

OA in Actions Questions for Steps 6 through 9

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 6

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

Read OA 12/12-1 pages 53-55 or OA 12/12-2 pages 45-47:2

Are you willing to let go of the defects that have served you and you might have found enjoyable? If so do you understand that “We are powerless over each of our character defect just as we were powerless over the food. It will be up to a Power greater than ourselves to remove them from us, we cannot do it along.”? quote from OA 12/12-1 page 55:3 lines 6-9 or OA 12/12-2 page 47:2 lines 5-8

Read OA 12/12-1 pages 56-58 or OA 12/12-2 47:3 -49

What are your defects of character? What does each do for you? What are they doing to you? Do you see that your defects have served you in the past?

Are you ready to stop “clinging desperately to the past resistant to change. From now on, we will strive to keep ourselves entirely ready for any transformation our Higher Power wants to bring about in us.”? quote from OA 12/12-1 page 58 lines 6-9 or OA 12/12-2 page 49:1 lines 5-8

Read OAI pages 63-71 Alive and Well Living in the Real World or OAI pages 41-44 The Boat Story

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

Step 7

Humbly asked Him to remove our shortcomings.

Read OA 12/12-1 pages 59-61 or OA 12/12-2 pages 51-53:1

We are told in Step 7 that humility is critical to adopt an attitude of humility. Can you accept the following definition of humility? “humility is simply an awareness of who we really are today and a willingness to become all that we can be.” quote from OA 12/12-1 page 60:1 lines 1-3 or OA 12/12-2 page 52:2 lines 1-3

Read OA 12/12-1 pages 61- to the top of page 65 or OA 12/12-2 pages 53:2 – 55:2

After reviewing your inventory from Step 4 make a list of character defects that you would like to have removed. See OA 12/12-1 page 62:3 – 63 or OA 12/12-2 page 54:1 – 55 for the process we use to release our defects to our Higher Power.

Read OA 12/12-1 pages 65-66 or OA 12/12-2 pages 55:3-56

“If we become patient and persistent we will learn much about ourselves and why we feel and act the way we do.” quote from OA 12/12-1 page 65:2 lines 1-3 or OA 12/12-2 page 55:4 lines 1-2. Refer to the Asset/Liability. Which character traits/defects have become assets?

Read OAI pages 72-77 Alone No More or OAIII pages 45-48 Who Is My Appetite?

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

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Read OA 12/12-1 pages 67 to top of page 70 or OA 12/12-2 pages 57-top of page 60

“In step eight, we look at our relationships for the purpose of discovering those patterns which have done harm to us and to others.” quote from OA 12/12-1 page 67:2 lines 6 or OA 12/12-2 top of page 58 lines 2-3. Now start making a list of those people or institutions that you have harmed using the *Step Eight and Nine List of Persons Harmed and Amends* chart. As you are filling out the chart ask the following two questions:

Was the harm done in thought or in action?

Have your attitudes resulted in actual harm?

It is helpful to review your fourth-step inventory to see if any name or institution was missed. After reviewing your list and your fourth-step inventory can you think of anything you missed? Did you list yourself on your list, if not add your name now.

Read OA 12/12-1 pages 70-73 or OA 12/12 pages 60:1-62

The second part of Step eight is to become willing to make amends to those we have on our list. Sometimes we need to forgive those on the list first. If so then writing about each will help then we pray for the ability to forgive them. “If we pray for the people who have wronged us, pray for them daily asking God to bless them with all the good things we want for ourselves, we can be freed of our resentments and forgiveness.” Looking for the “lesson learned” in these situations, will help us move forward.

Before we go forward to Step 9, we pray to “God asking for the willingness to do the things we fear, to make the amends we owe.” quote from OA 12/12-1 page 73:2 lines 5-6 or OA 12/12-2 page 62:2 lines 5-6

Read OAI pages 78-82 It Gets Better, I Promise or OAIII pages 49-52 Seeking and Finding A Power To Live By

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

Step 9

Make direct amends to such people wherever possible, except when to do so would injure them or others.

Read OA 12/12-1 pages 75 through paragraph 2 on page 78 or OA 12/12-2 pages 63-top of page 66

Working with our sponsor we review each person or institution on our list and determine how an amend should be made, in person, write a letter, by phone or make a living amend. Would making the amends be

hurtful to another person. This step requires thoughtful action and practice.

OA 12/12-1 page 77 or OA 12/12-2 page 65 contains some very helpful advice:

“Clearing off our side of the street requires us to be sincere and direct in our approach to the people we’ve hurt.” quote from OA 12/12-1 page 77:1 lines 1-3 or OA 12/12-2 page 65 lines 1-3

“we would usually do well to keep the wording of our apologies as simple as possible, in order to avoid dragging in facts and details which might hurt people all over again.” quote from OA 12/12-1 page 77:2 lines 1-4 or OA 12/12-2 page 62:2 lines 1-3

“We avoid excuses, dramatizations, or detained rehashing of old events surrounding our actions.” quote from OA 12/12-1 page 77:2 lines 10-11 or OA 12/12-2 pages lines 8-9

See two examples of amends on OA 12/12-1 top of page 78 or OA 12/12-2 page 65:3. Our amends can be followed up with how we will change in the future or how we will make restitution. Be sure to read your amends to your sponsor prior to making the amends to each of the people on your list.

Read OA 12/12-1 pages 78-81 or OA 12/12-2 pages 65-67

As you start working with your sponsor to complete Step 9, we begin to see the value of dealing “lovingly with every person in our lives, our spiritual awakening has become a reality.” quote from the OA 12/12-1 top of page 81 lines 1-2 or OA 12/12-2 page 67 lines 1-2.

As we make our amends we clean our side of the street and let go of the outcome, trusting the process that has been used for years to bring more peace to ourselves and be of service to others.

Read OAI pages 83 – 87 Growing Up in OA or OAIM pages 53-56 Same Disease

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