

Further Thoughts On Abstinence: 100 Slip Questions

(Ann Arbor note: from downloaded Sponsors Guide OAMidPeninsula.org site)

1. Write down the definitions for each of the following words, using a dictionary: Life, Spirit, Spiritual, God, Breathe, Breathing, Cerebrum, Cerebellum, Meditation, Universe, Peace, Serenity, Posture, Discipline, Prayer, Love, Hate, Anger, Sex, Pride, Resentment, Jealousy, Read, Write, Conscious Mind, Subconscious Mind, Hearing, Speaking, Cure, Recover, Medulla Oblongata
2. Why is it important that I think of myself first?
3. Write on the Serenity Prayer. What it means to you and how it can help you in your life.
4. Discuss the following: Live & let live, Easy does it, But for the grace of God go I, Let go & let God, One step at a time, First things first, I see things differently now.
5. Write on the concept of Just for Today.
6. Write about carbohydrate abstinence and what the removal of carbohydrates from your eating program can do for you. Do you believe you have an allergy to carbohydrates Yes or No? Explain.
7. List the things you want out of life. How many of these things are really important? Why?
8. What about your life would you like to change? How would you change it?
9. Count your blessings.
10. What would you lose by giving up HOW?
11. What do you fear? How many of these things are beyond your control?
12. Because you have a failure, you are not a failure. Write on this.
13. Discuss and reflect on the meaning of love.
14. Reverse a negative thought and write on it.
15. Discuss and reflect upon the importance of growing up.
16. By eating to punish another, how am I only deceiving myself?
17. Why don't I want to get well?
18. Read the 12 & 12 from page 102-104. Discuss and reflect upon the need for meditation.
19. Has the striving or drive for perfection been a realistic goal in my life? How has this helped or hindered me?
20. Discuss the dangers of your obsession as you see them.... mental, physical, spiritual.
21. Can I afford to have my pre-program insanity back?
22. In what ways do I look for joy in my life?
23. Do I really listen when people talk to me? In what ways?
24. Write on how the child within often controls your life.
25. Discuss and reflect upon the need for self-worth. List your good points.
26. What were my expectations yesterday? Am I realistic about them today?
27. How are the others in HOW acting as your mirror?
28. Choose a person to whom you should make amends. Ask their forgiveness. How does it make you feel?
29. Open the Twenty-Four Hours a Day book at random. What does it say? How does it relate to your life today?
30. Think of someone you haven't seen in a while. Find their phone number and give them a call. Reflect and write on reaching out.
31. We can't love others until we love ourselves. How does this relate to our feelings today? Yesterday?

32. Boredom is a bar against learning. Discuss the idea that boredom is part of our disease.
33. Ignorance is a bar against all proof--what you don't know won't hurt you. Reflect and discuss why HOW has proven this statement wrong.
34. Action is called a magic word. Why is this word Important to you today?
35. Discuss and reflect upon the idea that we must keep things simple.
36. How many people do you fail when you fail yourself?
37. Read in the Little Red Book pages 9 -13 and write your feelings.
38. Read in the Little Red Book pages 14 till the end of the chapter. How do you feel?
39. Read Step 6 in the 12 & 12. Read page 68. How does the whole step make you feel?
40. Write on what the advantages are when you are on abstinence. Write on the disadvantages of eating as though you were normal.
41. Read Feb 28 to Mar 11 in the Twenty-Four Hours a Day book and write on your feelings.
42. Write on what your spiritual rock bottom was.
43. Write on what -your physical rock bottom was.
45. What does food mean to you today? How does it affect you now?
46. Write on why you considered yourself a compulsive overeater. Why do you insist on letting your compulsion destroy you?
47. Write on 'giving in' and why you do.
48. Write on your concept of a higher power.
49. Write on what HOW means to you.
50. Read Oct 6 and Oct 12 in the Twenty-Four Hours a Day book. Are you sharing the load?
51. When and how did I allow self-pity to rule my life?
52. How have I allowed false pride to defeat me?
53. Read Step Seven in the 12 & 12. Write on humility.
54. Write on how defiance was a strong part of my life? Have I changed?
55. Have I allowed arrogance to play a large part in my life?
56. What changes did I see in myself before I slipped.
57. Read January 17 in the Twenty-Four Hours a Day book. Do meetings play an important part in my life?
58. Read Apr 25 in the Twenty-Four Hours a Day book Have I allowed hostility to take over?
59. Read November 25th and 26th in the Twenty-Four Hours 2 Day- book. Have I found inner contentment?
60. Read December 3 in the Twenty-Four Hours a Day- book. Make an inventory of all the good in your life.
61. Read February 22nd in the Twenty-Four Hours a Day- book. How well am I handling my problems?
62. Read March 5th in 24 Hours a Day. Am I trying too hard to get program?
63. Read March 14th in the Twenty-Four Hours a Day- book. Write on CAN I GET WELL?
64. Write on 'Have I used food to face life?'
65. Write on 'Thy will not mine be done.'
66. What are my feelings today concerning God, food, other?
67. What is my concept of happiness?
68. The man who never makes a mistake is the man who never does anything.
69. Success is never final.
70. A friend is to be taken with his faults.
71. Evil conduct is the root of misery.
72. Patience is the companion of wisdom.
73. Difficulty is the daughter of idleness.

74. Am I the master of my emotions?
75. Take the world as it is--not as it ought to be.
76. A good example is the best sermon.
77. The greatest wealth is contentment with little or less.
78. He who is not ready today, will be less so tomorrow.
79. People cannot change truth, but truth can change people.
80. Who excuses, accuses.
81. Nothing with GOD is accidental.
82. Whatever is worth doing at all is worth doing well.
83. Love & Friendship is what binds the HOW fellowship together.
84. Over commitment--its danger.
85. Moderation--a way of life.
86. Kindness is produced by kindness.
87. Temper is what gets most of us in trouble--Pride is what keeps us there.
88. Lord, when we are wrong, make us willing to change, and when we are right, make us easy to live with.
89. Men do not stumble over mountains, only over molehills.
90. Love: Then & Now.
91. The person I harmed was/is myself.
92. Anger as a constructive force.
93. What my screaming heart is trying to tell me.
94. You may never get a second chance to make a first impression.
95. My best friends may be my worst enemies.
96. Self-pity is harmful, and can set you up.
97. Why are we so afraid of ourselves?
98. Only if you accept yourself just as you are, can you change.
99. Tolerance and intolerance--The good and the bad.
100. Have I truly surrendered to the program?