

## Kaleidoscope Questions

**I am constantly changing, like the beautiful bits of glass forming into patterns in the Kaleidoscope.**

*(November 2017, 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.")*

*Readings are from the Big Book, 3<sup>rd</sup> Edition, and the A.A.12 Steps & 12 Traditions*

1. "The body of the alcoholic is quite as abnormal as the mind." BB, p. xxiv.  
*D&R pages xxiii-xxiv in The Big Book.*
2. "The tyrant alcohol wielded a double-edged sword over us; first we were smitten by an insane urge that condemned us to go on drinking, and then by an allergy of the body that insured we would ultimately destroy ourselves in the process." 12 & 12, p. 22. Why must we put the food down before we can practice OA's remaining 11 Steps?  
*Read Step 1 in the 12 & 12.*
3. "...the phenomenon of craving had become paramount to all other interests..." BB, p. xxvii.  
*D&R on pages 5-6 in The Big Book.*
4. "Liquor ceased to be a luxury; it became a necessity." BB, p. 5.  
*D&R on pages 5-6 in The Big Book.*
5. "I who had thought so well of myself and my abilities, of my capacity to surmount obstacles, was cornered at last." BB, p. 8.  
*D&R on pages 6-9 in The Big Book.*
6. "All of them will tell you that, once across, their faith broadened and deepened. Relieved of the alcohol obsession, their lives unaccountably transformed, they came to believe in a Higher Power, and most of them began to talk of God." 12 & 12, pp. 27-28.  
*D&R on Step 2 in the 12 & 12.*

## Kaleidoscope Questions

7. “Then he had been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best he had ever known!” BB, p. 11.  
*D&R on pages 11-12 in The Big Book.*
8. Read BB pages 569-570; pages 549-559.  
*Discuss and reflect on Step 0 (put the food down plus spiritual reformation).*
9. “At long last I saw, I felt, I believed. Scales of pride and prejudice fell from my eyes. A new world came into view.” BB, p. 12.  
*Read pages 12-14 in The Big Book.*
10. “... I soon found that when all other measures failed, work with another alcoholic would save the day.” BB, p.15. D&R How has working with another compulsive overeater saved your day?  
*Read pages 15-16 & 292 in The Big Book.*
11. “...‘live & let live’...”, *Stools and Bottles*, p. 158.  
“We gain forgiveness when we become forgiving. We escape suffering and punishment when we stop dealing it out.” *Stools and Bottles*, p. 159.  
*D&R on pages 158-159 in “Stools & Bottles.”*
12. “The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree...” BB, p. 17. Do you have a way out?  
*D&R pages 17-19 in The Big Book.*
13. “He may start off as a moderate drinker; he may or may not become a continuous hard drinker; but at some stage of his drinking career he begins to lose all control of his liquor consumption, once he starts to drink.” BB, p. 21.  
*D&R on pages 20-23 in The Big Book.*
14. All compulsive overeaters are of restless disposition. That restlessness and tension are part of our trouble, that we once appeased this condition with food. How does relaxation keep us out of the ‘driver’s seat’, therefore permitting a conscious contact with God – our only hope of recovery from compulsive overeating?

## Kaleidoscope Questions

*Read Step 11 in the 12 & 12.*

15. "Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink." BB, p. 24.  
*D&R on pages 24-29 in The Big Book.*
16. "If we are planning to stop drinking, there must be no any reservation of any kind, nor any lurking notion that someday you will be immune to alcohol." BB, p. 33. Do you have any lurking notion that someday you will be immune to sugar and other binge foods?  
*Read pages 30-34 in The Big Book.*
17. "... we call this plain insanity." BB, p. 37. This kind of thinking has been characteristic of every single one of us.  
*D&R on pages 35-37 in the Big Book.*
18. Is a personality change necessary to our recovery?  
*Read pages 26-28 in The Big Book.*
19. "He was interested and conceded that he had some of the symptoms, but he was a long way from admitting that he could do nothing about it himself." BB, p. 40.  
*D&R on pages 39-41 in The Big Book.*
20. "... I have profound respect for the spiritual approach in such cases as yours. For most cases, there is virtually no other solution." BB, p. 43.  
*D&R on pages 42-43 in The Big Book.*
21. Write on the many ways we can carry the message.  
*Read Chapter 11 in The Big Book.*
22. "We could wish to be moral, we could wish to be philosophically comforted, in fact, we could will these things with all our might, but the needed power wasn't there." BB, p. 45.  
*D&R on pages 44-45 in The Big Book.*

## Kaleidoscope Questions

23. "As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps." BB, p. 46.  
*D&R on pages 46-50 in The Big Book.*
24. "Thus was our friend's cornerstone fixed in place. No later vicissitude has shaken it. His alcoholic problem was taken away." BB, p. 56.  
*D&R on pages 51-57 in The Big Book.*
25. "On that basis are we almost always in collision with something or somebody, even though our motives are good." BB, p.60. Can any life run on self-will be a success?  
*Read pages 58-62 in The Big Book.*
26. "Resentments is the 'number one' offender. " BB, p. 64. "It is plain that a life which includes resentment leads only to futility and unhappiness." BB, p. 66. Why do resentments destroy more compulsive overeaters than anything else? Inventory yourself by making a "grudge list". (see p. 65)  
*Read pages 63-67 in The Big Book.*
27. "But of the things which really bother and burn us, we say nothing. Certain distressing or humiliating memories, we tell ourselves, ought not be shared with anyone. They will remain our secret. Not a soul must ever know. We hope they'll go to the grave with us." 12 & 12, pp. 55-56.  
*D&R on Step 5 in the AA 12 & 12.*
28. "We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable?" BB, p. 76.  
*Read pages 72-76 in The Big Book.*
29. Without humility we resorted to the follow:  
a. Escape via food  
b. Running from pain and problems  
c. Pride in my own achievements

## Kaleidoscope Questions

*D&R on Step 7 in the AA 12 & 12.*

30. “On awakening let us think about the twenty-four hours ahead. We consider our plan for the day.” BB, p. 86. With Good, Orderly, Direction we consider the 24 hours ahead. Outline your Spiritual Inspiration – Direction: your plans for the day.

*Read pages 83-86 in The Big Book.*

31. “To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss.” BB, p. 89. Has life taken on a new meaning for you?

*Read pages 89 & 152-153 in The Big Book.*

32. “So our rule is not to avoid a place where there is drinking, *if we have a legitimate reason for being there*. That includes, bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties.” BB, p. 101. “But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good.” BB, p. 102.

*D&R on pages 98-103 in The Big Book.*

33. “... then would come oblivion and the awful awakening to face the hideous Four Horsemen –Terror, Bewilderment, Frustration, Despair. Unhappy drinkers who read this page will understand!” BB, p. 151. What are the hideous 4 horsemen of your past? Have you found a sufficient substitute for food?

*Read pages 151-153 in The Big Book.*

34. “We ‘constructively criticized’ someone who needed it, when our real motive was to win a useless argument.” 12 & 12, p. 94. “... when in actuality our true motive was to feel superior by pulling him down. We sometimes hurt those we love because they needed to be taught a lesson, when we really want to punish.” 12&12, p. 94.

Have you ever taken a 10<sup>th</sup> Step Personal Inventory? If not, why not?

*Read Step 10 in the AA 12 & 12 and pages 84-85 in The Big Book.*

Describe how the knowledge of Step 10 can help you.

## Kaleidoscope Questions

35. “Unlike most of our crowd, I did not get over my craving for liquor much during the first two and one-half years of abstinence. It was almost always with me. But at no time have I been anywhere near yielding.” BB, p. 181.  
*D&R on pages 180-181 in The Big Book.*
36. Have you ever read the prayer on the 4<sup>th</sup> page (page 99) of Step 11 in your 12 & 12 book? Read it now and D&R on how this prayer is logically related and interwoven into our principles, resulting in an unshakable foundation for life.
37. “Whether you quit six days, months, or years, if you go out and take a drink or two, you’ll end up in the hospital tied down, just like you have been these past six months. You are an alcoholic.” BB, p. 187.  
*D&R on pages 187-188 in The Big Book.*
38. Steps 8 and 9 are concerned with personal relationships. “Good judgment, a careful sense of timing, courage, and prudence – these are the qualities we shall need when we take Step Nine.” 12 & 12, p. 83.  
Select one person you owe amends to. If you were to make this amend today using OA’s spiritual directions, how would you go about it?  
*Read Steps 8 & 9 in the AA 12 & 12.*
39. “So long as I’m thinking as I’m thinking now, and so long as I’m doing the things I’m doing now, I can’t believe I’ll ever take another drink.” BB, pp. 206-207.  
*D&R on pages 206-209 and 164 in The Big Book.*
40. “...once they had accepted the program, they never had a desire to take a drink. That was skeptically received by me when I first heard it, but after some twenty-eight or thirty fellows had come to see me, and pretty nearly all of them had said the same thing, I began to believe it.” BB, p.219.  
*D&R on pages 218-219 and 169 in The Big Book.*
41. Look up the following words from Step 12 in your dictionary:
- |             |         |
|-------------|---------|
| Action      | Courage |
| Fundamental | Faith   |
| Honesty     | Devoted |
| Tolerance   | Service |

## Kaleidoscope Questions

Transform  
Sober

Knowledge  
Wisdom

42. "I tried to hide my drinking by going places where I was unlikely to see anyone I knew. Hangovers and remorse was always with me. The next steps were bottle hiding, and excuses for trips in order to drink without restraint." BB, p. 375. Where did you hide your food? What excuses did you use to eat without restraint?  
*D&R on pages 374-376 in The Big Book.*
43. "Today, there is absolutely nothing in the world more important to me than my keeping this alcohol sober; not taking a drink is by far the most important thing I do each day." BB, p.447. How important is it that you don't take that first bite?  
*D&R on pages 446-452 in The Big Book.*
44. "The unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies." 12 & 12, p. 129.  
D&R on the following:
- Most individuals cannot recover unless there is a group. "Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made - that most individuals cannot recover unless there is a group." 12 & 12, p. 130.
  - We "...once struggled and prayed for individual recovery..." 12 & 12, p.130.
  - "... no sacrifice is too great for the preservation of the fellowship... It becomes plain that the group must survive or the individual will not." 12 & 12, p.130.  
*Read Tradition 1 in the AA 12 & 12.*
45. "There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away." 12 & 12, p. 151. How do you carry the message of recovery to other compulsive overeaters?

## Kaleidoscope Questions

Read Tradition 5 in the AA 12 & 12.

46. Read Tradition 2 in the AA 12 & 12. Reflect on the following:

Group Conscience	Humility
Elder Statesmen	Trusted Servants
Bleeding Deacon	

Discuss:

- a. Our leaders are but trusted servants; they do not govern.
  - b. Where does OA get its direction? Who runs it?
47. “For a while, for a long time, we can endure the intellect’s being ahead of the emotions, which is the import of Millay’s couplet. But as the years go by, the stretch becomes unbearable; and the man with the grown-up brain and the childish emotions – vanity, self-interest, false pride, jealousy, longing or social approval, to name a few – becomes a prime candidate for alcohol.” BB, pp. 534-535.  
Do you relate to the state of being in which the emotions have failed to grow to the stature of the intellect?  
*Read pages 534-535 in The Big Book.*
48. “Here was something rare in the world – a society which said it wished to publicize its principles and its work, but not its individual members”. 12 & 12, p. 182. Why had OA set forth a public relations policy of attraction rather than promotion? Why is personal anonymity our greatest protection?  
*Read Tradition 11 in the AA 12 & 12.*
49. Resentments – they had provided me with excuses for personal failures, inadequacy and of course, compulsive overeating. If you have a resentment you want to be rid of, what will you do?  
*Read pages 550-553 in The Big Book.*
50. “... anonymity is real humility at work ... we believe that each of us takes part in the weaving of a protective mantle which covers our whole society, and under which we may grow and work in unity.” 12 & 12, p. 187.  
*D&R on Tradition 12 in the AA 12 & 12.*