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12 STEPS IN 12 WEEKS

OA BIG BOOK STUDY

FORMAT

Adapted from http://www.aa.org/pdfs/stepstudy_format1.pdf

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SESSION ELEVEN: STEPS TEN & ELEVEN

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

Essential reading for discussion and sharing:

- *Alcoholics Anonymous*, 4th ed., pp. 84-86 (“Into Action”)

Suggested readings: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*

- Pages 83-90

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

Essential reading for discussion and sharing:

- *Alcoholics Anonymous*, 4th ed., pp. 86-88 (“Into Action”)

Suggested readings: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*

- Pages 91-98

Notes and important passages highlighted by you:

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12 STEPS IN 12 WEEKS OA BIG BOOK STUDY

QUESTIONS & WORKSHEETS FOR GROUP DISCUSSIONS

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PLEASE NOTE: *These questions are not OA approved, but tailored to this workshop to support discussions.

Quotes and Questions for Workshop in Meeting 1 (Step 1)

GROUP 1 - "The Doctor's Opinion"

Read page XXVI of the book *Alcoholics Anonymous*, 4th ed. and answer the following questions:

Questions for discussions

1. Are you often restless, irritable and discontent? Do you ever use food to change the way you feel?
2. The Big Book says that there is little hope for recovery unless we can experience an entire psychic change. Are you convinced that you are powerless over food and only an entire psychic/spiritual change leads to recovery or are you still holding to the hope that the next quick fix will solve the problem? Have you tried enough?
3. Discuss with the group the chapter "The Doctor's Opinion". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 2 - "Bill's Story"

Read page 5 of the book *Alcoholics Anonymous*, 4th ed. and answer the following questions:

Questions for discussions

1. Have you had any successful periods of controlled eating? Did they last?
2. Do you think that the periods of controlled eating you had gave you hope and makes it difficult for you now to admit that you are entirely powerless over food? Or have you had enough proof that doesn't matter how long you control it, you always end up losing control?
3. Discuss with the group the chapter "Bill's Story". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 3 - "There is a Solution"

Read page 23 of the book *Alcoholics Anonymous*, 4th ed. and answer the following questions:

Questions for discussions

1. Do you display common sense in other matters of your life but struggle to have willpower when the matter is food?
2. What does it mean that the main problem of the alcoholic centers in his mind rather than in his body? Did you think that compulsive eating was a physical addiction? How do you explain compulsive eating of "healthy foods"?
3. Discuss with the group the chapter "There is a Solution". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

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Quotes and Questions for Workshop in Meeting 2 (Step 2)

GROUP 1 : “More About Alcoholism”

Read page 30 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. The definition of insanity is doing the same thing over and over again and expecting different results. Have you been trying to control your eating over and over again? Are you still expecting different results?
2. Step Two says that we came to believe that a Power Greater than ourselves can restore us to sanity. We are talking about sanity around food, as the BB several times mention that we can be quite sane regarding other matters of life. Can you accept that you have been insane in some of your behaviors around food?
3. Discuss with the group the chapter “More About Alcoholism”. Which passages were highlighted by group members? How can you relate this chapter’s ideas to your own compulsive eating?

GROUP 2 : “More About Alcoholism”

Read page 34 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Have you asked yourself if you really desire to stop eating compulsively? Or are you holding on to the habit and the comfort that food can give you?
2. Do you think you have lost the power of choice when it comes to control your food and weight? Do you think that you can quit upon a nonspiritual basis?
3. Discuss with the group the chapter “More About Alcoholism”. Which passages were highlighted by group members? How can you relate this chapter’s ideas to your own compulsive eating?

GROUP 3 - More About Alcoholism

Read page 42 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Why, do you think, our program is one of action? Have you read a lot of books regarding nutrition and weight management? Has self knowledge worked for you?
2. Are you ready to throw several lifelong conceptions out of the window? Ask each member of the group to give an example of what major lifelong conception they will have to throw out of the window if they want to fully recover.
3. Discuss with the group the chapter “More About Alcoholism”. Which passages were highlighted by group members? How can you relate this chapter’s ideas to your own compulsive eating?

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Quotes and Questions for Workshop in Meeting 3 (Step 3)

GROUP 1

Read page 44 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Has the spiritual principles mentioned in the 12 Steps put you off in the past or does it still put you off at present?
2. If the only two options, as outlined in the Big Book, is to either start living on a spiritual basis or die battling with compulsive eating, can you honestly answer which one would you prefer?
3. Discuss with the group the chapter "We Agnostics". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 2

Read page 184 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Have you ever reached any conclusions in life prior to investigating further? What kind of results has that attitude brought?
2. Are you willing to investigate if the spiritual solution proposed by the 12 steps actually works? How can you investigate that for yourself?
3. Discuss with the group the chapter "We Agnostics". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 3

Read page 46 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. What does "provided that we took other simple steps" mean in this context?
2. Do you think that making a decision to turn our will and our lives over to the care of God is the end of it? What does making that decision actually entail?
3. Discuss with the group the chapter "We Agnostics". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 4

Read page 53 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. How much importance have you given to "logic" in your life? How does admitting the phrase "I don't know" make you feel?
2. Why do you think the Big Book says that "we think it more sane and logical to believe than not to believe"? Have you seen any proof in the rooms of OA that those who have faith appear to have a happier life?
3. Discuss with the group the chapter "We Agnostics". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

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Quotes and Questions for Workshop in Meeting 4 (Step 4)

GROUP 1

Read page 58 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Sometimes it is difficult to see our part in a situation as it seems there is nothing wrong with our behavior. What about your motives? Have you ever had a selfish motive, even though your actions were totally acceptable and justified to the outside world? Can you give an example?
2. Why is it so important to be honest with ourselves in Step 4? Has being honest with yourself made you feel worse, (sometimes to the point of beating yourself up), or better? Why is it sometimes easier to see other peoples' flaws rather than our own?
3. Discuss with the group the chapter "How it Works". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 2

Read page 66 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Do you think that you can sometimes be overly sensitive or pick up resentments easily? Can you see any correlation between having lots of resentments and compulsive eating?
2. Can you accept that even though you may not have had an active part in the cause of a particular resentment itself you may have had an active part in picking up and holding on to that resentment?
3. Discuss with the group the chapter "How it Works". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 3

Read page 61 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Do you think that you can be selfish even if you have the best of intentions? Give examples.
2. 'Self-pity' has been mentioned several times in the Big Book. Have you ever thought about self-pity as being a selfish feeling? Please discuss how much self-pity has been part of your life and what could be the consequences/outcomes of holding onto self-pity?
3. Discuss with the group the chapter "How it Works". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

GROUP 4

Read page 62 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Can you recall any decisions you made in the past based on self that has put you in a position to be hurt? Discuss this further in the group.
2. Do you agree that the root of our compulsive eating is our self-centeredness? Give examples.
3. Discuss with the group the chapter "How it Works". Which passages were highlighted by group members? How can you relate this chapter's ideas to your own compulsive eating?

PLEASE NOTE: This worksheet is not OA approved, but tailored to this workshop to support discussions.

FOURTH STEP INVENTORY: GLOSSARY

Resentments

Self Esteem - How I think of myself

Security – Emotional and financial

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that *we want*, including how we want others to be.

Personal Relations - Our relations with other people.

Sex Relations – Sexual intimacy, sexuality, femininity /masculinity issues

Selfish –Self-Centered; concerned *mainly* with myself and my feelings; wanting others to do things “my way”- even if it is for their own benefit. Not being God-centred.

Self-Seeking – Seeking yourself in others. Approval seeking. “People pleasing”

Dishonest – Not telling or hiding the truth. Not saying something that should be said.

Inconsiderate – Dismissive. Not considering others’ feelings and/or opinions. Lack of compassion.

Frightened – Lack of faith. Lack of trust. A feeling of agitation, anxiety and dread caused by the presence or imminence of real or imagined danger.

Fears

Self-reliance - Reliance on one's own powers and judgment; self-sufficiency; ability to depend on yourself alone without the assistance of others.

Self-confidence – excessive or inflated confidence in one's own judgment, ability, etc. Freedom from doubt. Complacency.

Self-Discipline - Self-discipline is the product of persisted willpower. Whereas willpower is the strength and ability to carry out a certain task, self-discipline is the ability to use it routinely.

Self-Will - Willfulness, especially in satisfying one's own desires or adhering to one's own opinions.

Self Esteem - a person's overall emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude towards the self.

Pride - A lofty and often arrogant assumption of superiority in some respect of oneself or one's opinion.

Emotional Security – Emotional instability; vulnerability; measure of the trust we have in ourselves and others.

Pocketbook - One's financial resources or means.

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that *we want*, including how we want others to be.

Personal Relations - Our relations with other people.

Sex Conduct

Selfish –Self-Centered; concerned *mainly* with myself and my feelings; wanting others to do things “my way”- even if it is for their own benefit. Not being God-centred.

Dishonest – Not telling or hiding the truth. Not saying something that should be said.

Inconsiderate – Dismissive. Not considering others’ feelings and/or opinions. Lack of compassion.

Jealousy – Fearful or wary of being supplanted; apprehensive of losing affection or position. Thoughts and feelings of insecurity, fear, and anxiety over an anticipated loss of something that a person values.

Suspicion – A state of uncertainty; doubt.

Bitterness – Indignation or ill will felt as a result of a real or imagined grievance.

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<p>In dealing with resentments we set them on paper. We listed people or principles with whom we were angry.</p>	<p>We asked ourselves why we were angry.</p>	<p>SELF: AFFECTS MY (Which part of self is affected?): Self-esteem (SE) Security (S) Ambitions (A) Personal Relationships (PR) Sex Relations (SR)</p>					<p>What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings: Selfish (S) Self-Seeking (SS) Dishonest (D) Inconsiderate (I) Frightened (F)</p>
<p>I am resentful at:</p>	<p>The cause:</p>	<p>Self-esteem (SE)</p>	<p>Security (S)</p>	<p>Ambitions (A)</p>	<p>Personal Relationships (PR)</p>	<p>Sex Relations (SR)</p>	

In dealing with resentments we set them on paper. We listed people or principles with whom we were angry.	We asked ourselves why we were angry.	SELF: AFFECTS MY (Which part of self is affected?): Self-esteem (SE) Security (S) Ambitions (A) Personal Relationships (PR) Sex Relations (SR)					What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings: Selfish (S) Self-Seeking (SS) Dishonest (D) Inconsiderate (I) Frightened (F)

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Quotes and Questions for Workshop in Meeting 5 (Step 4)

Read page 19 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Group exercise – For All Groups

In today's workshop the idea is that any member (that wishes to do so) can read out one of their biggest (or most difficult) resentments. Usually this will be the one that the person finds most difficult to see their 'part in it' or will find very difficult to forgive/let go. The idea is that other members of the group may give insights on the 4th column enabling the person struggling to see some aspect of himself/herself not yet seen. This is an exercise of humility and the willingness to be open-minded. In so doing we can accept suggestions from our fellows and trust that the power of the group is greater than ourselves and can help us in our journey of recovery. This is also to help us understand how to do step 4, and use the experience of others to help us carry on with our fearless inventory at home.

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Quotes and Questions for Workshop in Meeting 6 (Step 4)

Read page 67 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Group exercise – For all Groups

In today's workshop we have the options of:

- continuing with our discussions on resentments,
- commencing and discussing our fear inventories
- starting our sex/relationships inventories and sharing on them if the person sharing/group feels this is appropriate).

Again, we reiterate that this is an exercise of humility and the willingness to be open-minded. In so doing we can accept suggestions from our fellows and trust that the power of the group is greater than ourselves and can help us in our journey of recovery. This is also to help us understand how to do step 4, and use the experience of others to help us carry on with our fearless inventory at home.

Note: It is suggested each group has a timekeeper and time each share for 2 minutes so there is more opportunity for more shares.

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FOURTH STEP INVENTORY: FEARS

Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Read page 67 of the book *Alcoholics Anonymous*, 4th ed. and complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed).
2. Column 2: Read page 68 of the book *Alcoholics Anonymous*, 4th ed. and complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed).
3. Column 3: Read page 68 of the book *Alcoholics Anonymous*, 4th ed.. and complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).
4. Column 4: What part of self does the fear affect? (Complete each column within column 4).
5. Column 5: We ask HP to remove our fear and direct our attention to what HP would have us be.

What am I afraid of? Who, what, where	Why do I have the fear? (Brief explanation).	Which part of self have I been relying on that has failed me? (SR, SC, SD, SW).				Which part of self does the fear affect? (SE, P, SE, P, A, PR).					We ask for the fear to be removed. Read the Fear Prayer from page 68 of the Big Book.	
		Self-Reliance (SR)	Self-Confidence (SC)	Self-Discipline (SD)	Self-Will (SW)	Self-esteem (SE)	Pride (P)	Emotional Security (SE)	Pocketbook (P)	Ambitions (A)	Personal relationships (PR)	

What am I afraid of? Who, what, where	Why do I have the fear? (Brief explanation).	Which part of self have I been relying on that has failed me? (SR, SC, SD, SW).				Which part of self does the fear affect? (SE, P, SE, P, A, PR).						We ask for the fear to be removed. Read the Fear Prayer from page 68 of the Big Book.

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Instructions for Completion

REVIEW OF SEX CONDUCT

Complete each column top to bottom before going on to the next column.

- Column 1 *We reviewed our sex conduct over the years past. Whom had we hurt?*
- Column 2 *Where had we been selfish, dishonest or inconsiderate?*
- Column 3 *Did we unjustifiably arouse jealousy, suspicion or bitterness?*
- Column 4 *Where were we at fault?*
- Column 5 *What should we have done instead?*

#	COLUMN 1 Whom did I harm?	COL. 2			COL. 3		COLUMN 4 Where was I at fault?	COLUMN 5 What should I have done instead?
		Selfish	Dishonest	Inconsiderate	Jealousy	Suspicion		

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Quotes and Questions for Workshop in Meeting 7 (Step 5)

Read page 75 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Group exercise – For all Groups

Have we pocketed our pride and are ready to go to it? We are now making sure we eliminate every twist of character. We want to leave no stone unturned. In today's workshop we will review our Step 4 and share with the group if there are any remaining resentment, fear or relationship issue which we are struggling to see our part in it or let it go. This will give us a last opportunity to discuss it in group before we share or while we share our Step 5 with someone else.

Those wishing to use the time to start their Step 5 will also be able to do so on a separate area.

Note: It is suggested each group has a timekeeper and time each share for 2 or 3 minutes or shares to go around the group so there is more opportunity for everyone to share.

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Quotes and Questions for Workshop in Meeting 8 (Step 6)

GROUP "A"

"In practice, step six turns out to be one of the most difficult of the twelve steps, because *saying* we're entirely ready and *being* entirely ready are two very different things. What we are entirely ready for, actually, is to have the difficulties our defects cause us removed while we hang on to the defects themselves. " (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p.53, line 13)*.

Questions for discussions

1. What does it mean to be entirely ready for our defects to be removed?
2. Do you think that what we really want removed is the pain caused as a consequence of the defect rather than the defect itself? Give examples.
3. In what ways are my defects really basic human traits that have been distorted by my own self-centredness? Give an example of a defect of character that would be totally acceptable if the selfishness underlying it was removed.

GROUP "B"

"For these reasons we're tempted to rationalize the sixth step itself. "After all, nobody expects us to be perfect", we say. "We strive for progress, not perfection". Such reasoning only delays our recovery. The sixth step calls for us to be *entirely* ready to have God remove *all* our defects of character. Those of us who take this step with the total commitment required to make it work do indeed strive for the ultimate refinement of our character. (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 55, line4)*.

Questions for discussions

1. Can I see the principles of OA 12 steps as being the opposite of my character defects? Discuss.
2. How does my surrender deepen in this step? Discuss the difference between the surrender in Step 3 and the one in Step 6.
3. What actions can I take that shows that I am entirely ready? Give some examples relating to specific defects of character.

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Continuation.....Quotes and Questions for Workshop in Meeting 8 (Step 6)

GROUP "C"

"Next, we need to recognize that each of these old tools for coping with life has now outlived its usefulness. We look at the harm it is doing us to cling to each of these ways of thinking and acting. As we had to "hit bottom" regarding our eating behavior, so now we need to hit bottom with each of these traits. Only when we fully realize that they are costing us more than they are giving us do we become entirely ready to be rid of our defects of character. (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p.57, line 6)*.

Questions for discussions

1. In what specific ways am I addicted to certain behaviors/character defects to change my feelings? Discuss.
2. How do I feel when I act out on a defect? What feelings do my defects help me change or avoid?
3. When will the pain of holding on to my defects of character become greater than my fear of change? Have you had any experience with that?

GROUP "D"

"A willingness to change is the essence of step six. Change is always frightening, even when it's a much-needed and long-overdue change for the better. Many of us have wasted years and suffered a lot of pain in order to avoid having to change. As we face step six, we recognize and acknowledge our human fear of change. Then, because we are willing to go to any length for recovery from compulsive eating, we move ahead with this step anyhow. No longer will we allow fear to keep us from doing what is best for us. After all, we have confronted the first five steps, taken them in spite of our fear, and lived to tell the story. By the time we reach step six, we're almost used to doing the very things we've been the most afraid of" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 57)*.

Questions for discussions

1. Is every defect another face of fear? What would my life be like without the defects? Give examples.
2. Give some examples of what certain defects of character "do for you", what they are "doing to you". Why is it so difficult to let them go?
3. How willing am I to act differently? How can acting differently help me to change?

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STEP 6 WRITTEN INVENTORY

Step 6. Were entirely ready to have God remove all these defects of character.

Make multiple copies or expand this template in your own notebook.

- Review the list of character defects that you elaborated in writing in Step 4.
- List each defect, and give a definition of it.
- Write about how you act on your character defects, and what effect it has on you and others.
- Ask yourself what feelings you are trying to suppress or change when you act out on the defect?
- What would your life be like without this behavior?
- Which spiritual principle may you apply instead?

.....

Defect:

Definition:

Effect of acting on it:

Feelings involved:

Alternatives:

Defect:

Definition:

Effect of acting on it:

Feelings involved:

Alternatives:

Defect:

Definition:

Effect of acting on it:

Feelings involved:

Alternatives:

Defect:

Definition:

Effect of acting on it:

Feelings involved:

Alternatives:

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Quotes and Questions for Workshop in Meeting 9 (Step 7)

GROUP "A"

"Many of us misunderstood the concept of humility at first; we confused it with humiliation or low self-esteem. We felt we had suffered enough humiliation to last a lifetime, and we balked when our fellow OAs suggested we might need to become more humble. Humility was not what we needed, we felt; low self-esteem was a big part of our problem! In OA we learned that low self-esteem was not at all the same as humility. In fact, a poor self-image keeps us in bondage of self and this makes it impossible for us to find true humility. " (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 59, line 7)*.

Questions for discussions

1. Discuss why feelings of low self-esteem shows a lack of humility.
2. Can the spiritual principle of humility help me to deal with my feelings of self-pity? How?
3. Do you agree that humility makes me closer to my Higher Power and my fellows, and feelings of low self-esteem and self-pity separate me from the world? What actions can I take that will help me to receive the gift of humility?
4. If there is time left, go around the group and share your experience with doing Step 6 Inventory and any difficulties you had regarding any defects of character.

GROUP "B"

"Second, it often happens that a shortcoming isn't removed immediately, or it returns after being gone for a while. Every one of us has experienced struggles with some of our character defects, even after praying for their removal. The existence of the struggle is not a sign that we lack humility. But what attitude do we take during those difficult times? If we are surprised, shocked, deflated, or discouraged when a defect returns, we lack humility. Real humility about our character defects carries with it *acceptance*. We accept that each defect, as painful as it may be, is a part of who we are. With humble acceptance we can quietly say to our Higher Power, "I am this way, and only with your help can I change". (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 61, line11)*.

Questions for discussions

1. Have you ever become surprised or disappointed when you found yourself acting again on a defect? Have you tried on your own to change the way you are without success?
2. How is the Serenity Prayer an expression of Step 7?
3. As compulsive eaters we had to admit and accept in Step 1 that this is who we are, before the compulsion could be lifted. Are you willing to accept your character defects and you as you are at this moment? Can you see why total acceptance must come before changes can take place? Discuss.
4. If there is time left, go around the group and share your experience with doing Step 6 Inventory and any difficulties you had regarding any defects of character.

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Continuation.....Quotes and Questions for Workshop in Meeting 9 (Step 7)

GROUP "C"

"Obviously, this kind of humility is not something we can lay hold of simply by willing ourselves to be humble. Humility is a gift as surely as is our recovery from compulsive eating and other miracles of healing we experience as we work the twelve steps. Our job is to be willing to let go of old attitudes which block humility, such as low self-esteem, status-seeking, and self-righteousness. (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p.62, line 6)*

Questions for discussions

1. Why attitudes based on low self-esteem, status-seeking and self-righteousness blocks our humility? Discuss.
2. Even though we are powerless over our defects, the OA 12 & 12 tells us that we can and must be willing to let go of our old attitudes. How can we do that?
3. If I pray for a defect of character to be removed but I don't make any efforts to change my attitude and outlook in life, will my prayer be answered? Discuss.
4. If there is time left, go around the group and share your experience with doing Step 6 Inventory and any difficulties you had regarding any defects of character.

GROUP "D"

"As we began to recover in OA, we could see how compulsive eating had caused us to be obsessed with ourselves and our status. Humiliated by our inability to control our intake of food and by the devastating consequences of compulsive eating, we fought for self-esteem with all our might. As our disease progressed and our compulsive eating worsened, our self-esteem fell progressively lower, and we fought ever harder to bolster it by gaining whatever mastery we could over our fellow beings. In our self-absorption, we became status-seekers in one way or another. Primarily concerned with getting our own way and the recognition we craved, we tried openly or secretly to place ourselves above other people, hoping to disprove our own feelings of inadequacy. (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 59 line 17)*.

Questions for discussions

1. How is my self-centered fear the chief activator of my character defects?
2. How is *humility* related to *honesty* and *sanity* in regards to my recovery?
3. How can I practice trust and being worthy, by practising taking responsibility?
4. If there is time left, go around the group and share your experience with doing Step 6 Inventory and any difficulties you had regarding any defects of character.

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PLEASE NOTE: *These questions are not OA approved, but tailored to this workshop to support discussions.

Quotes and Questions for Workshop in Meeting 10 (Steps 8 & 9)

GROUP "A"

Read page 76 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Discuss the sentence "Faith without works is dead". Why is this idea so relevant to Step 9?
2. Do you agree that most of the damage done to our relationships in the past was the result of living on self-will and running the show ourselves? Give examples.
3. Go around the group and discuss (if you wish) the most difficult amend you have to do (usually the one that is in your "never column"). Feedback from the group may help with the willingness to move it to the "maybe" column.

GROUP "B"

Read page 77 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. How do amends differ from apologies?
2. Why the most difficult amends would be much more beneficial to us? Discuss.
3. Go around the group and discuss (if you wish) the most difficult amend you have to do (usually the one that is in your "never column"). Feedback from the group may help with the willingness to move it to the "maybe" column.

GROUP "C"

Read page 83 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Have you ever tried to convince someone else to live in the spiritual principles we learned in OA? Did it work?
2. What does it mean to "live" the spiritual life? How can we do that?
3. Go around the group and discuss (if you wish) the most difficult amend you have to do (usually the one that is in your "never column"). Feedback from the group may help with the willingness to move it to the "maybe" column.

Continuation.....Quotes and Questions for Workshop in Meeting 10 (Steps 8 & 9)

GROUP "D"

Read page 83 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

1. Why is it important to evaluate those amends which would injure the person to whom we are making direct amends and others involved?
2. Why is prayer and meditation necessary before we make our amends?
3. Go around the group and discuss (if you wish) the most difficult amend you have to do (usually the one that is in your "never column"). Feedback from the group may help with the willingness to move it to the "maybe" column.

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Step 8 – List of People we have harmed

Fill out the form with names of people you have harmed/hurt at some level and if you are ready to do the amends. You will find that in due course the ‘Nevers’ will turn into ‘Sometimes’, and the ‘Sometimes’ into ‘Nows’.

Name of person harmed:	Harm done to that person	Possible Amend(s) for that harm (Apology, Restitution, Living Amend etc).	Will this Amend harm that person or anyone else?	Ready to do Amend(s): Now?	Some-time?	Never?

Name of person harmed:	Harm done to that person	Possible Amend(s) for that harm (Apology, Restitution, Living Amend etc).	Will this Amend harm that person or anyone else?	Ready to do Amend(s): Now?	Some-time?	Never?

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STEP 10 WORKSHOP – QUOTES AND QUESTIONS

SUGGESTION: Due to the high number of participants and limited time, we suggest that members of the group that wish to share do so for a maximum of 2 minutes. Any feedback should also be timed for 2 minutes.

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

GROUP 1

“Many of us have come to Overeaters Anonymous after years of pursuing short-term solutions to our long-term problem of compulsive eating. One aspect of this program that keeps us here is the promise of permanent recovery from this baffling malady. But what in this world is truly permanent? We read on page 204 of our *For Today* book, “Repetition is the only form of permanence that nature can achieve¹”. (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, page 83, line 1)*.

Questions:

A lot of behaviors surrounding the disease of compulsive eating came out of repetition of bad habits and diseased thinking.

- a) Why is it so difficult to repeat the behaviors that we know will bring us recovery and spiritual strength?
- b) Do you find it difficult to do Step 10s regularly? If yes, why is that?

GROUP 2

“A persistent effort to let go of our defects and change our actions will be crucial to our recovery from here on. As we become aware of shortcomings through the inventory process, there are several actions we can take to be rid of them. One such action would be to imagine how we might behave if we did not have a particular defect. We could picture ourselves in the circumstances where we have acted out our shortcoming, but see ourselves acting differently this time. Anything we can imagine, we can do, with the help of our Higher Power. We might even speak the new words or act out the improved set of behaviors, just for practice. Through this kind of action, we daily affirm to ourselves that we can change and are changing, with God’s help. At first we may slip back into the old ways, so of course the old behaviors will feel much more natural to us at first. As time goes on, however, God will help us let go of our defects and replace them with positive habits of thinking and acting. God will, that is, if we persist, in doing whatever we can to change.” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, page 89, line 1)*.

Questions:

- a) Choose a shortcoming you struggle the most with and explain how you think you would feel if you acted differently.
- b) How could you incorporate this action into your Step 10?
- c) Would that be beneficial to you? Why?

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¹ *For Today* (Overeaters Anonymous, Inc., 1982), p.204.

Continuation.....Quotes and Questions for Workshop in Meeting 11 (Steps 10 & 11)

GROUP 3

Read page 85 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions:

- a) Have you ever thought about adding the action of “resolutely turn your thoughts to someone you can help” at the end of your step 10 inventory?
- b) Have you ever thought about Step 10 being an exercise of love and tolerance for others? How can doing Step 10s help you to achieve that?

GROUP 4

Read page 85 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions:

- a) Discuss the meaning of the words “proper use of the will”?
- b) How do you know when you are using your will properly and how does this relate to your step 10?

GROUP 5

Read page 90 of *Twelve Steps and Twelve Traditions of Alcoholics Anonymous* and answer the questions:

Questions:

- a) Have you had any experience with “justifiable” anger?
- b) Is justifiable anger something you can handle well?
- c) How can Step 10 help with that type of anger?

GROUP 6

Read page 91 of *Twelve Steps and Twelve Traditions of Alcoholics Anonymous* and answer the questions:

Questions:

Sometimes we are able to see our part on a situation and let go of a resentment.

- a) However, when the fault is elsewhere are you willing to forgive completely?
- b) Discuss your personal willingness to forgive others when they are at fault and how Step 10 could help with that.

GROUP 7

Read page 91 of *Twelve Steps and Twelve Traditions of Alcoholics Anonymous* and answer the questions:

Questions:

- a) Do you agree that self-restraint is the first objective to develop if we want to fully recover?
- b) Do you have any bitter experience as a result of lack of self-restraint?
- c) How can doing Step 10s can help us to develop self-restraint?

(REPRODUCED WITH PERMISSION FROM OAGB)

Morning Review: Su M T W Th F Sa Date _____

Plan of eating: *Today extra food is not an option*

Breakfast: _____

Lunch: _____

Dinner: _____

Any planned snacks : _____

Gratitudes: *Today I thank God for a grateful heart that does not want me to overeat or undereat.*

1. ABSTINENCE, OA programme and my HP.
2. _____
3. _____
4. _____
5. _____

Something I like about myself:

Action plan for today:

Daily Prayers: _____

Meditation: _____

Programme Reading: _____

Daily Writing – feelings and thoughts:

Evening Review: I constructively review my day, (**Alcoholics Anonymous 4th Edition, p 86**). **Today was I:**
Resentful?

Selfish?

Dishonest?

Afraid (of losing something, not getting what I want, of being found out)?

Inconsiderate?

Was I kind and loving towards all?

Do I owe an apology?

Was I thinking about what I could do for others, of what I could pack into the stream of life? (What did I do for others?)

Was I thinking about myself most of the time? (What did others do for me?)

Have I kept something to myself which should be discussed at once?

What could I have done better?

What did I do well?

Be careful not to drift into worry, remorse or morbid reflection, for that would diminish your usefulness to others. After making your review: God, please forgive me and tell me what corrective measures should be taken.

**Freedom from bondage prayer, Alcoholics Anonymous 4th Edition, p 552:
Refer to the 'Self - will, God's will' chart below.**

Grant me the freedom from _____ and replace it with _____

Grant me the freedom from _____ and replace it with _____

Grant me the freedom from _____ and replace it with _____

Grant me the freedom from _____ and replace it with _____

All the things I pray for myself, I pray also for: _____

Prayers & meditation tick box:

Step 11 prayers and meditations

<p>Morning prayer and meditation, (Big Book, pages 86 – 87).</p>	<p>Daily prayer and meditation, (Big Book, pages 87-8).</p>
<p>On awakening pray: <i>God, I ask you to direct my thinking, I especially ask that my thinking be divorced from self-pity, dishonest or self-seeking motives.</i> Think about the twenty-four hours ahead, Consider your plans for the day... If you are faced with indecision, pray: <i>I ask you for inspiration, an intuitive thought, or a decision.</i> After considering your plans for the day, pray: <i>God, I pray that I be shown all through the day what my next step is to be. I pray that I be given whatever I need to take care of such problems. I ask especially for freedom from self-will . I ask that I be given strength only if others will be helped.</i> Al so say the following prayers: <i>My creator, I ask that you show me the way of patience, tolerance, kindness and love (page 83)</i> <i>God, what can I do today for the man who is still I sick? (page 164).</i> If you have resentment that you want to be free of , pray: <i>God, I ask that everything I want for myself be given to ____, I ask for ____'s health, prosperity, and happiness (page 552).</i> Also select and memorize a few set prayers which emphasize the principles in the Big Book, such as the Step 3 Prayer (page 63) , the Step 7 Prayer (page 76) , the St . Francis Prayer (AA12&12, page 99), the Sereni ty Prayer, or any other prayer.</p>	<p>Constantly remind yourself : <i>I am no longer running the show.</i> Say to yourself many times each day: <i>Thy will be done.</i> When agitated or doubtful : <i>God, please give me the right thought or action</i> Page 85 (thoughts which must go with you constantly) : <i>How can I best serve thee?</i> <i>Thy will (not mine) be done.</i> Page 67 (if a person offends you): <i>Please help me to show them the same tolerance, pity and patience that we would cheerfully grant a sick friend.</i> <i>This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.</i></p>

Self Will	God's will	Saint Francis of Assisi prayer (AA12&12, page 99)
Selfishness/ Self-seeking	Interest in others / Altruism	<p><i>Lord, make me a channel of thy peace;</i> <i>that where there is hatred, I may bring love;</i> <i>that where there is wrong, I may bring the spirit of forgiveness;</i> <i>that where there is discord, I may bring harmony;</i> <i>that where there is error, I may bring truth;</i> <i>that where there is doubt, I may bring faith;</i> <i>that where there is despair, I may bring hope;</i> <i>that where there are shadows, I may bring light;</i> <i>that where there is sadness, I may bring joy.</i> <i>Lord, grant that I may seek rather to comfort than to be comforted;</i> <i>to understand, than to be understood;</i> <i>to love, than to be loved.</i> <i>For it is by self-forgetting that one finds.</i> <i>It is by forgiving that one is forgiven.</i> <i>It is by dying that one awakens to Eternal Life.</i> <i>Amen.</i></p>
Being Self-centred	Being Love-centred & God-centred	
Dishonest	Honesty	
Fear	Faith & trust in God	
Being Inconsiderate	Being considerate	
Pride	Humility, seeking God's will	
Greed	Giving & sharing	
Lustful Thoughts	Respectful Thoughts	
Anger	Serenity / Acceptance	
Envy	Gratitude	
Judgement	Acceptance	
Sloth / Procrastination	Taking Right Action	
Gluttony	Moderation	
Impatience	Patience	
Intolerance	Tolerance	
Resentment	Forgiveness	
Hate	Love & Concern for Others	
Harmful Acts	Good Deeds	
Self-pity	Self-forgetfulness	
Self-justification	Humility & Truth	
Self-importance	Modesty	
Self-condemnation	Self-forgiveness	
Suspicion / Jealousy	Trust	
Doubt	Faith	

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Quotes and Questions for Workshop in Meeting 12 (Step 12)

GROUP "A"

Read page 93 of the book *Alcoholics Anonymous*, 4th ed. and answer the questions:

Questions for discussions

- 1) Some of us tried to seek for spiritual knowledge to try to find peace in ourselves and our eating. The Big Book says that faith alone is insufficient. To be vital faith must be accompanied by self sacrifice and unselfish, constructive action.
- 2) Do you have any fears around the word "self sacrifice"? Why?
- 3) Are you willing to self sacrifice and do unselfish acts to recover? Discuss why this is vital for recovery and if you are willing to do it.

GROUP "B"

Read page 94 of the book *Alcoholics Anonymous*, 4th ed. and answer the following questions:

Questions for discussions

- 1) The Big Book suggests that it is very important for the compulsive eater to "place the welfare of other people ahead of his own".
- 2) Have you ever thought about this being one of the most important things in recovery? How much do you believe in this statement?
- 3) What is the biggest obstacle that keeps us away from placing the welfare of other people in front of ours?
- 4) Are you willing to take this suggestion on board? In what practical ways can we do this?

GROUP "C"

Read page 101 of the book *Alcoholics Anonymous*, 4th ed. and answer the following questions:

Questions for discussions

- 1) Do you often think of what you will get out of the occasion rather than what you can bring to it? Do you have any experiences to share on this?
- 2) Why this attitude of thinking what we can bring to life rather than take from is important to recovery? Are you willing to start using this suggestion and check for yourself if it works?

GROUP "D"

Read page 102 of the book *Alcoholics Anonymous*, 4th ed. and answer the following questions:

Questions for discussions

- 1) Do you often think how can you be helpful to others before you go anywhere or do anything?
- 2) Are you willing to do this to the best of your ability? Give examples of what you can do from now on to help you carry on this new way of life?

12th Step Personal Action plan

PLEASE NOTE: This worksheet is not OA approved, but tailored to this workshop to support discussions.

Read page 97, line 3 of *Alcoholics Anonymous, 4th ed.*

Name

Activity / goal	Am I willing to try /do activity (Y/N)? Tick appropriate column.		What help do I need to achieve this? What action can I take?	Date to achieve or review action / goal
Sponsor	Yes	No		
Add your name to a sponsor list				
Find a sponsor (if applicable)				
Attend the National Assembly				
Attend OA workshops				
Attend different OA meetings				
Have a plan of eating				
Commit a plan of eating				
Attend your local Intergroup				
Perform service at group level? Tick the service you wish to do. <ul style="list-style-type: none"> • Secretary. • Treasurer. • Chair finder. • Intergroup rep 				
Perform service above group level?				
Temporary sponsor				
Run or assist at an OA workshop				
Open a new OA meeting				
To give a chair				
Any other OA service? (Please specify)				

