

Step Summary:

There are five phases to the Steps:

1. STEP 1: ADMISSION,
2. STEPS 2 and 3: SUBMISSION,
3. STEPS 4, 5, 6, and 7: CONFESSION,
4. STEPS 8 and 9: RESTITUTION,
5. STEPS 10, 11 and 12: THE LIVING STEPS, CONSTRUCTION AND MAINTENANCE

Ask your prospect three qualifying questions:

- (1) *Do you think you have a drinking problem?*
- (2) *Do you want to do anything about the problem?*
- (3) *What are you willing to do about it?*

Recommit to Steps 1, 2 and 3 prior to sharing Steps 4 and 5 with your sharing partner:

Step 0:

Do you want to stop eating compulsively?
Are you willing to go to any lengths to stop?
Are you abstinent today?
When was the last time you ate compulsively?
Do you want to work the steps together?

Step 1

Do you concede to your innermost self that you are powerless over your compulsive eating behaviors and that you cannot manage your own life? (Step 1, Read pg 30)

Do you have any reservations or lingering ideas that one day you will be immune to or UNAFFECTED by compulsive eating behaviors?

Admission Phase: Peace with God Getting Right with God (Steps 1-3)

Foundation Step: Identifies the problem Step 1: We admitted we were powerless over alcohol-that our lives had become unmanageable.

We learned that we had to fully concede to our innermost selves that we were alcoholics. p30 Big Book

Step 1: Do you concede to your innermost self that you are powerless over food? (Step 1, read pg 30)

Do you have any reservations or lingering ideas that one day you will be immune to or unaffected by compulsive eating behaviors?

Foundation Step: Offers the solution; Submission Phase: Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

We needed to ask ourselves but one short question. -"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" p47

When we became alcoholics, crushed by a self-imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be? (pp 53)

Step 2: Do you now believe, or are you willing to believe in a Power Greater than yourself? (Step 2, Read pg 47)

Do you believe God can and that He will relieve you of your compulsive eating behaviors if you seek Him? (Step 2)
Either God is everything or else He is nothing. Either God is or He isn't. What is your choice to be?

Action Step: What do I need to do to recover? Submission Phase: Step 3: Made a decision to turn our will and our lives over to the care of God, as we understand Him.

A: We were alcoholic and could not manage our own lives,

B: No human power could relieve our alcoholism,

C: That God could and would if He were sought. (pp 60)

Are you convinced that you are a food addict and cannot manage your own life?

Are you convinced that no human power can relieve you of your compulsive eating behaviors?

Are you convinced that God can and that He will relieve you of your compulsive eating behaviors?

Have you made a decision to turn your thinking and your actions over to the care of God, as you understand Him?

Have you decided to go through with the remaining steps in the program of recovery?

Are you willing to have God guide your recovery and your life?

If the answer is yes* to all of these questions then take the Third Step Prayer together:

Step Three Prayer: God I offer myself to Thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!

Abandon your life to God with the most self surrender you can possibly muster.

This completes 1, 2 & 3, however, this decision has "little permanent effect unless at once followed" by action. With this in mind, steps 4 thru 8 are about to be done right now, in one fell swoop.

Peace with Self Getting Right with Self (Steps 4-7) Confession Phase: Step 4: Made a searching and fearless moral inventory of ourselves.

We must find out what we've got, what we need to get rid of, and what we need to acquire. "Therefore, we started upon a personal inventory. This was *Step Four*." [69:3] (64:1) (Inventory definition is "a detailed LIST")

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs

(75:3) Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps.

"...when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects." [73:1] (72:1)

Step 6: Were entirely ready to have God remove all these defects of character.

Are we now ready to let God Remove from us all the things which we have admitted are objectionable? (p 76)

Are you ready to ask God to remove your selfishness, dishonesty, resentment, fear, jealousy, envy, false pride, laziness and any other defects that may have come up when you took your 5th step?

(Be specific of wrongs/defects/shortcomings for Step 7)

Step 7: Humbly asked Him to remove our shortcomings.

Say 7th step prayer: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." (76:2)

Peace with Others Getting Right with Others (Steps 8& 9) Restitution – clear away the wreckage of the past

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

"We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory." (76:3)

Taking Step 8: You made a list when you wrote your 4th step inventory and beginning your 9th step amends signifies your continued willingness.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

"Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves." [91:1] (76:3)

Taking step 9: Will you begin to make amend this coming week?

Maintaining our peace with God, Self and Others : What do I need to do to maintain and grow in recovery? Living in the solution --- Construction and Maintenance Phase

The tenth step inventory and the prayer and meditation of the eleventh step are meant to be a part of our daily spiritual practice as our way of keeping in fit spiritual condition.

Step 10: Continued to take personal inventory, and when we were wrong promptly admitted it.

(84:2) we continue to take personal inventory and continue to set right any new mistakes as we go along.

(84:2) Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help.

Taking Step 10: Will you continue to take a personal inventory and continue to set right any new mistakes as you go along?

Step 11: Sought through prayer and meditation to improve our conscious contact with God, as we understand Him, praying only for knowledge of His will for us and the power to carry that out.

(85:2) Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power.

If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense.

Morning Meditation (86:2) On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. **Before we begin, we ask God to direct our thinking**, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

Evening Meditation (86:1) When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all?

What could we have done better? Were we thinking of ourselves most of the time? Or, were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

(86:1) After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

Taking Step 11: Will you pray and meditate daily? If you answer yes, you have begun taking Step 11.

Step 12: Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

(89:1) "Practical experience shows that nothing will so much insure **immunity from drinking** as intensive work with other alcoholics.

Our real purpose is to fit ourselves to be of maximum service to God and the people around us. (p 77)

Taking Step 12:

Will you carry this message to other alcoholics, and practice these principles in all your affairs? If you answer yes, you have begun taking Step 12.