



Twelve Stepping a Problem

This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop.

- 1) I admit I am powerless over _____. How does this make my life unmanageable?

- 2) Do I believe that a power greater than myself can restore me to sanity? YES or NO
If no, explain why not. What would recovery look like in relation to this problem?

- 3) Have I made a decision to turn _____ over to the care of God/Higher Power? YES or NO If no, explain why not.

- 4) Make a searching and fearless moral inventory of myself. List any fears, resentments, harms. What is my part in this?

- 5) Am I willing to admit to God/Higher Power, myself, and another person the exact nature of the wrongs that contributed to this situation? If YES, continue to number six. If NO, return to number one.

- 6) Am I entirely ready to have God/Higher Power remove these defects of character?
YES or NO If no, explain why not.

- 7) Have I humbly asked God/Higher Power to remove my shortcomings? YES or NO
(Refer to fears, resentments, harms in number four above.)

- 8) Make a list of all persons I have harmed because of this. (Include yourself.) How have they been harmed? Am I willing to make amends to them all?

- 9) How and when will I make amends?

- 10) Continue to take a personal inventory. What specific actions can I take today?

- 11) What specific actions can I take today to establish, re-establish, improve conscious contact with God/Higher Power?

- 12) What spiritual awakening/new insight have I had as the result of working these Steps on this specific problem?