“we have ceased fighting anything or anyone - even food. For by this time sanity will have returned. We will seldom be interested in compulsively overeating. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward food has been given to us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, **the problem has been removed.** It does not exist for us. We are neither cocky nor are we afraid.”*

A couple of things before we get started:

- I am not a doctor, psychiatrist or life coach. All I am is a teacher to teach you what I learned that helped me be comfortable in my body and in this world.
- I am not, nor will I ever be, your Higher Power. You have my permission to challenge me on anything I suggest that you do.
- Just because I say something, doesn't make it true. You have my permission to question me if you don't think that what I am saying is true for you.
- The symptoms of depression and untreated compulsive overeating<sup>1</sup> are the same. If you are seeing a doctor or psychiatrist, continue to see your doctor or psychiatrist and if you are on any medication, continue to take them. After you have worked the Steps, you and your doctor can determine if any changes need to be made.
- We will only talk about Program. Any life issues will be dealt with and discussed as you start working the Steps.
- I am a safe place for you. You can say anything you want to me without being judged. Anything we discuss will not be told to anyone else. I consider this a sacred union and I am honored that you trust me enough to be your teacher.
- I promise you that if you do this work, your life will be better.

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<sup>1</sup> The definition of untreated compulsive overeating: not overeating, but still angry, fearful and harmful and experiencing the things listed on page 52 of the Big Book [*"We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people"*].

Here's what I am asking you to do:

1. No matter what I suggest, you just say okay and try the suggestion. (I won't suggest you do anything I wouldn't do or haven't done myself nor anything that would hurt you). If you try something and it doesn't work, we can modify it to fit into your life and comfort zone or remove it.
2. We will figure out a time for you to call me every day. You will commit your food to me every day. Besides writing your food down each day I want you to find three things you are grateful for (AND they can't be anything you have written down before [this sounds hard, but I've been doing this for 12 years and I still can find three new things every day!]). You will tell me these three things along with your food each day.
3. Do not eat ANYTHING that you haven't committed to me. If you need to make a change, even from one fruit to another or one vegetable to another, you call me with the change **BEFORE** you eat the food.
4. I will give you assignments (more at the beginning, but they will taper off) that you will happily do (this is the first "okay" that you say!!!!).
5. We will only discuss your food and this Program at first — any life problems you have can wait until your food is in order and if we find out the Steps don't solve these problems [which, in all my dealings with teaching the Steps, has never happened].
6. I have a schedule that I will have you follow (but don't let this scare you) so that after a couple of months you are abstinent, are using all the tools, are a sponsor, have led a meeting, have read the Big Book and are working on the Steps (with me as your step sponsor). We'll discuss these at a later date.

## WORKING THE TOOLS

I will teach you everything I know that has helped me become and stay abstinent.

You agree to try everything I suggest over the next 5 weeks.

First, pick a food plan. If you want, I can help you work out a food plan or you can go to a doctor/nutritionist or follow Dignity of Choice.

If you don't already have one, buy a scale [for food], measuring cups and measuring spoons.

Weigh yourself this first day and do not weigh yourself again for one month. [On a losing food plan, you only weigh yourself once a month. On maintenance you will weigh yourself weekly.]

Commit your food (in weighed and measured amounts) and your three gratefuls to me every day.

We will not discuss anything except your food, the tools, and the Steps for the first 5 weeks.

### ASSIGNMENTS:

- The first day: make one additional phone call.
- The second day: make two additional phone calls.
- The third day **and thereafter**: make three additional phone calls.
- The fourth day: write down your red light, yellow light and green light foods (Red lights are the foods you binge on, broke every diet with, think about and can't resist. Yellow lights are the foods that might lead to a binge or that are unhealthy for you. Green lights are the foods you can safely eat.) You will read this list to me the next day when you commit your food.
- The fifth day: write a story of what your life would be like if it wasn't controlled by food. Start by writing "A fantastic day in my life would be...." on a piece of paper starting with waking up and everything that happens until you go to sleep – this is not fantasy such as lunch with George Clooney – it is what real life could be like [wake up rested, it is a warm day, have a wonderful abstinent breakfast, no traffic, get to work on time, boss is very kind, lunch with friends where we laugh, walk with husband holding hands, go home and do paperwork, etc.) – add as much detailed as you want. We will discuss this writing in a few days.
- The sixth day: write how great you have been feeling for the past five days of being abstinent. You will read this to me the next day when you commit your food.
- At one week: write down YOUR definition of being abstinent (example: no sugar, no white flour, stay away from red light foods, no alcohol, three meals a

day, four hour minimum between meals, etc.) You will read this to me the next day when you commit your food.

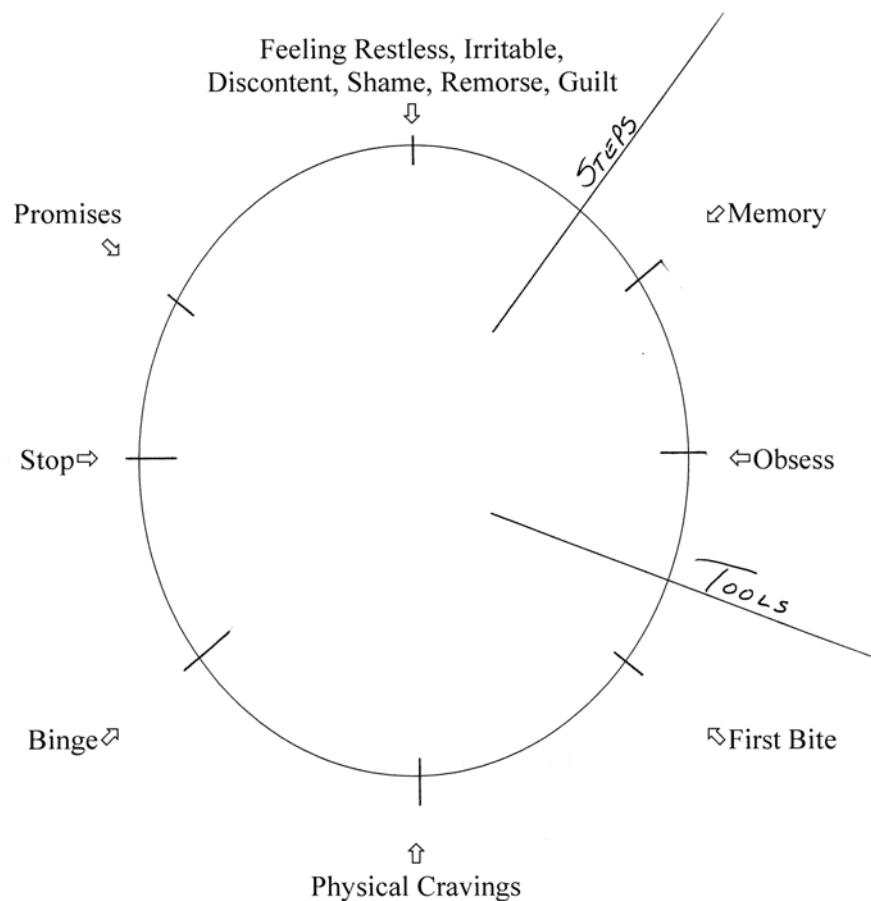
- The next day, look at your writing on “A fantastic day in my life would be...” and pick one action from it to incorporate into your life that day. For the next three weeks, commit one action from this writing in your phone call to me so that when you call you give me your food, your three gratefuls and one action item you will complete that day. As you go along for these three weeks, you can add new things to your action plan list.
- Buy one of the literature books and read a minimum of one paragraph a day.
- Start writing whatever you want about what you read from the literature each day with a requirement of writing a minimum of one sentence. You don’t have to read me your writings unless you want to.
- Look in a mirror and then write down all the things you LIKE about your body (both looks and what it can do). Do not, I repeat do not, focus on any negatives – just look at what you like (I like my eyes, ears and hands; I can see, walk, hear beautiful music, etc.)
- Start doing any form of service (examples: setting up the chairs or cleaning up at a meeting).
- Make sure you are still making your three phone calls every day.
- After two weeks, we will discuss how your food plan is working for you and, if you are not happy with it, we will modify the food plan to make it something you can live with and still be within your definition of being abstinent while also meeting your goal of losing weight.
- Make sure you are attending at least one face-to-face meeting a week AND that you are sharing in a positive way at this meeting letting people know how long you have been abstinent and how fantastic you are feeling as a result of being abstinent. Discuss how your life and attitude are changing for the better.
- At three weeks you will stand up as an *available* sponsor (my group has a requirement of 21 days abstinence to be a sponsor – this time frame will be adjusted depending on your home group’s requirements).
- At four weeks you will lead a meeting (I will sit right next to you!).
- For the next week look around you and look for things that you think are magnificent that you did not create. Start to think about what or who might have created these things. Start looking for things to be grateful about – car starting, arriving safely, your food, the people in your life, someone being kind to you, a good night’s sleep, etc.
- At week five, fill out the unmanageability questionnaire (attached).
- When you are done with the questionnaire buy a Big Book and we will start to go through the Big Book together. You will read one chapter at a time (starting with the Doctor’s Opinion), underlining anything that hits home, writing down any

questions you have, then writing what you think about the chapter you just read (your feelings – not a book report). When you are done with the chapter and this work, call me or we will meet in person [depending on where you live]. You will read me your underlines, I will answer any questions you have, I will listen to what you wrote and then we will discuss the chapter. Then you will answer the questions that came from statements from that chapter (see attached). We will do this same thing for all the chapters until we get to How It Works.

- I will then start reading How It Works to you. As we come to each instruction, we will stop and you will do the necessary work.

My disease: I get feelings (restless, irritable, discontent, shameful, remorseful, guilty). As soon as that happens I get a false memory that says if I eat I will feel better. As soon as I believe this false statement I start to obsess that I have to eat, I have to eat, I have to eat. I then give in and take the first bite (usually of something that I am allergic to that causes the craving). As soon as I take that first bite I trigger the allergy which causes the physical craving. Once the physical craving occurs I have no choice but to binge. I eventually stop (because there's no food left, I get sick, or something else occurs). I then say I am never going to do that again and I keep that promise until I again feel restless, irritable, discontent, shameful, remorseful, or guilty. Then the whole cycle begins again.

The tools will stop me from taking that first bite, but that does not mean I am recovered. The steps get me to the point where I stop or short circuit the feelings of being restless, irritable, discontent, shameful, remorseful or guilty and I no longer believe the lie that the food will solve anything. Once I have worked the steps I learn to run to my Higher Power instead of the food – and that is being recovered.



## CYCLE OF ADDICTION



# STEP ONE

We admitted we were powerless over food — that our lives had become unmanageable.

There are two things that make me powerless. The first is that I have an allergy to certain substances – for me it’s white flour and pure sugar. When I put these in my body they create a physical craving. The craving feels like this to me: my mouth waters, the back of my throat pulls, my heart beats faster, my stomach crunches, my body is actually vibrating and my brain is screaming “eat more, eat faster, eat more, eat faster” and these things don’t stop until there’s nothing left to eat. The second thing that makes me powerless is that I have an obsession of the mind that gets triggered whenever I’m not completely neutral. So it doesn’t matter if I’m happy or sad or upset because of some real or imagined occurrence, when I’m not neutral my brain says “If I don’t eat, I’m gonna die.” I believe this and I immediately start eating huge quantities of the foods I just swore I would never eat again – I immediately start eating huge quantities of the foods I know will make me fat. Because I have this allergy that causes a physical craving and because I have this obsession of the mind, a few things happen: *Once I start eating, I can’t stop; if I do stop, I can’t stay stopped, at certain times I can’t control the amount I eat; and I eventually break every promise I ever made where food is concerned.*

The obsession of the mind is what gives me permission to put the foods that create the physical craving in my body. If I don’t put the foods I’m allergic to in my body, I will not experience the physical craving. The Steps teach me how to eliminate this obsession of the mind so that I don’t take that first compulsive bite.

My eating is not the thing that makes my life unmanageable. I eat *because* my life is unmanageable and eating is the way I cope with that. Let’s look at where your life is unmanageable.....

Let’s do the unmanageability questionnaire.

## **STEP ONE UNMANAGEABILITY EXERCISE**

We can use the spiritual malady references mentioned in the Big Book (page numbers provided) to review honestly the unmanageability in our CURRENT lives. The following are statements that best capture the inner and outer experience for what is called in the Big Book, “the spiritual malady.” Our disease has three parts: physical, mental and spiritual. The spiritual part of the puzzle is the deepest part and is sometimes called “the root of our troubles” (whether we are eating or not). These are manifestations of being blocked off spiritually (whether we are eating or not) and they are basically caused by self-centered fear. The Big Book says on page 62, “Selfishness - self-centeredness! That, we think, is the root of our troubles.” But remember, it then says on page 64, “When the spiritual malady is overcome, we straighten out mentally and physically.” That’s why if we JUST stop eating and DON’T grow spiritually, our inner life (as THE RESULT of what’s listed below) continues to get worse because we haven’t dealt with the root problem yet. If you CURRENTLY have unmanageability in the following areas of your life, please consider the fact that you may be suffering from untreated compulsive overeating (whether you are eating or not), you may be headed toward your next binge, and you may be closer to a relapse than you think you are. It doesn’t matter so much how long it’s been since your last binge, what matters MORE is how close you are to your next one.

**1) Am I generally restless, irritable (which means “easily annoyed”) and discontented (which means “never satisfied”)? (Page xxviii) YES \_\_\_\_\_ NO \_\_\_\_\_.**

- Do I experience these feelings often? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Do I feel like I never belong or that I am not a part of, even in OA? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Am I usually uncomfortable in my own skin? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Do I experience an ongoing sense of sadness? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Do I often feel like “something is missing”? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Does there always seem to be the same thing bothering me? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Can I easily solve a problem YES \_\_\_\_\_ NO \_\_\_\_\_.
- Or does the problem linger for months or even years? YES \_\_\_\_\_ NO \_\_\_\_\_.

**2) Am I having trouble managing my personal relationships? (Page 52)**

- Do I take care of others too much, to the point where I neglect to do the things I need to do to take care of myself? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Is there anyone in my life that dominates my thoughts, my actions or how I feel? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Is there anyone in my life who is controlling me through their actions? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Do I snap at people or talk harshly? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Do I find I disagree with most people? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Do I always want things my own way? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Is there a relationship that ended that I refuse to give up on? YES \_\_\_\_\_ NO \_\_\_\_\_.
- If so, do I keep trying to find ways to contact or see this person? YES \_\_\_\_\_ NO \_\_\_\_\_.
- Am I happy with the way things are in my current relationship? YES \_\_\_\_\_ NO \_\_\_\_\_.

- [illegible]

### 3) Am I having trouble controlling my emotional nature? (Page 52)

- Are most of my days best described as emotionally up and down? **YES** \_\_\_\_ **NO** \_\_\_\_.
- Do I feel that if I do what someone else wants me to do, they will act differently or treat me better? **YES** \_\_\_\_ **NO** \_\_\_\_\_. If yes, do I see a way out? **YES** \_\_\_\_ **NO** \_\_\_\_.
- Evaluate myself on how I manage my emotions. Am I managing them or are they managing me? List five or six of my emotions and ask myself questions about them. (Example: Anger. When I'm angry, what do I do? What do I say? How do I behave? Do I have the ability to get over it without harming myself or others? Am I quick to criticize with a biting or sarcastic tongue? Do I become silent and not talk to anybody for hours, days, weeks? Do I stuff my anger? Is my health affected by my emotions - do I get a headache, stomach problems, etc? Continue to ask myself these kinds of questions about my behavior with other emotions like love, fear, guilt, shame, excitement, jealousy, envy, greed, lust, etc.).

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

#### 4) Am I prey to misery and depression? (Page 52)

- List areas of my life where I am miserable or the things that make me depressed.

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- Does misery show up when I don't want it? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do other people cause misery in my life? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- How much of any given month am I depressed? \_\_\_\_\_.
- Do I withdraw or go into hiding? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Would I rather sleep all day then "show up for life"? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.

**5) Am I having trouble making a living?** (Page 52)

- How are the major areas of my life not in balance? In other words, how is my life going? Is there balance? List examples of my experiences in the following areas: relationships, marriage or dating, getting ahead, finances (including credit cards), education, spiritual health, physical health, recreation, am I overweight, am I able to get or keep a job, have I had a routine medical check-up recently, etc.

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**Do I enjoy my job?** **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.

**6) Do I feel useless? How do I manage this?** (Page 52)

- Do I ask myself, “Why am I living anyway?” **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
  - When I try to help people, do they take advantage of me? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
  - Do I feel like a martyr or victim? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
  - Do I know who I am? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
  - Do I feel I can be of help? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
  - Do I have a worthwhile goal I am working towards? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
  - What is that goal? \_\_\_\_\_
- 
- List examples from my experience of feeling useful and/or useless.

[illegible]

## 7) How do I manage fear? (Page 52)

- List some of my fears. When am I usually in fear? How do I act when I am afraid? With each fear, ask myself if it is based in reality and, if it is, is it a result of self-reliance instead of God-reliance.

[illegible]

Do the same fears keep coming up again and again? **YES**\_\_\_\_\_ **NO**\_\_\_\_\_.

**8) Am I unhappy?** (Page 52)

- When I say that I am doing well, do I know deep down within that I am lying? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Could I be described as positive and upbeat? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_

List examples from my experience.

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What makes me happy? \_\_\_\_\_

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- Are these things that “should” make me happy? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_

**9) Am I of help to other people?** (Page 52)

- When was the last time I brought someone new to a meeting? \_\_\_\_\_
- Do I go to meetings with the intention of helping someone else? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Are most of the things I do done with some ulterior motive? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Do I go that extra mile to help someone in need? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Do I include my number on phone lists for newcomers **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- or do I think that I have nothing to offer? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Every week, do I reach out to someone in need or in pain (in OA and outside of OA) and expect nothing in return? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- When I try to help others, does it turn out as I intended? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.

**10) Do I think I know what’s best for everyone?**

- Am I often like the actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in my own way? Do I believe that everybody, including myself, would be pleased and that life would be wonderful if only they would do as I say? Can I sometimes be quite virtuous, kind, considerate, patient, generous, even modest and self-sacrificing; yet at other times be mean, egotistical, selfish and dishonest (depending on which will work in getting MY way)? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.

- Am I often a victim of the delusion that I can wrest (which means “to take away by force”) satisfaction and happiness out of this world if I only manipulate well? (Page 60-61) **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Do I spend a lot of time getting frustrated when others don’t behave the way I think they should? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Do I find myself at odds with people because I think I know how they should live and what they should do? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Do I compromise? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Or does everything have to be my way? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Is there anyone that I refuse to forgive? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.

**11) Am I driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity? (Page 62)**

- Do I often wonder why I do what I know I shouldn’t be doing and don’t do what I know I should be doing? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Do I often feel sorry for myself? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Do I feel people should be doing more for me or that I should have more than I have? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_
- Do I think the worst will always happen? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_. If yes, is this based on experience or just my own thinking? \_\_\_\_\_
- Do I have trouble showing up on time? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Although I may not be currently eating, do I have other “addictions” (other areas in my life that are out of balance or out of control)? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_. **Explain** \_\_\_\_\_.

**12) Am I an extreme example of self-will run riot, though I usually don’t think so? (Page 62)**

- Do friends and relatives sometimes say that I am selfish? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Do I end relationships only because the other person doesn’t act the way I think they should? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Am I a “team player”? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Do I spend most of the time thinking of myself instead of thinking of what I can do for others? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Is my motto “what’s in it for me”? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Do I exhibit signs of or participate in “road rage”? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Would other drivers describe me as considerate? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Do I pay my own way? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Do I take responsibility for my actions and words? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.

**13) Am I leading a double life?**

- Am I very much the actor, presenting to the outer world my stage character, which is the one I like my fellows to see? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_. Do I want to enjoy a certain reputation, but know in my heart that I don’t deserve it? **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.
- Am I under constant fear and tension because of this, worrying that I may be “found out”? (Page 73) **YES** \_\_\_\_\_ **NO** \_\_\_\_\_.



- Am I lying to or keeping something from my sponsor/spiritual advisor/recovery network? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I usually do what I say and say what I do? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I pretend to be in recovery at meetings? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_
- Am I really doing the work necessary to really be a recovered person? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_
- If not, what work do I still need to do? \_\_\_\_\_
- Am I involved in relationships (romantic or illegal) that I shouldn't be? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I expect others to do things that I won't do myself? **YES**\_\_\_\_\_ **NO** \_\_\_\_\_

**14) Am I like a tornado roaring through the lives of others?**

- Do I have a habit of breaking hearts, sabotaging sweet relationships, and uprooting affections? (Page 82) **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Have I avoided making amends to my family and those closest to me? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I have difficulty keeping friendships for more than a few months? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I have a habit of pushing people away? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Am I pursuing newcomers for something selfish instead of only helping them in their recovery and spiritual growth? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do co-workers, family, and fellow OA's find me unapproachable? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I cause hurt feelings in my dealings with others? **YES**\_\_\_\_\_ **NO** \_\_\_\_\_

**15) Are my selfish and inconsiderate habits keeping my home in turmoil? (Page 82)**

- Am I more interested in my own needs and wants than I am with the needs and wants of my family? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Have I made amends to my family but continue the behavior I originally made amends for? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I sometimes hide away at meetings to avoid responsibilities at home? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I spend "quality time" with my spouse/family on a regular basis? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Would my spouse/family agree with my previous answer? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Has anyone in my household recently said to me, "The only person you ever think of is yourself."? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I play judge (both of what other people do and say as well as what I do and say)? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I feel I have to punish others or myself for not being perfect? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I play the victim? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.
- Do I find that the same problems keep happening over and over again (either with the same people or different ones) without anything significant changing? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.

**After evaluating these areas, can I now admit that even though I may not be currently eating, my life (especially my inner life) is unmanageable? **YES** \_\_\_\_\_ **NO**\_\_\_\_\_.**

## **READ THE DOCTOR'S OPINION.**

This chapter answers the question 'What's wrong with me'.

Ask yourself as you are reading this chapter: Is this me?

Underline anything that hits home, write down any questions you have, then write what you think about the chapter you just read (your feelings – not a book report). When you are done with the chapter and this work, call me. After we talk, answer the 'questions from statements' for this chapter.

## Questions From Statements – The Doctor’s Opinion

1. Have I witnessed OA members return to health?
2. When it comes to eating are there times I feel hopeless?
3. Do I believe recovery is possible?
4. Do I realize I must help others in order to recover?
5. Do I believe that my body is quite as abnormal as my mind?
6. Is there a physical component to my disease?
7. Do I believe I have an allergy to certain foods?
8. How does this allergy show itself?
9. Do I believe my solution is spiritual in nature?
10. Do I realize that if I put the food down I will have a better chance of understanding what I need to do?
11. Do I believe there is a Power that CAN help me out of this problem?
12. Can I eat certain foods without developing the phenomenon of craving?
13. Can I safely eat sugar and white flour?
14. What foods cause me to experience the phenomenon of craving?
15. What foods can I eat safely?
16. What foods cause me to binge?
17. Do I make frothy emotional appeals (promises/rewards/consequences) to myself to try and stop overeating?
18. Do I break the promises I make to myself concerning eating?
19. Do I see that I need a power greater than myself to recreate my life?
20. Do I like what the food does for me while I am eating it?
21. While I’m eating (or even just before) do I see it is injurious?
22. Can I tell the truth from the lies (example: believing I can eat just one!)?
23. What lies do I tell myself?
24. Am I restless, irritable and discontented?
25. Do I watch others eating?
26. Do I binge?
27. Do I give in even after I have made a firm resolution not to?
28. Do I keep going on diets and then breaking them?
29. Am I willing to follow the rules outlined in this book?
30. Have I ever felt/said I need to stop – but I can’t?
31. Do I have enough willpower to do this on a daily basis *happily*?
32. Do I have any willpower at all when it comes to food?
33. Have I ever dieted to fit into an outfit for a special occasion and found that I could not do what I needed to do to reach that goal?
34. Do I realize that the craving is beyond my mental control?
35. Do I really believe I can always control the amount I eat?
36. Do I believe the only relief is entire abstinence?
37. Have I ever felt that I was doomed to be overweight for the rest of my life?
38. What have I lost as a result of being a compulsive overeater?
39. As a result of hearing other’s recovery stories, do I have a glimmer of hope that one day I will be brimming over with self-reliance and contentment?
40. Does this chapter describe me?
41. Am I a compulsive overeater?

## **READ BILL'S STORY.**

Look for similarities. Do (did) I think about food the way Bill thought about alcohol? Do (did) I eat the way Bill drinks? Do (did) I feel the way Bill felt? Am (was) I as hopeless?

Underline anything that hits home, write down any questions you have, then write what you think about the chapter you just read (your feelings – not a book report). When you are done with the chapter and this work, call me. After we talk, answer the 'questions from statements' for this chapter.

## Questions from Statements: Bill's Story

1. Am I as hopeless as Bill?
2. In what ways do I act, think and [eat] like he did?
3. Do I feel like I'm part of life?
4. Do I feel alone?
5. Do I feel I have to prove to the world I am important?
6. Was there a time when I had some control over my eating?
7. Has food taken on an important and exhilarating part of my life?
8. Did my eating take on more serious proportions, continuing all day & almost every night?
9. Did anyone ever mention how I ate?
10. Did/do I turn to food when things are not going well?
11. Did my trigger foods become a necessity?
12. Did I believe I could control my eating?
13. Have I ever lost out on anything due to my eating or my weight?
14. Did I make promises to myself and others to stop, but found I was unable to?
15. Have I ever found myself eating even though I just made a promise not to?
16. Have I ever eaten anything just because it was there or because someone handed it to me?
17. Have I ever planned to lose weight for a special occasion, but failed to meet that goal?
18. Have I gone on diet after diet thinking that would cure me?
19. Have I ever stolen food or money to buy food?
20. Have I ever smoked or done some other behavior to try to stop eating?
21. Is this a true statement for me: Food is my master?
22. What things have I done to try and stop eating?
23. Did any of them work over the long run?
24. What are the consequences of my overeating (both physically and mentally)?
25. Has a doctor ever told me I need to lose weight?
26. Have I felt self pity as a result of my inability to stop overeating?
27. Do I realize that self knowledge will not stop this?
28. Do I know the difference between religion and spirituality?
29. Do I believe in a Power greater than myself?
30. Do I believe God can do for me what I can't do for myself?
31. When I look at those in recovery, do I realize the power did not originate in them?
32. Do I believe my human will eventually fails?
33. Do I admit complete defeat?
34. Can I come up with my own conception of God?
35. Do I believe in a Power greater than myself?
36. Can I make this beginning of believing there is a Power greater than me?
37. Am I willing to do what I need to do?
38. Can I be honest?
39. Do I realize that there must be an end to self centeredness?
40. Can I turn everything over to God?
41. Have I ever felt a connection to God? If yes, what did it feel like?
42. Once I recover, am I willing to help others?
43. Do I really want to get better?
44. Am I willing to go to any length to get this recovery?

## **READ THERE IS A SOLUTION.**

Sharing a common problem is not enough – we need a common solution.

Being recovered means the problem has been removed.

Underline anything that hits home, write down any questions you have, then write what you think about the chapter you just read (your feelings – not a book report). **DID YOU READ SPIRITUAL EXPERIENCE** (APPENDIX II)? If not, go back and read it. When you are done with the chapter and this work, call me. After we talk, answer the ‘questions from statements’ for this chapter.

## Questions from Statements – There is a Solution

1. Do I try to run my life on my own power, thoughts and emotions? Does this work?
2. What suggestions have “normal” eaters made to me in order for me to stop overeating?
3. What things have I tried to stop overeating? Have any of these worked?
4. Why have I continued doing what I know doesn’t work?
5. Have I seen others who are in recovery?
6. What do I see/hear that makes me think others are in recovery?
7. Do I believe others have found a common solution?
8. At this point, what do I believe the solution is?
9. Do I know the difference between the Fellowship and the Program?
10. Do I realize the Program only involves the 12 Steps, the 12 Traditions, and the Principles and that everything else is the Fellowship?
11. Do I realize that purpose of the 12 Steps is to remove everything that is blocking me from my Higher Power?
12. Am I capable of thinking of others and seeing how I may help them?
13. Can I take or leave food?
14. Can I stop? If yes, can I stay stopped?
15. Can I give up overeating if I have a good enough reason to do so or do I eventually wind up overeating anyway?
16. Has ill health, falling in love, moving, or the warning of a doctor ever kept me from overeating for any substantial amount of time?
17. At certain times, do I lose all control of my food consumption?
18. Can I eat a specific amount of my trigger foods?
19. How do I act when I want to eat?
20. How do I act while I am eating?
21. Do I wake up promising myself I will not overeat, but wind up doing it anyway?
22. How do I feel when I’m not overeating?
23. How do I feel when I am overeating?
24. Do I realize that when I put certain foods in my mouth, it is virtually impossible for me to stop?
25. What excuses have I given myself for taking the first bite?
26. Are any of these excuses true?
27. Is this a true statement for me: The amount and frequency doesn’t matter – what matters is that I lose control of the amount I eat?
28. Does this statement describe me: I have lost control – I have passed into a state where the most powerful desire to stop eating is of absolutely no avail?
29. Do I really have a choice to not overeat?
30. If food is there, do I automatically eat it?
31. Do I remember the suffering and humiliation of my last binge?
32. Even if I can remember, does this stop me?
33. Have I ever said “This time it will be different,” “I’ll only eat one,” or “It’s okay”?
34. Does my experience show me that the above statements are not true.
35. Do I realize that I need to do more than just want to stop?
36. Am I willing to go to any length to get this recovery?
37. Do I need spiritual help to recover?
38. Do I realize that my solution is having a vital spiritual experience/awakening which means that ideas, emotions and attitudes which were once the guiding forces in my life are suddenly cast to one side and a completely new set of conceptions and motives begin to dominate me?
39. If my experience shows me I can’t handle certain foods, why do I still eat them?
40. Am I willing to follow the clear cut directions in the Big Book?
41. Do I realize my solution is having a relationship with God as I understand Him?

## **READ MORE ABOUT ALCOHOLISM.**

I have no power, choice or control – once I’ve lost one of these, I’ve lost all three.

This chapter explains why people relapse.

Working a spiritual program I consciously and actively attempt to become a part of something bigger, greater and more powerful than I am.

Underline anything that hits home, write down any questions you have, then write what you think about the chapter you just read (your feelings – not a book report). When you are done with the chapter and this work, call me. After we talk, answer the ‘questions from statements’ for this chapter.



## Questions from Statements – More About Alcoholism

1. Do I believe people, places and things make me eat?
2. If I believe this, then why isn't everyone an addict?
3. Am I bodily and mentally different from normal eaters?
4. Can I leave it alone no matter how much the necessity or wish?
5. Have I tried to prove I could eat like normal eaters?
6. Do I realize that my mind is not reliable when it comes to food – that my mind cannot stop me because the obsession is too great?
7. Do I think that someday I will be able to control my eating on my own?
8. Do I think that someday I will be able to enjoy eating my trigger food safely?
9. Do I realize that these two delusions have to be smashed?
10. Do I believe I am a compulsive overeater?
11. What does it mean to be a compulsive overeater?
12. Do I realize I have lost the ability to control my eating?
13. Do I realize I will never regain control?
14. What has my own experience shown me to make this true?
15. Do I believe that I will continue to get worse?
16. Do I realize that diets, pills and magic formulas will not solve my problem?
17. What things or diets have I done to try and get control?
18. Have any of these worked in the long run?
19. Do I realize I will never be cured – that all I have is a daily reprieve?
20. Is this my truth: once a compulsive overeater, always a compulsive overeater?
21. Do I have any belief or lurking notion that someday I will be immune to the foods I am allergic to?
22. If I really want to stop, can I for good?
23. What thoughts have I had about making my unsafe foods safe (example eating pizza with pineapple falsely believing the pineapple makes this a safe food)?
24. Do I realize that if I don't have a Higher Power eventually I will be unable to resist the first bite?
25. What trivial reasons have I given myself for taking the first bite?
26. If connecting with God has been the solution for hundreds of thousands of people, do I believe it is the solution for me too?
27. Do I really have any power, choice or control over food?
28. Do I see that my waking up and saying I choose not to overeat today is a lie I tell myself because I don't have that kind of power?
29. Do I realize that when I am recovered I won't have to make a choice whether to eat or not because I automatically will not overeat?
30. Do I realize that at certain times I have no effective mental defense against the first bite?
31. Do I realize my defense must come from a Higher Power?

## **READ WE AGNOSTICS.**

I can only have two choices: either be doomed to a life as a compulsive overeater and all the consequences that come with that or live on a spiritual basis. If I think I have a third choice (a new diet, boyfriend, pill, operation or anything else), I won't do the necessary work.

Connect to my Higher Power so I can lead a meaningful life without relying on food.

Underline anything that hits home, write down any questions you have, then write what you think about the chapter you just read (your feelings – not a book report). When you are done with the chapter and this work, call me. After we talk, answer the 'questions from statements' for this chapter.

## Questions From Statements – We Agnostics

1. Do I have any doubt that God exists?
2. Do I realize that the food is not my problem but that lack of power is?
3. Do I know the difference between a compulsive overeater and a normal eater?
4. Do I believe, based on the fact that when I honestly want to I can't quit entirely and have little control over the amount I eat, that I am a compulsive overeater?
5. Do I believe I am suffering from an illness which only a spiritual experience will conquer?
6. Do I believe lack of power is my problem?
7. If lack of power is my problem, do I see that power is my solution?
8. Did I notice the book said find a Power greater than yourself which will SOLVE YOUR PROBLEM?
9. Did I notice that it did not say solve my problems?
10. What is my problem? Is it lack of power?
11. Do I realize I can come up with my own conception of this Higher Power?
12. Do I realize I do not have to base this Higher Power on any religious training I have had?
13. Do I realize it doesn't matter what someone else's conception of a Higher Power is?
14. Do I realize that whatever my conception of a Higher Power is, it is enough to start this work?
15. Do I believe God is available to me?
16. Can I put aside all my previous beliefs about God, start from scratch, and know that all the truths will come back in?
17. Do I now believe, or am I even willing to believe, that there is a Power greater than myself?
18. Do I have trouble with personal relationships?
19. Can I control my emotions?
20. Am I prey to misery and depression?
21. Do I like my job?
22. Am I full of fear?
23. Would I like to have these things changed?
24. Am I happy?
25. Do I feel useful?
26. Would I like to be happy and feel useful?
27. Is God everything or is He nothing?
28. Which do I believe: God is or He isn't?
29. What things have I worshipped?
30. What is my idea of God?
31. Do I realize God solves my problem for me, I don't?
32. Do I realize this is not self help but God help?
33. Do I realize I have to do the work outlined in the Big Book to get the results promised?
34. Do I realize believing is a good starting point, but I need to do the things that will bring me to the realization that I know God is doing this?
35. Do I realize that the consciousness of the Presence of God is the most important fact in my life?

# STEP TWO

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

If I realize lack of power is my problem, my solution is to find power. But I don't have that kind of power. If I did I could go on a diet and stay thin. I need to find a power outside of myself and greater than myself and I am the one who decides what that power is and it doesn't matter how big or small my definition is. All I have to do for Step 2 is to be able to honestly answer yes to the following question: Do I now believe or am I even willing to believe that there's a Power greater than me that can solve my problem.

If I see my powerlessness, Step 2 is easy because I have nowhere else to go.

Step 2: Answer the following question: Do I now believe, or am I even willing to believe that there is a Power greater than myself. If you honestly answered yes, move on to step 3. If not make a list of the things you have witnessed that were miraculous that you did not have anything to do with. Can you make whatever or whoever created these things be your first concept of a Higher Power? If so, move on to Step 3. If you still do not have some sort of belief or concept of a Higher Power answer the following questions:

If you were to become paralyzed and had to hire someone to take care of you, what qualities would you want them to have. [Write these down]

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You are about to be born and the stork turns to you and asks how would you like your mother to treat you (take care of me, teach me right from wrong, etc.) – what qualities would you want her to have (loving, caring, kind, etc.) [Write these down]

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Then the stork asks about your father. (protecting, strong, etc.) [Write these down]

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Now think about how this world was created. What qualities do you think this power, thing or person had in order to do this (all powerful, capable of doing anything, etc.), [Write these down]

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Using whatever qualities from above you would like your Higher Power to have, define your concept of a Higher Power.

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**CHAPTERS FIVE: HOW IT WORKS**  
**CHAPTERS SIX: INTO ACTION**

I can now stop and stay stopped and, more importantly, there is a process that changed me and that's all I ever wanted. I am at peace most of the time and, when I'm not, I have a way to get me out of it that works better than food ever did and it is something that will not kill me.

At this point, I will start reading the Big Book to you and we will stop whenever there is an action you need to take. The necessary paperwork and items are on the following pages.

# STEP THREE

Made a decision to turn our will and our lives  
over to the care of God *as we understood Him*.

Step 3 is making a decision to turn my life and my will over to the care of God. This is only a decision. At this point, I don't have the power to turn my life and my will over. If I had the power to do this at Step 3, this would be a 3 step program instead of a 12 step program. All I'm doing in Step 3 is making a decision to give my new concept of a Higher Power a try.

Do the following Step 3 exercise.

Third step prayer: 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!"

## PART ONE

What do the following lines mean to you?

God, I offer myself to Thee

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to build with me and to do with me as Thou wilt.

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Relieve me of the bondage of self

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that I may better do Thy will

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Take away my difficulties,

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that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

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May I do Thy will always!"

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## PART TWO

Now write a letter to God asking Him to help you. Be very specific about what you would like Him to help you do.

Dear God:

I need you in my life. Please help me to \_\_\_\_\_

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## PART THREE

Now write your own Formal Terms of Surrender.

*What are **you** willing to do to connect to your Higher Power? (Again be very specific.)*

Dear God:

I will \_\_\_\_\_

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Signed \_\_\_\_\_ Date \_\_\_\_\_

# STEP FOUR

Made a searching and fearless moral inventory of ourselves.

## **FORM FOR RESENTMENT INVENTORY ON NEXT PAGE**

Examples and instructions are on the pages following the blank form.

REVIEW OF RESENTMENTS														
Column 1	Column 2	Column 3						Column 4	Column 5					
I am resentful at...	Because they...	It affected my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						My part: I...	What character defect(s) allowed me to do my part – Selfish, dishonest, self seeking, frightened, inconsiderate, other					
		SE	P	ES	A	PR	SR		S	D	SS	F	I	Other

“We listed people, institutions or principles with whom we were angry”

Take out a piece of paper and make a list of the people and things you are angry with.

**Example:**

Mr. Brown

Mrs. Jones

My boss

Louise

Mom

Maurice

Woman at meeting

Office manager

Waitress

Driver

Guy I met

“We asked ourselves why we were angry.”

Take the first name from your list and add it to **Column 1** of the Resentment inventory. Then in **Column 2** list all the reasons you are upset with this person. Put each reason on a separate line. When you are done with that person move on to the next one. Continue until you are done. See example on next page.

**Example (filling out Column 2):**

<b>Column 1</b>	<b>Column 2</b>
<b>I am resentful at...</b>	<b>Because they...</b>
Mr. Brown	Pays attentions to my wife
	Told Louise of my mistress
	May get my job at the office
Mrs. Jones	Snubbed me
	Committed my friend for drinking
My boss	Threatened to fire me
Louise	Wants to put house in her name
Mom	Returned the Brownie outfit
Maurice	Yelled at me
Woman at meeting	Doesn't know what she's talking about
Office manager	Reprimanded me
Waitress	Taking too long to bring my food
Driver	Going too slow/stopped at yellow light instead of going through making me later than I already am
Guy I met	Didn't call

*“In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?”*

Do **Column 3**. Do one column for each part of self at a time. Start with self esteem (how you feel about yourself/your pride) and put a checkmark in that column if the thing in Column 2 hurt, threatened or interfered with your self esteem. Then do the same for the next column, pocketbook (your money, finances or anything of a material nature). Continue, one column at a time, putting a checkmark in each column for emotional security (how safe you feel in the world), ambitions (your plans for the future [both immediate and down the road]), personal relations (how you interact with other people) and sex relations.

**Example (filling out Column 3):**

Column 1	Column 2	Column 3					
I am resentful at...	Because they...	It affected my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships					
		SE	P	ES	A	PR	SR
Mr. Brown	Pays attentions to my wife	x			x		x
	Told Louise of my mistress		x		x		x
	May get my job at the office	x	x	x	x	x	
Mrs. Jones	Snubbed me	x		x		x	
	Committed my friend for drinking				x		
My boss	Threatened to fire me	x	x	x	x	x	x
Louise	Wants to put house in her name	x		x			x
Mom	Returned the Brownie outfit	x		x	x	x	
Maurice	Yelled at me	x		x	x	x	
Woman at meeting	Doesn't know what she's talking about					x	
Office manager	Reprimanded me	x		x		x	
Waitress	Taking too long to bring my food			x	x		x
Driver	Going too slow/stopped at yellow light instead of going through making me later than I already am			x	x		
Guy I met	Didn't call	x		x	x	x	x

“We turned back to the list, for it held the key to the future. We were prepared to look at it from an entirely different angle. We began to see that the world and its people really dominated us. In that state, the wrongdoing of others, fancied or real, had power to actually kill. How could we escape? ... Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.”

Then go to **Column 4** – what was your part in it. This Column is all about you! It doesn't matter what anyone else did, find your part in it whether it was something you did, said, thought or didn't do, didn't say, didn't think, etc. **Keep this simple!!!!** Don't add more than you have to – keep it short and concise. You are looking for verbs that describe what you actually did that caused what happened in Column 2. Look for how you got the ball rolling. Rarely will there be an occasion where you did not have a part (molested as a child, raped, child murdered, parents are alcoholics or drug addicts), but you should be able to find something for everything else. Look at the following examples for filling out Column 4 so you can understand how to identify your part. Once you understand this, go to Column 4 and fill out your own Column 4 (how you got the ball rolling). If you need help when you are working on this, call me and I'll guide you through these until you get the hang of it. If the item in Column 4 is correct you should be able to say “because I [fill in what you wrote in Column 4], the person in Column one did [fill in what is written in Column 2]. If it doesn't make sense, either what you are mad about (Column 2) isn't really what you're mad about or your part (Column 4) is not correct. Keep manipulating the appropriate column (2 or 4) until the two columns are cause and effect and ring true for you. If you can't find your part, try answering the following questions: How had I been selfish in this, how had I been self-seeking in this, how had I been dishonest in this and how had I been inconsiderate in this. You may not have an answer to all of these questions, but you should have at least one answer. The answer is your Column 4. See example on next page.

**Example (filling out Column 4):**

Column 1	Column 2	Column 3						Column 4
I am resentful at...	Because they...	It affected my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						My part: I...
		SE	P	ES	A	PR	SR	
Mr. Brown	Pays attentions to my wife	x			x		x	Leave her alone to go drinking
	Told Louise of my mistress		x		x		x	Have a mistress – am cheating
	May get my job at the office	x	x	x	x	x		Don't do my job as I should, I'm late, I don't complete things, I don't show up
Mrs. Jones	Snubbed me	x		x		x		Said inappropriate things
	Committed my friend for drinking				x			Don't really care about anyone else's well being
My boss	Threatened to fire me	x	x	x	x	x	x	Pad my account Am not reliable
Louise	Wants to put house in her name	x		x			x	Drink away the money we have I use the house as collateral for my bill at the bar
Mom	Returned the Brownie outfit	x		x	x	x		Didn't set the table
Maurice	Yelled at me	x		x	x	x		Told our client he would not be in until 11
Woman at meeting	Doesn't know what she's talking about					x		Think the shares should correspond to what I believe
Office manager	Reprimanded me	x		x		x		Didn't tell her I was going to lunch late
Waitress	Taking too long to bring my food			x	x		x	Want things when I want them Don't take into consideration that I am not the only person in the diner or that the place is short staffed
Driver	Going too slow/stopped at yellow light instead of going through making me later than I already am			x	x			Left late for work
Guy I met	Didn't call	x		x	x	x	x	Expect things to be done my way on my time schedule



*“Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely.”*

When you are done with all of Column 4, go on to **Column 5**. List here the character defects that caused you to do the action in Column 4. Start with just checking off the major 5 character defects: selfish (keeping what I have), dishonest (lying, cheating, stealing), self seeking (wanting more than I have right now), frightened, inconsiderate. Add any others. Glance through the list of character defects below. You will NOT have all of these! They are just a guide. Don’t make this too complicated. Get to the heart of the matter – what were the main character defects that really made you do what you did in Column 4. Again call me if you have trouble with this and I’ll guide you. See the example on next page.

List of possible character defects:

Abusive	Distrustful	Liar	Sex Addict
Afraid/Frightened	Doubtful	Loudmouth	Shallow
Aloof	Egotistical	Low Self Esteem	Short Tempered
Angry	Embarrassed	Lustful	Show-Off
Annoying	Enabler	Manipulative	Slacker
Approval Seeker	Entitled	Martyr	Sloth
Argumentative	Envious	Mean Spirited	Spiritually Bankrupt
Arrogant	Exaggerator	Mean, Wicked, Evil	Spiteful
Bad Mannered	Faithless	Miserly	Stingy
Bitter	Favoritism	Nasty	Suspicious
Boastful	Feeble	Negative thinker	Thief
Boring	Glutton	Nervous	Thoughtless
Bossy	Gossip	Nosy	Troublemaker
Cheap	Greedy	Obnoxious	Two-Faced
Cheater	Grudge Holder	Opinionated	Unclean
Closed Minded	Gullible	Paranoid	Undependable
Cold Hearted	Hateful	People Pleaser	Undisciplined
Complainer	Hopeless	Perfectionist	Unethical
Compulsive	Hypocritical	Pessimist	Unfriendly
Conceited	Immature	Play The Victim	Ungracious
Contemptible	Immodest	Prejudice	Unhappy
Controlling	Impatient	Procrastinator	Unhelpful
Corrupt	Impolite	Promiscuous	Unloving
Coward	Impractical	Proud	Unorganized
Critical	Impure	Rageful	Unqualified
Criticizer	Inconsiderate	Rebellious	Unrealistic
Cruel	Inferior	Reckless	Unreliable
Demanding	Insensitive	Rude	Unsettled
Dependent On Others	Insincere	Sarcastic	Unstable
Depressed	Insulting	Secretive	Untrustworthy
Destructive	Interfering	Self Absorbed	Unwilling
Devious	Intolerant	Self Destructive	Uppity
Disgraceful	Irresponsible	Self Doubter	Useless
Dishonest	Isolator	Self-Centered	User
Disloyal	Jealous	Self-Condemning	Vengeful
Disobedient	Judgmental	Self-Important	Vulgar
Disorganized	Lack Of Self Esteem	Self-Indulgence	Wanting To Feel Special
Disreputable	Lazy	Selfish	Wasteful
Disrespectful	Lewd	Self-Seeking	Worrier

Example (all columns filled out):

REVIEW OF RESENTMENTS														
Column 1	Column 2	Column 3						Column 4	Column 5					
I am resentful at...	Because they...	It affected my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						My part: I...	What character defect(s) allowed me to do my part – Selfish, dishonest, self seeking, frightened, inconsiderate, other					
									S	D	SS	F	I	Other
Mr. Brown	Pays attentions to my wife	x			x		x	Leave her alone to go drinking	x				x	
	Told Louise of my mistress		x		x		x	Have a mistress – am cheating		x	x			Cheater Unfaithful
	May get my job at the office	x	x	x	x	x		Don't do my job as I should, I'm late, I don't complete things, I don't show up		x			x	Lazy Unethical
Mrs. Jones	Snubbed me	x		x		x		Said inappropriate things					x	Unkind
	Committed my friend for drinking				x			Don't really care about anyone else's well being	x				x	
My boss	Threatened to fire me	x	x	x	x	x	x	Pad my account  Am not reliable		x			x	Thief Irresponsible
Louise	Wants to put house in her name	x		x			x	Drink away the money we have  I use the house as collateral for my bill at the bar			x		x	Uncaring Uncaring
										x			x	
Mom	Returned the Brownie outfit	x		x	x	x		Didn't set the table	x					Lazy Disobedient
Maurice	Yelled at me	x		x	x	x		Told our client he would not be in until 11						People pleaser

## REVIEW OF RESENTMENTS

Column 1	Column 2	Column 3						Column 4	Column 5					
I am resentful at...	Because they...	It affected my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						My part: I...	What character defect(s) allowed me to do my part – Selfish, dishonest, self seeking, frightened, inconsiderate, other					
		SE	P	ES	A	PR	SR		S	D	SS	F	I	Other
Woman at meeting	Doesn't know what she's talking about					x		Think the shares should correspond to what I believe						Controlling Judgmental
Office manager	Reprimanded me	x		x		x		Didn't tell her I was going to lunch late						Irresponsible
Waitress	Taking too long to bring my food			x	x		x	Want things when I want them  Don't take into consideration that I am not the only person in the diner or that the place is short staffed			x		x	Impatient
Driver	Going too slow/stopped at yellow light instead of going through making me later than I am			x	x			Left late for work						Irresponsible
Guy I met	Didn't call	x		x	x	x	x	Expect things to be done my way on my time schedule			x			Needy Impatient Controlling Judgmental

**Now move on to the fear inventory.**

*“We reviewed our fears thoroughly. We put them on paper, [column 1] even though we had no resentment in connection with them. ... We asked ourselves why we had them. [column 2] ... Wasn’t it because self-reliance failed us? [column 3]... Perhaps there is a better way. ... We are in the world to play the role He assigns. ... He enable[s] us to match calamity with serenity. [column 4]”*

Again do **one Column at a time**. In **Column 1** list *all* the things you fear. Then go back to your resentment inventory and look at Column 5 to see if you have “frightened” as one of the character defects on any resentment. Figure out what is so scary that you checked off “frightened” and add it to Column 1 of the fear inventory if that fear is not already listed. Do this for all the “frightened” listed on your resentment list. Then go to **Column 2** and write down why you are afraid (a way to do this is to ask yourself: what’s so scary about what’s in column 1.). In **Column 3**, check off if you realize that you are afraid because you are relying on yourself and your own selfish wants and needs which usually put you in situations where you could be harmed, instead of relying on your Higher Power and realizing that if you stay close to Him and are directed by Him you will be safe. Go to **Column 4** and list what you could do to make sure this fear does not come true in the future. List the character defects in **Column 5** that would *stop* you from doing the needed footwork in Column 4.

## **FEAR INVENTORY FORM ON NEXT PAGE**

REVIEW OF FEARS					
Column 1	Column 2	Column 3		Column 4	Column 5
I am afraid of...	Because ...	Do I realize that I rely on myself rather than on my Higher Power?		What can I do to make sure that this does not happen?	What character defect(s) would keep me from doing what I need to do in Column 4? Selfish, dishonest, self seeking, frightened, inconsiderate, others?
		Yes	No		

**Example:**

<b>REVIEW OF FEARS</b>					
<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>		<b>Column 4</b>	<b>Column 5</b>
I am afraid of...	Because ...	Do I realize that I rely on myself rather than on my Higher Power? Yes      No		What can I do to make sure that this does not happen?	What character defect(s) would keep me from doing what I need to do in Column 4? Selfish, dishonest, self seeking, frightened, inconsiderate, others?
Someone jumping in my car, taking me to a deserted place and raping, torturing and killing me	I heard this happened to girls at rest stops on route 80 and internalized it – real scary part I would be in excruciating pain and my life would be over	x		Keep my car doors locked, make sure I have enough gas so I don't run out of gas, keep my car in good working order so it doesn't break down, and get enough sleep so I don't have to pull into a rest stop.	Lazy, disobedient, selfish
Gaining weight	I would feel terrible, look terrible and be embarrassed	x		Stick to my food plan, work all the tools, stay honest with what I am eating, exercise	Lazy, dishonest

## Harms Inventory 1:

*“We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? ... Where were we at fault, what should we have done instead?”*

### **Harms to Others Excluding Sex Inventory:**

Once again, **one Column at a time**. List everyone you have hurt (people, businesses – anything and everyone) in **Column 1**. Once you have listed everything, go to **Column 2** and list exactly what you did to those listed in Column 1 (but keep it simple). Column 2 is all about you – it doesn’t matter what the person did to cause this, it is only about the actions **you** took that hurt someone else. Make sure it is an action statement about **you**. I did something, I said something, I caused something, etc. It doesn’t matter if the person/business knows you harmed them or not – as long as you know it, it goes on your inventory. Go to **Column 3** and check off the appropriate parts of self that got *satisfaction* from doing the action in Column 2. Go to **Column 4** and list here (A) what you should have done instead and (B) what you will do in the future if you are in the same situation. When done with Column 4, go to **Column 5** and list the character defects that *allowed* you to do the action in Column 2.

# HARMS INVENTORY 1 FORM ON NEXT PAGE

REVIEW OF HARMS TO OTHERS <u>EXCLUDING</u> SEX									
Column 1	Column 2	Column 3						Column 4	Column 5
I harmed...	By doing ...	The part of self that got satisfaction from the action was my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships SE   P   ES   A   PR   SR						Part A: What should I have done differently?  Part B: What will I do in the future?	What character defect(s) allowed me to do the thing in Column 2? Selfish, dishonest, self seeking, frightened, inconsiderate, others?



**Example:**

<b>REVIEW OF HARMS TO OTHERS EXCLUDING SEX</b>									
<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>						<b>Column 4</b>	<b>Column 5</b>
I harmed...	By doing ...	The part of self that got satisfaction from the action was my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						Part A: What should I have done differently?  Part B: What will I do in the future?	What character defect(s) allowed me to do the thing in Column 2? Selfish, dishonest, self seeking, frightened, inconsiderate, others?
		SE	P	ES	A	PR	SR		
A girl at school	By flushing her clothes down the toilet during gym	x		x				A: Not touched her clothes and been nice to her  B: Not build my self esteem at the expense of someone else, be kind, don't touch what doesn't belong to me	Mean-spirited, inconsiderate, frightened
W. T. Grants	Stole 2 blouses		x		x			A: Not stolen from a store; paid for the items  B: Pay for the things I want; don't take what doesn't belong to me	Self-seeking, dishonest, thief
A woman I worked with at the diner	Told the boss she had taken the tips off the table when I was the one who really did		x		x			A: Not taken the tips in the first place; told the truth when confronted  B: Don't take what doesn't belong to me; not steal; don't do anything I need to lie about	Frightened, selfish, dishonest

## Harms Inventory 2:

“We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead?”

### **Harms to Others Including Sex:**

Last reminder: **Do one Column at a time.** List anyone you have hurt involving sex in **Column 1**. Then go to **Column 2** and write down what you did (got pregnant on purpose, used sex to get something from them, cheated on your spouse, etc.). When you are done with Column 2 ask yourself if this action created jealousy, suspicion, and/or bitterness. Go to **Column 3** and check off the appropriate parts of self that got satisfaction from doing the action in Column 2. Go to **Column 4** and list here (A) what you should have done instead and (B) what you will do in the future if in the same situation. When done with Column 4, go to **Column 5** and list the character defects that caused you to do the action in Column 2.

## **HARMS INVENTORY 2 FORM ON NEXT PAGE**

REVIEW OF MY OWN SEX CONDUCT									
Column 1	Column 2	Column 3						Column 4	Column 5
I harmed...	By doing ...  Did I create jealousy, suspicion and/or bitterness?	The part of self that got satisfaction from this action was my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						Part A: What should I have done differently?  Part B: What will I do in the future?	What character defect(s) allowed me to do the harm in Column 2? Selfish, dishonest, self seeking, frightened, inconsiderate, others?

**Example:**

<b>REVIEW OF MY OWN SEX CONDUCT</b>									
<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>						<b>Column 4</b>	<b>Column 5</b>
I harmed...	By ...  Did I create jealousy, suspicion and/or bitterness?	The part of self that got satisfaction from this action was my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						Part A: What should I have done differently?  Part B: What will I do in the future?	What character defect(s) allowed me to do the harm in Column 2? Selfish, dishonest, self seeking, frightened, inconsiderate, others?
		SE	P	ES	A	PR	SR		
Glenn	Flirting with his friend  Created jealousy, suspicion and bitterness	x		x	x	x		A: Just been friendly without flirting.  B: Give my attention to who I'm with and make them feel wanted	Selfish, self-seeking, inconsiderate, approval seeker
John	Dating him just so he would pay some of my bills  Created bitterness		x		x			A: Only date those I really like and not use someone.  B: Pay my own way and not take advantage of people	Selfish, user, inconsiderate

**Ideal self from page 69 of the Big Book:**

*“In this way we tried to shape a sane and sound ideal for our future ... Whatever our ideal turns out to be, we must be willing to grow toward it.”*

Take out a piece of paper and write down the Ideal **you**. This is a list of how **you** would like to act with other people, in any relationship (dating, spouse, friend, co-worker, parent, etc.). You are basically answering the question: Who do you want to be when you are with other people.

If you would like help figuring out the ideal you, fill out the following questionnaire using the most important relationship you have.

Relationship with \_\_\_\_\_

How have I been selfish?

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How have I been dishonest?

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---

How have I been inconsiderate?

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Have I hurt them or anyone around them?

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How have I aroused jealousy?

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How have I aroused suspicion?

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---

How have I aroused bitterness?

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What do I need to do differently?

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What characteristics do I want to have that would make **ME** (not them) the “ideal” person in this relationship?  
(What character assets would enable you to do things differently?)

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If I had these characteristics, how would I act when I am with this person?

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↑↑↑↑ This is the ideal to work towards. This is how I should act in all of my relationships.

## REVIEW OF INVENTORIES:

Read each line of your resentment inventory and see if any of your resentments go away. If any do, put an X next to the person's name. For the ones that did not go away, reverse them (see below). [Example: If I wasn't lazy, disobedient, and selfish – I would have set the table – then my self esteem, emotional security, ambitions, and personal relations would not have been affected – because my Mom would not have returned the Brownie outfit]. No blame, shame or guilt associated with these – nothing is good or bad, right or wrong – they are just facts – just take responsibility for getting the ball rolling for each resentment and realize that it was the character defect(s) that allowed you to do the action in Column 4 and also know that the next steps [5-9] will correct these. If, when you are reversing them, something doesn't make sense or doesn't ring true, either Column 2 or Column 4 is wrong and needs to be changed. If you are having trouble with any of this, call me. If any of these resentments go away by reversing them, put an X next to the person's name. For the ones that do not have an X next to them, make a list of these names and add these people to your morning routine by doing a resentment pray for each of them. [Example: Please God, give [name] [list everything you would want for yourself]. Continue doing the resentment prayer until you no longer harbor ill feelings towards this person.

**REVERSING RESENTMENTS** [if they don't make sense figure out if Column 2 or Column 4 is not correct and correct them]:

If I wasn't \_\_\_\_\_ I wouldn't have \_\_\_\_\_ then these things  
 Column 5 Column 4

would not have been affected because \_\_\_\_\_ would not have \_\_\_\_\_/  
 Column 1 Column 2

Look at column 4 of your Fear inventory. This becomes your Action Plan of the footwork you will start doing immediately and continue doing to make sure none of your fears come true.

Look at column 4 from your two Harms inventories. This becomes another Action Plan but this one is for how you will start treating people from this point forward.

# STEP FIVE

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

Step 5 is just facing facts. It is NOT talking about feelings. This is not a psychiatry session. We are looking for the things that are blocking you off from your Higher Power and the things blocking you off from your Higher Power are your character defects.

If you can look at Steps 4 and 5 this way, you will be fine:

You are 7 years old. Your mother tells you to clean your room – you do it but not happily.

Suppose your mother told you to go through all of your clothes and toys and put on your bed anything that doesn't fit anymore, anything that you don't like anymore, and anything you think is "yucky." That is Step 4.

Then your mother comes in and looks at all the stuff you don't want anymore. That's Step 5.

Looking ahead, let's take this analogy to Steps 6 and 7: Then your mother asks you to make sure you don't want this stuff anymore and, because you are sure all this stuff, will be put in the car and taken to the Salvation Army. That's Step 6.

You go to the Salvation Army and give away all the stuff you don't want anymore. Your mother takes you to the mall and buys you replacements for the things that you just gave away and these replacements are things that are really great and bring you joy. That's Step 7.



“When we decide who is to hear our story, we waste no time.”

We then get together (in person) so you can admit the exact nature of your wrongs. This will not be a confessional or a psychiatric session. The “exact nature of your wrongs” **are** your *character defects*. You are telling me your life story by telling me your character defects because every negative thing you ever said, thought or did was completely governed by your character defects. By telling me you are dishonest I know that you have cheated, stolen and/or lied – I don’t need to hear each incident of you doing that nor do I need to hear you express who you are mad at or what they did to you. All you are going to do is read me all your character defects from column 5 from all your inventories. [You will be saying a lot of the same character defects over and over as you read all of these from the four inventories.] I will not have you tell me the stories behind anything on your inventories – remember people may harm you but it doesn’t become a resentment until you keep thinking about it or talking about it and each time you do the person becomes more wrong, you become more right, and you get justification for being angry.

We will also discuss the things that you have thought, said, or done that have caused you to be embarrassed, ashamed, or guilty. Again we will only be discussing **your** behavior – not anyone else’s.

A reminder that I am a safe place for you. You can say anything you want to me without being judged. Anything we discuss will not be told to anyone else. I consider this a sacred union and I am honored that you trust me enough to be your teacher.

“Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?”

You now return home and sit quietly for an hour and review the work you have done so far. Start by thanking God that you know Him better. Look at the first five steps of the 12 steps. Ask yourself if you have omitted anything. Ask yourself if the work you have done so far is solid. Ask yourself if there is anything you have skimmed on. This will be the first time you depend upon both yourself and God for the right answers without any input from me: Ask yourself if you are satisfied with the answers you just gave for the previous three questions. If you are satisfied, call me and we will move on the Steps 6 and 7.

# STEP 6

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

Now that I see on paper that it's my character defects that have been causing all my problems, do I want them removed?

Look at your list of character defects as found in Column 5 of your 4<sup>th</sup> step inventory. Read the last full paragraph on page 76 of the Big Book:

*“If we can answer to our satisfaction, we then look at Step Six. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all - everyone? If we still cling to something we will not let go, we ask God to help us be willing.”*

# STEP 7

Humbly asked Him to remove our shortcomings.

Read the second full paragraph on page 76 of the Big Book

“When ready, we say something like this: ‘My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.’”

Remember making the decision to turn your life and will over to the care of God as you understand Him in Step 3? This is the step where you start to do some work towards that. We say the Step 7 prayer [offering all of me good AND bad so that He can do what He wants with us]. Transfer the list of character defects from your inventories (each character defect only once) onto the left hand column of the chart on the following page. Now to the right of each character defect (second column of this chart) write the opposite of the character defect [Dishonest → Honest, Judgmental → Accepting people for who they are and what they do and say, Mean Spirited → Kind, etc.]. Try to find your own opposite of each character defect. If you have trouble with some of these, a list of the defects/assets follows, but only use this “cheat sheet” if you can’t find the asset yourself.

Each morning add the following to your prayers: “Please God stop me from being (character defect) and teach me to be (character asset)” [do each one separately]. (Examples: “God, please stop me from being mean-spirited and teach me to be kind.” “God, please stop me from being jealous and teach me to be happy for others.”) Throughout the day whenever a character defect crops up immediately stop, take a deep breath, ask God to stop you from being that and to teach you the opposite [naming the opposite] and then ACT AS IF you are someone who has that character asset. Continue doing this until you get to Step 10. God will not immediately remove these defects. Nature abhors a vacuum. If the character defect is removed and you don’t have the right thing to replace it, something that will not enhance your life has a chance to come in and be the replacement. God will give you many opportunities to practice the character asset and when HE thinks you have learned enough and practiced the opposite enough, HE will remove the character defect.

List your character defects here↓

List your character assets (the opposites of the defects) here↓

[illegible]

**“Cheat sheets” for Defects/Asset List is on next page.**

Defect	Asset
Abusive	Kind
Afraid/Frightened	Brave
Aloof	Caring
Angry	Calm
Annoying	Likable
Approval Seeker	Realize I Am Perfect Just The Way I Am And I It Doesn't Matter What Anyone Else Thinks
Argumentative	Agreeable
Arrogant	Humble, Modest
Bad Mannered	Well Behaved
Bitter	Joyous
Boastful	Humble
Boring	Interesting
Bossy	Democratic
Cheap	Spend On Worthwhile Things
Cheater	Faithful
Closed Minded	Open
Cold Hearted	Friendly, Caring
Complainer	Find The Good, Appreciative
Compulsive	Moderate
Conceited	Humble
Contemptible	Admirable
Controlling	Passive
Corrupt	Integrity
Coward	Brave
Critical	Accept Things As They Are
Criticizer	Complimentary
Cruel	Humane, Kind
Demanding	Easy Going
Dependent On Others	Independent
Depressed	Cheerful
Destructive	Constructive
Devious	Aboveboard
Disgraceful	Praiseworthy
Dishonest	Honest
Disloyal	Devoted
Disobedient	Obedient
Disorganized	Organized
Disreputable	Respectable
Disrespectful	Respectful
Distrustful	Trustful
Doubtful	Believer

Defect	Asset
Egotistical	Humble
Embarrassed	Comfortable With What I Do
Enabler	Someone Who Does Not Allow Others To Use Self-Destructive Behavior
Entitled	What I Have Is Exactly What I'm Supposed To Have And No More
Envious	Happy For Others
Exaggerator	Truthful
Faithless	Faithful
Favoritism	Fair
Feeble	Able, Capable
Glutton	Moderate
Gossip	Practice Anonymity
Greedy	Generous
Grudge Holder	Someone Who Lets Go And Forgives
Gullible	Realize the Truth
Hateful	Loving
Hopeless	Hopeful
Hypocritical	Sincere
Immature	Mature
Immodest	Modest
Impatient	Patient
Impolite	Polite
Impractical	Practical
Impure	Wholesome
Inconsiderate	Considerate
Inferior	Adequate
Insensitive	Caring
Insincere	Sincere
Insulting	Complimentary, Kind
Interfering	Back Away
Intolerant	Tolerant
Irresponsible	Responsible
Isolator	Let Others In
Jealous	Happy For Others
Judgmental	Tolerant
Lack Of Self Esteem	Realize I Am Perfect Just The Way I Am And I It Doesn't Matter What Anyone Else Thinks
Lazy	Willing To Do What Is Needed
Lewd	Moral
Liar	Truthful
Loudmouth	Quieter

<b>Defect</b>	<b>Asset</b>
Low Self Esteem	Realize I Am Perfect Just The Way I Am And I It Doesn't Matter What Anyone Else Thinks
Lustful	Virtuous
Manipulative	Uncalculating
Martyr	Stop Making Sacrifices And Suffering
Mean Spirited	Kind
Mean, Wicked, Evil	Kind, Good
Miserly	Generous
Nasty	Nice
Needy	Rely on HP Instead Of Others
Negative Thinker	Positive Thinker
Nervous	Calm
Nosy	Mind My Own Business
Obnoxious	Charming
Opinionated	Agreeable
Paranoid	See The Truth About Things
People Pleaser	Do God's Will Instead Of Others'
Perfectionist	Accepting
Pessimist	Optimist
Play The Victim	Stand Up for Myself Walk away from situations that make me suffer
Prejudice	Unbiased
Procrastinator	Do Things Now
Promiscuous	Show Restraint
Proud	Modest
Rageful	Calm
Rebellious	Willing
Reckless	Careful
Rude	Kind
Sarcastic	Complimentary, Kind
Secretive	Open
Self Absorbed	Consider Others
Self Destructive	Do Good Things For Myself
Self Doubter	Realize I Can Do Everything With The Help of HP
Self-Centered	Considerate, Helpful
Self-Condemning	Accepting
Self-Important	Humble
Self-Indulgence	Generous
Selfish	Selfless, Helpful
Self-Seeking	Considerate

<b>Defect</b>	<b>Asset</b>
Sex Addict	Moderate
Shallow	Realize What Is Really Important
Short Tempered	Calm
Show-Off	Humble
Slacker	Perseverance
Sloth	Active
Spiritually Bankrupt	Spiritually Aware
Spiteful	Kind
Stingy	Charitable
Suspicious	Trusting
Thief	Honest
Thoughtless	Thoughtful
Troublemaker	Easy To Get Along With
Two-Faced	Honorable
Unclean	Clean
Undependable	Dependable
Undisciplined	Disciplined
Unethical	Ethical
Unfriendly	Friendly
Ungracious	Gracious
Unhappy	Happy, Pleased
Unhelpful	Helpful
Unloving	Loving
Unorganized	Organized
Unqualified	Competent
Unrealistic	Realistic
Unreliable	Reliable
Unsettled	Content
Unstable	Stable
Untrustworthy	Trustworthy
Unwilling	Willing
Uppity	Humble
Useless	Useful
User	Helper
Vengeful	Forgiving
Vulgar	Polite
Wanting To Feel Special	Realize I Am Just How HP Wants Me And I Don't Need Anyone Else' Approval
Wasteful	Economical
Worrier	Optimistic, Trust In God

# STEP 8

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

*“We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal.”*

Look at Columns 1 and 2 of your lists of harms to others (with and without sex) inventories.

Using index cards, transfer Columns 1 and 2 (who you had harmed and how you hurt them) onto these index cards – one harm per card. So if you have 5 harms to one person, you will have 5 index cards. Then transfer the corresponding Column 4. These index cards become your list of who you are going to see, what you are going to apologize for, how you will make your restitution and what your amend would be.

Separate the index cards into the following groups:

1. Apologies that will be easy to make;
2. Apologies you can't make because the person is either dead or you have no idea where they are;
3. Apologies you refuse to make;
4. Apologies you really should make but it would be hard; and
5. Apologies that would cause harms to others.

When you are done with this, call me and we will set up an appointment to get together and go over how to do your 9<sup>th</sup> step and to whom and how you will make your amends to ensure that you are not creating any further harm. Remember that this is only to right the wrong, it is not to get the person to like you or to get them back in your life. You are cleaning up the wreckage of your past. You are becoming humble by realizing that your actions have had a negative impact on others and you are willing to fix this. You are also becoming humble by realizing that other people's feelings are just as important as yours. One of the purposes of doing this step is so that you can go anywhere and no matter who is there you will still feel comfortable in your own skin. Also, remember that the word amend means to change something – so the main thing is to amend your ways so that you don't cause this harm to anyone again. We will review what you have done when we get together to discuss your index cards. In step 5 you only told me your character defects, now we will discuss the harms you caused. **DO NOT MAKE ANY APOLOGIES/AMENDS UNTIL WE HAVE TALKED.**

# STEP 9

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

*“Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.”*

After we discuss what to do based on each individual index card, you will start making your amends using the Big Book as the guide on how to do this. Again, you will not make any amends that will cause others harm.

Remember an amend involves making restitution where appropriate, changing your ways and, in many cases, includes an apology. But an apology without changing your ways or, where needed, making restitution is not making an amend.



# STEP 10

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

By now your life should have changed dramatically. Steps 10, 11 and 12, the daily growth steps, are designed to help you continue to get closer to your Higher Power.

Do a step 10 as soon as you notice that twinge that tells you something is not quite right. The nightly review is NOT Step 10 – the nightly review is step 11. Step 10 is done immediately. This is your Higher Power’s way of giving you a chance to act as if you are the opposite of your character defects because He will not remove the character defect until He believes you have learned enough and practiced the opposite enough and Step 10 gives you the opportunity to practice the asset. The important part of Step 10 is to realize that whatever is happening in your life is just a learning process – your Higher Power is giving you the opportunity to learn the opposite of the character defects.

**Step 10 instructions:** Step 10 is at the exact moment you are angry, worried, afraid, about to harm someone, or have harmed someone, you IMMEDIATELY do steps 4, 6, 7, 8, 9 and then 5 (relative to the specific resentment, fear or harm). If you are upset with someone, immediately do the resentment inventory and stop being angry. If you are worried or afraid, immediately do the fear inventory and stop being frightened. If you are harming someone, immediately do the harm inventory and stop hurting another person.

Then move on to Step 6, do you want the character defects you just found in the inventory removed. If yes, move on to Step 7 - Ask God to remove these defects and teach you to be the opposite and then *act as if* you are someone who has these character assets. If you’ve harmed someone, become willing to make amends in Step 8. Then do Step 9. If an apology is needed, make it and then, whether or not an apology is necessary, make plans on how you are going to amend your ways so that you don’t repeat these same negative behaviors in the future.

Then do Step 5, call your sponsor and say “Hi, this is [name]. I was just [character defect(s)].” Don’t go into any detail because remember what a resentment is. It comes from the word *sentori* meaning to feel. Put re in front of it and it means to feel again. Someone did you a wrong and you can get rid of it *immediately* by doing a Step 10 OR you can carry it around with you and keep re-feeling it. And every time you think about it or talk about it, the other person becomes more wrong, you become more right and then you have a “justified” resentment. And then how do you feel – tense, upset, horrible – maybe even wanting to eat. And what happens when there’s another wrong by this person or someone else – everything becomes bigger than is originally was. Get rid of these feelings before they block you off from my HP by doing a Step 10 immediately. You will eventually be able to do these very quickly in your head after you have had enough practice.

**CHEAT SHEETS FOR DOING STEP 10 ARE ON THE NEXT FEW PAGES.**

## STEP 10 SHEET - RESENTMENTS

**Column 1:** Who am I mad at?

**Column 2:** What did they do to me?

**Column 3:** Did it affect my self esteem (how I feel about myself), pocketbook (money), emotional security (how safe I feel in the world), ambitions (plans for the future), personal relationships (how I deal with and feel about others) and/or sex relationships?

**Column 4:** My part. (I said, thought, did, didn't say, didn't do, etc.)

**Column 5:** Was I selfish, dishonest, self seeking, frightened, and/or inconsiderate? What other character defects allowed me to do what I did in column 4.

<b>REVIEW OF RESENTMENTS</b>														
Column 1	Column 2	Column 3						Column 4	Column 5					
I am resentful at...	Because they...	It affected my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						My part: I...	What character defect(s) allowed me to do my part – Selfish, dishonest, self seeking, frightened, inconsiderate, other					
		SE	P	ES	A	PR	SR		S	D	SS	F	I	Other

Reverse the resentment: If I wasn't [character defect], I wouldn't/would have [the opposite of what's in column 4], then the things in column 3 would not have been affected because [person in column 1] would not have [what is in column 2]. Ask yourself if you want to have God remove the character defect(s) you just found. If yes, ask God to remove the character defect(s) and teach you to be the opposite. Then act as if you possess that character asset. Ask yourself if you hurt someone by what you did in Column 4. If yes, apologize to this person (as long as it does not create harm), make restitution if necessary and amend your ways so that you do not cause this harm again in the future. Call me with the character defect(s).

## STEP 10 SHEET - FEARS

**Column 1:** What am I afraid of?

**Column 2:** Why?

**Column 3:** Do I rely on myself rather than God?

**Column 4:** What can I do to make sure this does not happen?

**Column 5:** What character defects would keep me from doing what I need to do in Column 4?

<b>REVIEW OF FEARS</b>					
Column 1	Column 2	Column 3		Column 4	Column 5
I am afraid of...	Because ...	Do I realize that I rely on myself rather than on my Higher Power?		What can I do to make sure that this does not happen?	What character defect(s) would keep me from doing what I need to do in Column 4? Selfish, dishonest, self seeking, frightened, inconsiderate, others?
		Yes	No		

Review what you wrote for Column 4 and see what actions you can take to ensure that this fear does not happen and then do those actions immediately. Also look at the character defect(s) listed in Column 5. Ask yourself if you want to have God remove the character defect(s) you just found. If yes, ask God to remove the character defect and teach you to be the opposite. Then act as if you possess that character asset. Call me with the character defect(s).

## STEP 10 SHEET - HARMS TO OTHERS EXCLUDING SEX

**Column 1:** Who did I harm?

**Column 2:** What did I do to them?

**Column 3:** What part of myself got satisfied by doing this: self esteem (how I feel about myself), pocketbook (money), emotional security (how safe I feel in the world), ambitions (plans for the future), personal relationships (how I deal with and feel about others) and/or sex relationships?

**Column 4:** Part A – what should I have done differently? Part B – What will I do in the future?

**Column 5:** What character defect(s) allowed me to do the thing in Column 2 (selfish, dishonest, self seeking, frightened, inconsiderate, other character defects)?

<b>REVIEW OF HARMS TO OTHERS EXCLUDING SEX</b>									
<b>Column 1</b>	<b>Column 2</b>	<b>Column 3</b>						<b>Column 4</b>	<b>Column 5</b>
I harmed...	By doing ...	The part of self that got satisfaction from this action was my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						Part A: What should I have done differently?  Part B: What will I do in the future?	What character defect(s) allowed me to do the harm in Column 2? Selfish, dishonest, self seeking, frightened, inconsiderate, others?
		SE	P	ES	A	PR	SR		

Look at Column 5 and ask yourself if you want to have God remove the character defect(s) you just found. If yes, ask God to remove the character defect(s) and teach you to be the opposite. Then act as if you possess the character assets. Look at Column 1 and apologize to this person (as long as it does not create another harm) saying something along the lines of “I’m sorry I (Column 2) – I should not have done that and in the future I will (Column 4).” Then amend your ways so that you do not cause this harm again in the future. Look at Column 4 and this is the new behavior you will display the next time you are in the same situation. Call me with the character defect(s).

## STEP 10 SHEET - HARMS TO OTHERS USING SEX

**Column 1:** Who did I harm?

**Column 2:** What did I do to them? Also, did I create jealousy, suspicion and/or bitterness?

**Column 3:** What part of myself got satisfied by doing this: self esteem (how I feel about myself), pocketbook (money), emotional security (how safe I feel in the world), ambitions (plans for the future), personal relationships (how I deal with and feel about others) and/or sex relationships?

**Column 4:** Part A – What should I have done differently? Part B – What will I do in the future?

**Column 5:** What character defect(s) allowed me to do the harm in Column 2 (selfish, dishonest, self seeking, frightened, inconsiderate, other character defects)?

<b>REVIEW OF MY OWN SEX CONDUCT</b>									
Column 1	Column 2	Column 3						Column 4	Column 5
I harmed...	By doing ...  Did I create jealousy, suspicion and/or bitterness?	The part of self that got satisfaction from this action was my Self esteem, Pocketbook, Emotional security, Ambitions, Personal relationships, and/or Sex relationships						Part A: What should I have done differently?  Part B: What will I do in the future?	What character defect(s) allowed me to do the harm in Column 2? Selfish, dishonest, self seeking, frightened, inconsiderate, others?
		SE	P	ES	A	PR	SR		

Look at Column 5 and ask yourself if you want to have God remove the character defect(s) you just found. If yes, ask God to remove the character defect(s) and teach you to be the opposite. Then act as if you possess the character assets. Look at Column 1 and apologize to this person (as long as it does not create another harm) saying something along the lines of “I’m sorry I (Column 2) – I should not have done that and in the future I will (Column 4).” But never apologize if it will cause further harm [example, you would **never** say “I’m sorry Mrs. So and So for having an affair with your husband.”]. Then amend your ways so that you do not cause this harm again in the future. Look at Column 4 and this is the new behavior you will display the next time you are in the same situation. Call me with the character defect(s).

# STEP 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.

Step 11 is where I actually carry out the decision I made in Step 3 to turn my life and my will over to the care of God. I'm now more than willing to have God run every aspect of my life because based on my own experience in working the previous steps, I learned that anything God has in store for me is ten billion times better than anything I could plan for myself. My prayer life changes in Step 11. I stop telling God what He should do and instead only have two prayers. The first one is "Thank you, thank you, thank you." I am always expressing my appreciation for everything. This puts me in a constant state of gratitude. The second prayer is "Please tell me what you want me to do and give me the strength to carry that out." The instructions for Step 11 are in the Big Book. It tells me what to do at night: constructively review my day which to me means that I look at what I've done without beating myself up. Instead I'm looking for the things I might have missed doing a Step 10 on; I'm looking for anything that needs to be corrected; and, more importantly, I'm looking to see what lessons I was to learn that day. The second part of the instructions tell me what to do each morning, upon awakening I plan the next 24 hours which to me means based on what I found the night before I make plans on how I'm going to make any needed corrections and I make plans on how to incorporate what I learned yesterday into what I'm going to do today. The last part of the instructions tell me what to do throughout the day: stay connected to my Higher Power, reconnect as needed and constantly look for his guidance and inspiration.

## **Big Book instructions for Step 11:**

*"When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.*

*"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.*

*"In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. we relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while."*

## Chapter 7: WORKING WITH OTHERS

# STEP 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.

Read Chapter 7, “Working with Others”. Then call me and we will discuss this chapter and discuss what you need to do to start teaching the Steps to others.

Step 12 is in 3 parts.

The first part is “Having had a spiritual awakening as the result of these steps” – a spiritual awakening to me means that the way I think and the way I act have dramatically changed for the better. A spiritual awakening to me means that I know there’s a God personal to me, who loves me, is always there for me and only wants the best for me. A spiritual awakening to me means that the knowledge of the constant presence, guidance, and love of my Higher Power is the most important thing in my life without exception.

The second part of Step 12 is “carry this message to compulsive overeaters” – and to me the message is: if you’re a compulsive overeater, there’s a way out of all this misery – just do exactly what it says to do in the first 164 pages of the Big Book and you will never overeat again nor will you ever feel as bad as you do right now.

And then there’s the third part of Step 12 which is “practice these principles in all our affairs”. The principles themselves are: honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness and service, unity, trust, open-mindedness, responsibility, acceptance, equality, and fellowship.

**Stay spiritually fit by doing step 10 every time it is needed, staying connected and guided by your Higher Power in Step 11 every day and doing what Step 12 says to do!!** Also remember that your disease centers in your mind. On your own you are unable to remember the consequences and, on your own, you may at some point eat again. You are **NOT** the one giving yourself this daily reprieve – it is your Higher Power. Your problem is lack of power – your solution is finding (and giving your life over to) a Power greater than you that will *solve your problem*. Connect with Him every day, do step 10 every time something interferes with your connection with Him and work with others and you will stop fighting everyone and everything (including the food).

**Now let’s go on to the Traditions and Principles....**

# TRADITIONS

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. 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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## **INSTRUCTIONS FOR THE TRADITIONS:**

- Read Tradition 1 and then write how you can apply it to your personal life. Then call me and read me your writing.
- The next day do the same thing with Tradition 2 and call me.
- Do this for all 12 traditions.

**When you are done with the 12 Traditions, we will move on to the Principles.**



# PRINCIPLES

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Self-Discipline
9. Love
10. Perseverance
11. Spiritual Awareness
12. Service
13. Unity
14. Trust
15. Open-Mindedness
16. Responsibility
17. Acceptance
18. Equality
19. Fellowship

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Sharing our experience, strength and hope and discussing the Principles behind the 12 Steps and the 12 Traditions, rather than our problems, should be the focus of every OA meeting.

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## **INSTRUCTIONS FOR THE PRINCIPLES:**

- Take the first principle, honesty, and write what this means to you and how you will incorporate this principle into your life. Then call me and read me your writing.
- The next day you will do the same thing with the second tradition, hope.
- Continue doing this with each of the principles until you have written on all of them.

# **THE END.... or is it really the beginning?**

Now that you have actually done the Steps, Traditions and Principle, go back and redo the unmanageability questionnaire and see how far you have come.

Thank your Higher Power for His help in all of this and continue living in Steps 10, 11, 12.

Thank you for giving me the opportunity to be a witness to your journey.

Congratulations on your new, magnificent life.

*Barb Armstrong*