

OAiA Questions for Steps 4

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) = OAII
- *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

Step 4

Made a searching and fearless moral inventory of ourselves.

Read OA 12/12-1 pages 30 – top of page 34 or OA 12/12-2 pages 25 – 27

What action can I take to help me begin my “fearless and searching” inventory? Remember this is an inventory, we are to honestly review our actions and feelings without worry, remorse, or morbid reflection. We will learn what is eating away at our serenity and how we responded to situations, people or feelings. Doing an inventory will help us grow spiritually, prepare us to leave the past behind and find the experience, strength and hope for a life well lived without our abnormal behaviors with food.

Are you willing to do your inventory without self condemnation, but instead with the knowledge that you are human and humans are not perfect?

Read OA 12/12-1 pages 34-44 or OA 12/12-2 pages 28-35

You may wish to talk to your sponsor about the variety of methods to complete a fourth step inventory. Which method will you use, the questions on pages 34 – 43 (the OA 12/12 inventory questions are also found in The Fourth-Step Inventory Guide of Overeaters Anonymous available for purchase at the meeting.) Forms available in literature box or at simplebutnoteasy.org. Workshops are also held in the area or online such as the Rick and Bob 4th Step website: <http://www.aabythebook.org/audio.html> We suggest that you finish your inventory in two weeks time.

Read OA 12/12-1 page 43:2 or OA 12/12-2 pages 36-37

Have you reviewed your inventory, is there anything to ad? *“Having done this as honestly as we can, we trust that we have written a searching and fearless inventory of ourselves. We have completed Step 4.”* quote from OA 12/12-1 page 44 lines 4-6

Read OAII pages 50-56 The Miracle of the Twentieth Century or OAIII pages A Man Who Is Free From Addiction

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