

OA in Action Questions for the Overeaters Anonymous Forward – Steps 1-3

All reading and writing assignments are from the *Overeaters Anonymous* (Brown Book) and *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. The questions and prompts refer to each book as the following:

- *Overeaters Anonymous* 2nd Edition (2001) = OAI
- *Overeaters Anonymous* 3rd Edition (2014) = OAIII
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* (1990-2012) = OA 12/12-1
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* Second Edition = OA 12/12-2

Please note: OA 12/12-1 page 1:1 lines 6-10 is used to indicate the reading sited and will be found in the OA 12/12-1 page 1, paragraph 1, lines 6-10

Read at your own pace. You only need do one question a day. More if you wish.

The intention is to complete the 12 steps within 6 months.

Forward

Read page OAI page vii or OAIII pages ix-xiii

“I became aware that food can be even more addictive than tobacco, drugs, alcohol or gambling, and at least as destructive.” Do you believe this statement? How has your abnormal behavior around food been destructive for you?

Read OAI pages viii-ix or OAIII page xiv.

One's emotional life has a great deal to do with overeating.” Has your abnormal behaviors around food been connected to your emotions? Anger? Fear?

Our Invitation to You

Read OAI/3rd pages 1-3

Is your mind open to the possibility that there is a proven, workable method by which we can arrest our disease and that the symptoms of compulsive overeating will be removed on a daily basis?

Read OA BB 2nd pages 4-6 or OAIII pages 4-5

Are you willing to accept our imperfections and work with us to progress together in recovery from abnormal behaviors around food?

A Disease of the Mind

Read OAI pages 229-230 or OAIII pages 195-196

Does the statement “the program gets people to function far better than they ever have in their lives” gives you hope? Are you preoccupied with controlling food intake to the point that it's interfering with your life?

Read OAH pages 231-233 or OAH pages 197-198

“What is probably true in most cases is that the individual develops the compulsive overeating mechanism for dealing with life at an early age and then starts to push problems down with the food.” When did you start overeating to deal with your problems and feelings?

A Disease of the Body

Read OAH pages 234-236 or OAH pages 198-200

The writer speaks about the “sixteen diseases associated with obesity”, how has compulsive eating affected your health?

“Many OA members are former participants (and dropouts) of commercial weight control groups.” What groups and diets have you tried?

Read OAH pages 237 - 241 or OAH pages 201-204

“The obese individual no longer defies, but accepts help, guidance and control for the outside.” Are you ready to accept help and guidance from others???

“A word frequently heard in OA groups is surrender. It can best be described as letting go” Are you ready to let go of your obsession with food (compulsive eating and/or restricting)?

A Disease of the Spirit

Read page OA BB 242 or OAH page 204

How has this disease affected your spiritual life and connection with a power greater than yourself?

Do you believe that “it is clear that what compulsive overeaters and alcoholics have in common is a need to nourish the spiritual side of their nature?”

Read pages OA BB 243-247 or OAH pages 205-208

“Those who are prone to stuff themselves with food that makes their bodies unsightly are refusing the food that satisfies and soothes the unhappy soul within.” Does food ever really help ease the inner hunger? What really soothes your soul?

Read OAH pages 7-26 or OAH pages 7-24 Keep Coming Back: Rozanne's Story

How do you relate to Rozanne's story and what did you learn from her experience?

OA in Action Questions for Steps 1-3

Step 1

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

Read OA 12/12-1 pages 1-3 or OA 12/12-2 pages 3-5

Focus on the first paragraph

Do you believe you will be able to control your eating without a 12 Step program? How many times have you tried?

Reread OA 12/12-1 pages 2:2 through top of page 3 or OA 12/12-2 pages 4:2 through top of page 5

What abnormal reactions to or behaviors around food do you have and how many times have you tried to quit?

What foods must you abstain from? (list those you start eating but can't stop) What eating behaviors cause you problems? In the car, watching TV

Read OA 12/12-1 pages 4-though 5:2 or OA 12/12-2 pages 5:2-6:2

How has your life become unmanageable? Answer questions on page 4 in paragraph 1

Read OA 12/12-1 pages 5:2-7 or OA 12/12 pages 6:3-7

Do you believe that you are a compulsive eater and that you have an incurable disease?

Read OAI pages 27-37 *He Never Let a Hot Doughnut Get Cold* or OAIII pages 25-28 *OA Then and Now*.

How do you relate to this story and what did you learn?

Step 2

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

Read OA 12/12-1 pages 9-12 or OA 12/12-2 pages 9-12:2

What irrational eating behaviors and self-destructive actions have you experienced around food? Refer to the list on pages 9-12, do any of these apply to you?

Do you really believe you need to change?

Read OA 12/12-1 pages 13-15 or OA 12/12-2 pages 12:3-13

Answer these questions:

“What do I need from a Higher Power? What would I like such a Power to be and to do in my life?”

Read OA 12/12-1 pages 16-17 or OA 12/12-2 pages 14-15

Are you willing to try to overcome your abnormal behaviors around food with the help of a Higher Power of your choice?

Read OAI pages 38-2 She Found Herself or OAI pages 29-32 Different Ages, Same Problem

How do you relate to this story and what did you learn?

Step 3

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

Read OA 12/12-1 pages 19-21 or OA 12/12-2 pages 17-19:2

Are you ready to give up self-will regarding food? Explain.

Read OA 12/12-1 pages 22-24 or OA 12/12-2 pages 19:3-22:1

How do I feel about completely turning my life over to a Higher Power of my understanding for guidance?

Read OA 12/12-1 pages 25-27 or OA 12/12-2 pages 22:1-23

Will I ask my Higher Power for the willingness to abstain from abnormal behaviors around food and to live a life in the OA program of recovery?

You have now taken the first three steps of Overeaters Anonymous...doing these three steps brings freedom from our obsession from food, insanity, hopelessness and the bondage of self. You are now ready to move forward to a find freedom from dishonesty and isolation. Thank you for being willing to work through these steps to the best of your ability and for sharing your writing and thoughts with your sponsor. Remember, together we can do what we could never do alone!!!

3rd step prayer (Many of us find this prayer useful in prayer and meditation)

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.

Read OAI pages 43-49 Abstinence Not Perfection or OAI pages 33-36 A Mom Who Is Free From Addiction

How do you relate to this story and what did you learn?