

OA in Action Questions for Steps 10 - 12

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) = OAI
- *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 10

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

Read OA 12/12-1 pages 83 through page 87:1 or OA 12/12-2 pages 69-72:1

In the evening we review our day. We do this to “become increasingly aware of our true motives and emotions. We may use the following questions:

- Have resentment, dishonesty, selfishness or fear cropped up?
- Did I engage in worry, remorse, guilt or negativity?
- Have I asked God if corrective measures need to be taken?
- Do I need to discuss something with another person right away?
- Have I harmed anyone?
- Do I owe an apology?
- Do I need to review one or more of the Steps?
- Is there someone I need to help?
- Do my actions toward others demonstrated love and tolerance?

To close list three things that you are grateful for today.

Read OA 12/12-1 pages 87:2-90 or OA 12/12-2 pages 72:2-74

“A persistent effort to let of our defects and change our actions will be crucial to our recovery from here on.” quote from OA 12/12-1 page 89:1 lines 1-3 or OA 12/12-2 page 73 lines 1-2. There may be times when we come upon a fear or resentment that may need some additional work. Our goal is to promptly address these issues and move forward. This does not mean that we have not done a complete 4th Step Inventory, rather we have unearthed something that will keep us from the peace and harmony in our lives that we desire. If this is the case then using the 4th Step Inventory process on this resentment or fear is useful.

As the result of working these steps we see that the promises of working a 12 Step Program of Recovery are coming true. The promises listed below are found in the Alcoholics Anonymous Big Book pages 83-84:

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.
We will comprehend the word serenity and we will know peace.
No matter how far down the scale we have gone, we will see how our experience can benefit others.
That feeling of uselessness and self pity will disappear.
We will lose interest in selfish things and gain interest in our fellows.
Self-seeking will slip away.
Our whole attitude and outlook upon life will change.
Fear of people and of economic insecurity will leave us.
We will intuitively know how to handle situations which used to baffle us.
We will suddenly realize that God is doing for us what we could not do for ourselves.

Read OAI pages 88-93 New Hope at Age Sixty or OAIM pages 57-60 Humility, Gratitude, and Kindness
How do you relate to this story and what did you learn?

Step 11

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.

Read OA 12/12-1 pages 91-96 or OA 12/12-2 pages 75-79:2

The intention of Step 11 is to help us grow spiritually, our abstinence from abnormal behaviors with food has help to heal our bodies, our 4th, 5th, 8th, 9th and 10th steps have helped heal our minds. Now by taking daily action to connect with the Higher Power of our choice, we grow spiritually and heal our souls. "In order to recover from compulsive eating, we need a living, developing, ongoing relationship with this Higher Power." quotes from OA 12/12-1 page 92 lines 1-4 or OA 12/12-2 page 76 lines 8-11.

There are many ways to connect with our Higher Power.
Prayers may be expressed verbally or in letters written to our higher power. Use a prayer you know, one of the prayers following this section or make up one of your own.

Meditation is simply quieting our minds and may be done to music, chanting or through breathing. Many light a candle, sit quietly and listen to soft music. Some simply breathe in and out concentrating on one's breathe. Find a method that works best for you and commit to daily contact.

Read OA 12/12-1 pages 97-98 or OA 12/12-2 pages 79:3-80

"Step eleven implies that though our practice of prayer and mediation we will come to know God's will for us. Here the question arises: how exactly, are we to know which thoughts are God's directions and which are our own rationalizations?" quote from OA 12/12-1 page 97 lines 1-5 or OA 12/12-2 page 79:3 lines 1-4. This is not always easy, so we check it out with our sponsor, spiritual adviser and/or fellow OA member. Sometimes more prayer and reflection is helpful.

This does not mean that you will never make a mistake, but prayer and meditation "Practiced regularly, they open our lives to the comfort we sought in food but could never find." quote from OA12/12-1 page 98:1 lines 12-14 or OA 12/12-2 page 80:1 lines 9-11.

Read OAH pages 94-100 Deep Denial or OAH pages 61-64 Vivid Memories

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

Step 12

Having had a spiritual awakening as the result of these Steps we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Read OA 12/12-1 pages 99 – 101:1 or OA 12/12-2 page 81-top of 83

How do you know you have had a spiritual awakening? What evidence do you have of a Higher power working in your life?

Read OA 12/12-1 pages 101:2 – 103:1 or OA 12/12-2 page 83:2-84:2

What message do you carry regarding your program and how do you share it with other compulsive overeaters?

Read OA 12/12-1 pages 103:2 – 106:1 or OA 12/12-2 page 84:3-86:4

What principles have you learned and how do you practice them everyday?

Read OA 12/12-1 pages 106:2-3 or OA 12/12-2 page 86:5-87

How has your concept of Higher Power/God changed as the result of working these steps?

Read OAH pages 101–104 Saying Yes to Life or OAH pages 65-68 The Hiking Trail Meeting

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

Start reading the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* and continue reading the rest of the stories in the *Overeaters Anonymous* (Brown Book). We suggest that you read a Tradition then a recovery story, then a Tradition...

12 Step Prayers

Third Step Prayer

“God, I offer myself to Thee – to build with me and to do with me a 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.”

Seventh Step Prayer

My Creator, I am now willing, that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here, to do your bidding.

Eleventh Step Prayer

We ask God to direct our thinking, especially asking that it be divorced from self-seeking motives, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will and are careful to no request for ourselves only.

Twelfth Step Prayer

What can I do each day for the may who is still sick?

God's Will Prayer

“How can I best serve Thee? Thy will not mine be done.”

Fear Prayer

“We ask Him to remove our fear and direct our attention to what must be done.”

Amends Prayer

“we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be.”

Prayer of St Francis

Lord make me a channel of thy peace

that where there is hatred, I may bring love

that where there is wrong, I may bring the spirit of forgiveness

that where there is discord, I may bring harmony

that where there is error, I may bring truth

that where there is doubt, I may bring faith

that where there is despair, I may bring hope

that where there are shadows, I may bring light

that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted

to understand, that to be understood

to love than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving, that one is forgiven.

It is by dying, that one awakens to Eternal life.

Amen