

## RECOMMITMENT TO STEPS 1, 2, & 3

*(January 2018, VSB Website Resources Sub-Committee: The readings are from the AA 'Big Book', 3<sup>rd</sup> Edition and/or the 'Twelve Steps and Twelve Traditions'. "D & R" mean discuss and reflect. Quotes from AA material have been updated to reflect alcohol, as written. OA only has permission to change the wording to "compulsive overeater" in OA Steps and OA Traditions. In one's private reading and writing, one can substitute the words "food" and "compulsive overeater" for "alcohol" and "alcoholism.")*

- DAY 1 -** Read the "Doctor's Opinion" in the AA Big Book. Discuss the phenomenon of craving as it appears in the three levels of your life-- emotional, spiritual and physical.
- DAY 2 -** Read Step 1. Discuss and Reflect on the idea that you have a devastating weakness. Discuss how this weakness leads you to return to food for your comfort.
- DAY 3 -** Re-read Step 1. Discuss the mental obsession that precedes "that first compulsive bite". Discuss and Reflect upon the idea that obsessing about anything leads to compulsive overeating.
- DAY 4 -** Read pages 5 & 6 in the AA Big Book. Discuss and Reflect upon the feeling of oblivion as it is described in Bill's story and as it has manifested itself in your life.
- DAY 5 -** Re-read Step 1. Discuss why, for you, there is no possibility of controlled eating as it is outlined 'there is no possibility of controlling drinking' in this Step.
- DAY 6 -** Read page 20-24 in the AA Big Book, up to "so many want to stop but cannot." BB, p. 25. Discuss and Reflect upon your last eating binge & why we are without defense against 'that first compulsive bite.'

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- DAY 7 -** Re-read Step 1. Consider the statement: "...when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again." 12 & 12, p. 23. Discuss the idea that once one compulsive overeater talks about the harsh nature of our disease that the compulsive overeater can never be the same again.
- DAY 8 -** Read Chapter 3 to page 35. Discuss and Reflect upon what sort of thinking dominates when the compulsive overeater repeats the desperate experiment of trying just one bite.
- DAY 9 -** Re-read Step 1. Discuss and Reflect upon one must do to stay alive. "No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect – unless he has to do these things in order to stay alive himself." 12 & 12, page 24.
- DAY 10-** Read in the AA Big Book, Page 7-9. ("Next day..." to "...He wasn't himself.") Discuss the reoccurrence of the idea that if you return to eating you can recapture "...the spirit of other days". BB, p. 9.

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**DAY 11-** Read Step 2. Discuss and Reflect upon the following concepts:

1. Those who won't believe.
2. Those who can't.
3. Those who have lost their faith.

In which category do you find yourself? What must you do to change?

**DAY 12-** Read Page 21-29 in the AA Big Book. Discuss and Reflect upon the idea that "... there is no middle-of-the-road solution..." BB, p. 25, to compulsive overeating. Particularly, reflect upon the alternatives to recovery seen on page 25.

**DAY 13-** Re-read Step 2. Discuss and Reflect upon the need for open-mindedness before you can practice the OA program.

**DAY 14-** Read Chapter 4 to page 51 in the Big AA Book. Discuss and Reflect why a change in attitude toward a Power greater than yourself and a few simple actions are necessary if you are to change your life.

**DAY 15-** Re-read Step 2. Discuss and Reflect upon the following concepts as they play a part in your spiritual life:

- A. Intellectual self-sufficiency.
- B. Wandering from faith.
- C. Self-righteousness.

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- DAY 16 -** Read Page 43 in the AA Big Book. Discuss and Reflect on the idea that most compulsive overeaters "...have to be pretty badly mangled before they commence to solve their problems." BB, p. 43.
- DAY 17 -** Read Pages 31-34 in Step 2. Discuss and Reflect on the following concepts:
- A. "No man, we saw, could believe in God and defy Him, too." 12 & 12, p. 31.
  - B. To recover, we need a "... faith that worked under all conditions." 12 & 12, p.31.
- DAY 18 -** Re-read Step 2. Discuss and Reflect why every OA "...meeting is assurance that God will restore us to sanity if we rightly relate ourselves to Him." 12 & 12, p. 33.
- DAY 19 -** Read the AA Big Book page 51-57. Discuss why in the life of a compulsive overeater reason, as most people use it, is not entirely dependable.
- DAY 20 -** Re-read Chapter 3 of the AA Big Book. Discuss and Reflect on the growth one must have before he can move from Step 1 to Step 2.
- DAY 21 -** Read Step 3. Discuss and Reflect why willingness is the way to a faith that works.
- DAY 22 -** Read Chapter 5 to page 63, ending at "...this was only a beginning." Discuss and Reflect why happiness & satisfaction cannot come unless the compulsive overeater gives up control.

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- DAY 23 -** Re-read Step 3. Discuss and Reflect on the idea that faith does not necessarily mean we've let God into our lives.
- DAY 24 -** Read the Big AA Book Page 569-570. Discuss and Reflect on the God-Consciousness you have experienced for yourself and have seen in other people.
- DAY 25 -** Re-read Step 3. Discuss and Reflect on spiritual dependence as the only means of escape from the destruction of compulsive overeating.
- DAY 26 -** Re-read Page 25-29 in the AA Big Book. Discuss and Reflect upon the idea that recovery depends upon "... huge emotional displacements and rearrangements." BB, p. 27.
- DAY 27 -** Re-read Page 39-41 in the Twelve & Twelve. Discuss how we may go about bringing our will "... into agreement with God's intention for us." 12 & 12, p. 40.
- DAY 28 -** Discuss and Reflect on how the following tools can become part of your daily program of recovery.
- A. Reading, writing, burning.
  - B. Meetings
  - C. Telephone
  - D. Service
  - E. Abstinence
  - F. Sponsorship

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### G. Anonymity

**DAY 29** - Read "A Vision for You" in the AA Big Book. Discuss and Reflect on the vision God has for you. Discuss also the idea that "The answers will come if our own house is in order." BB p. 164.

**DAY 30** - Read the last paragraphs of Step 1 and 2. Re-read Step 3. Discuss and Reflect on how Step 1 was your commitment to Honesty, Step 2 a commitment to Open-mindedness and Step 3 a commitment to Willingness.

After writing this, renew your contract with God by repeating the prayer on Page 63 in the AA Big Book, aloud, and in the privacy of your own place of meditation.