

RECOMMITMENT TO STEPS 1, 2, & 3

SPONSORS:

These questions are not "slip" questions. They are designed to give a long-term abstainer a second chance at abstinence. Chronic slipping is not what these questions are designed to help. The 100 further thoughts on abstinence are designed for slippers.

However, if a person has had from 5 months to 5 years of abstinence and then their disease becomes active again, then these questions are part and parcel of "a return to the fold."

ASK YOUR RETURNEE:

- 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 in this Step.
- DAY 6 -** Read page 20-24 in the AA Big Book. (Up to "so many want to stop but cannot.") Discuss and Reflect upon your last eating binge & why we are without defense against "that first compulsive bite."
- DAY 7 -** Re-read Step 1. Discuss the idea that "when one overeater plants in the mind of another, the true nature of his malady..." that the 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 the things you must do (as outlined in Step 1) in order to stay alive. (Page 24)
- DAY 10-** Read in the AA Big Book, Page 7. ("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".
- 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 solutions" 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.
- DAY 16 -** Read Page 43 (*pg. # corrected in Ann Arbor, 5/08*) in the AA Big Book. Discuss and Reflect on the ideas that compulsive overeaters have to be "pretty badly mangled before they commence to solve their problems."
- DAY 17 -** Read Pages 31-34 in Step 2. Discuss and Reflect on the following concepts:
- A. No person could believe in God and defy Him, too.
 - B. To recover, we need a faith that works under all conditions.
- DAY 18 -** Re-read Step 2. Discuss and Reflect why every OA meeting is assurance that God can restore us to sanity.
- 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. ("...this was only a beginning.") Discuss and Reflect why happiness & satisfaction cannot come unless the compulsive overeater gives up control.
- 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.
- DAY 27 -** Re-read Page 41-42 in the Twelve & Twelve. Discuss how we may go about bringing our will into agreement with God's intention for us.
- 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
 - 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 our answers will come if our own house is in order.
- DAY 30 -** Read the last paragraphs of Step 1 and 2. Re-read Step 3. Discuss and Reflect on how Step 1 was our 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, in the privacy of your own place of meditation.

