

OAiA Questions for Step 5

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 cited and will be found in the OA 12/12-1 page 1, paragraph 1, lines 6-10

Step 5

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

Read OA 12/12-1 pages 45 - top of page 50 or OA 12/12-2 pages 39 – top of 43

Are you willing to trust in the wisdom of the 12 Step program and share your 4th Step inventory honestly?

Read OA 12/12-1 pages 50:1 – 52 or OA 12/12-2 pages 43:2 to 44

Who will you choose to listen to your 4th step inventory? Your sponsor, another trusted person who has completed their 4th and 5th steps, or a clergy person?

After you have decided who will listen to your 5th Step call and set aside a few hours for giving your 5th Step to that person. Our OA in Action program has some forms that we recommend using after you have given your 5th step. Please request a copy of them from your sponsor if you are not giving your 5th Step to your sponsor. As we move on to Step 6 “*we begin to leave behind the character defects which have caused us so many problems in the past*” Quote from OA 12/12-1 page 52 lines 3-5

Preparation for 5th Step

1. Read OA 12/12-1 pages 47:1 – top of page 48 or OA 12/12-2 pages 41:1 to top of page 42
2. Read OA 12/12-1 page 50:1 or OA 12/12-2 page 42:4 to top of page 43
3. Pray
4. Do 5th Step
5. Go to a quiet place for one hour. Upon arriving review what you have released in your 5th step, ask yourself if you omitted anything. Read OA 12/12-1 page 51:2 through the top of page 52 or OA 12/12-2 page 44
6. At end of the hour, proceed to the Fifth Step Questions following these pages marked envelop

#1 and answer the questions.

7. After all the questions have been answered, read the sheet marked envelop #2 with the answers.
8. Call your sponsor or the person chosen to hear your 5th Step.

Read OAI pages 57-63 Its Elementary or OAI pages 37-40 Dying to Live

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

5th Step Questions from Envelop #1

In the past, what have you done to change yourself or your character defects?

How did it work? Was it effective?

Knowing what you know today, what can you do to change the things you have found out about yourself?

If none of the things you have found out about yourself and your defects have changed, what will happen to your life?

Answers to 5th Step Questions from Envelop #2

Note: We have used the word God throughout this document, if God is not your higher power please replace the word God with the name of your higher power.

1. Everything you could possible do.
2. It didn't work. It got you to where you are today. It seems that the more we work on our character defects the worse things get.
3. Today, you know you have character defects and you know how they work in your life. You know that everything you did in the past didn't work. Alone, you were in big trouble.

We need God or a higher power of our choosing in our lives. And since God works through people, therefore, we need people. It's time to accept that this is who we are. When we do this, we can change. We don't have to live the old way, alone and without God.

If we look at our pride, fear, anger, resentments, dishonesty, and negative thinking and how we have been inconsiderate, we no longer have to harm other people..now walk around angry or resentful. We do not have to walk in fear. We can hold our head high and look others in the eye. We can love them just the way they are...even though we may want them to change.

This brings us to what God's purpose is for us, in spite of all our character defects. What can I do? All we can do is be aware of our defects when they pop up. The only other things we can do are talk about our character defects with other people and ask God to remove them. This is the action...the footwork we can do!

4. You will be OK! God love you, right or wrong, good or bad. God simply loves you. God wants the best for us and God is there to help us, but we need to let God help us. This is why prayer and people are so important.
Be of service. Pray. Help others. Meditate. Do better. Be a teacher. Help others to learn what we have learned Sometimes, just be there for others and for God.

Remember. God has forgiven you. Now its time to forgive yourself. Remember – You are OK!
We all love you. God loves you. Its time to love yourself!!!

We are very happy for you today. We, ourselves, feel God's love for you. Just maybe, part of the smiles on our faces are God's.

In love and service,
Your OA in Action Fellows

“Together we can do what we could never do alone....”