

FIRST NAME LAST INITIAL

START DATE

GET YOUR BIG BOOK AND SIGN YOUR NAME ON PAGE 58 THIRD PARAGRAPH AND
DATE IT WITH THE START DATE.
IF YOU ARE WILLING TO GO TO ANY LENGTHS.

The Idiots Guide to the Twelve Steps (for Really Smart People)

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<http://www.bbaworks.com/downloads>

INTRODUCTION: CIRCLE AND TRIANGLE / PREFACE AND FORWARDS

As I look at the circle and triangle I will consider each part. Am I currently living in each side of the triangle or am I willing to do so, as I work the steps? Consideration: Do I rely only on one side of the triangle while avoiding or ignoring the other parts?

UNITY SIDE (Fellowship/The Body) - How am I doing with my meetings?

- Do I go to enough meetings? _____
- Do I go to too many meetings? _____
- Do I know what a home group means to me? _____
- Do I have a home group? _____
- Do I have a commitment at a meeting? _____
- Do I get there early? _____
- Do I welcome new people before or after the meeting? _____
- Do I reach out? _____
- Do I help with set up or set down? _____

RECOVERY SIDE (12-Steps/The Mind) - How am I doing in my 12 steps?

- Do I have a sponsor I am in regular contact with? _____
- Am I actively going through the 12 steps? _____
- Am I reading Pages 84 to 88? (steps 10 & 11 in Big Book) _____
- Am I doing my daily step 10? _____
- Am I doing a daily practice of 11? _____
- Have I finished all the amends on my 8-step list? _____

SERVICE SIDE (Spiritual/ carrying the message) - How am I working with others?

- Am I working with others taking them through the Big Book as I was? _____
- Have I looked to see if the way I take people through the work is effective and are they staying in the program to work with others? _____
- Am I giving them enough time? _____
- Am I explaining the process well? _____
- _____
- Do I have a commitment at a hospital or institution? _____

Considerations:

Do I believe (DIB) that if action is taken in all three areas I can be whole? What does that mean to me?

DIB this first promise of hope? How many thousands have “recovered” Am I “recovered” or am I “recovering”?

In the forward to the first addition it says that we have “recovered” from a seemingly hopeless state of mind and body. Is this true for me? _____

7. It talks about many who compulsively eat, binge, purge, restrict or over-exercise are very sick people.
Am I?

8. In the meeting between Dr. Bob and Bill W. in the Forward to the 2nd Edition, what stood out to you?
(page xv-xvii):

The First Step

The Big Book of Alcoholics Anonymous never tells us directly how to work the first two steps. In the portion of ‘How It Works’ read at many meetings, we hear “Our description of the Alcoholic, the chapter to the Agnostic, and our personal adventures before and after make clear three pertinent ideas, that we were alcoholic and could not manage our own lives, that probably no human power could have relieved us of our alcoholism and that God could and would if He were sought”. (pages 58-60).

What is not read is the sentence which follows, “Being convinced, we were at Step 3.” Convinced of what? The answer is right there: “Convinced of these three pertinent ideas.” And how do we get convinced? We read the description of the alcoholic, the chapter to the Agnostic, and the personal experiences before and after which are specifically designed to “make clear these three pertinent ideas.” In the original manuscript, it reads that if we were not convinced, “we ought to reread the book to this point or else throw it away.’ We compare our experiences; the way we thought felt and drank (or used) with the experiences of the people described in the book, to see how they match up, this is how we take steps one and two. Relating to their experiences may create a problem for the modern reader. The English of today is significantly different from that of 1939 when this book was first published. If you have ever tried to read Shakespeare, you are perhaps aware of the effect time has upon language. Going through the Big Book in the way described here should help you overcome this language problem and give you an understanding of the Big Book which is reflected *in your own experience*. You may begin to see the Big Book in a new light, and perhaps it will have real meaning in your own life today.

Much of this workbook consists of statements from the Big Book which have been turned into questions. We found it helpful to view the book in this light rather than as a book of answers; the answers you will find only in your own experience, and within your own heart. For the sake of clarity, some questions are paraphrased rather than directly quoted. If there is something you relate to, describe it, and ask yourself “What was my experience with this?” “Did this happen to me? Did I feel like this?” “Think like this?” or “Compulsively eat, binge, purge, restrict or over-exercise like this?” This is not a “homework assignment” where we try to get through it as quickly as we can with a minimum effort. If you who compulsively eat, binge, purge, restrict or over-exercise understand these steps, it means the difference between life and death.

DOCTOR’S OPINION Step 1 – Physical craving Pages xxv - 23

1. Why am I interested in the plan of recovery described in this book? Pg. xxv – P1-L2

2. Do I believe convincing testimony must surely come from a doctor who had experience with the sufferings of c/o/food addicts/bulimics and have witnessed their return to health? Would this be helpful to me? Pg. xxv P1 – L4

3. Am I the type regarded as hopeless? Wants to quit but can't? pg. xxv P3 – L3

4. Am I the type with whom every method I tried had failed completely? What have I tried? Pg. xxv P5- L2

a. Am I willing to believe this book has a remedy for me? Pg. xxvi P1 - L3

b. Am I willing to rely absolutely on anything they say about themselves in this book?
Pg. xxvi P1-L4

“Allergy” Definition: a condition of unusual sensitivity to a substance, which in like amounts does not affect others and is characterized by systematic disorders.

Note: It's like having an allergic physical reaction to strawberries. I can't eat them without breaking out in a physical itch, nothing to do with what I'm thinking. As with food, when I eat a candy bar I break out in an itch to have another one and then another. You will see your experience with the physical powerlessness not in the amount you ate but in your lack of control.

5. Do I believe that my body is quite as abnormal as my mind after the first bite? Why? Pg. xxvi P2 – L6

a. Did any explanation I've heard ever satisfy me as to why I could not control my eating? What did I hear? What have I told myself? Pg. xvi P2 – L7

b. Do I believe these things were true to some extent, in fact, to a considerable extent with me?
Pg. xxv1 P2 – L10

c. Do I believe any picture of me which leaves out this physical factor feels incomplete? Explain what the physical factor looks like when you eat compulsively? Pg. xxvi P2 – L12

d. Does the doctor's theory that I have an allergy to food interest me? Does the explanation about the allergy make good sense? Pg. xxvi P3 – L4

e. Does the allergy explain why you lost control and couldn't stop? Pg. xxvi P3 –L5

6. Do I believe I need to find a Power which can pull me back from the gates of death and that must be a power greater than my own? Explain why? Pg. xxvii P6 – L9

7. Do I believe that the reaction of food on me is like an allergy and there is a craving for more that occurs after the first bite? Explain what that looks like with you? Pg. xxviii P1 –L1

a. Can I safely use alcoholic foods in any form at all? Pg. xxviii P1 - L5

b. Did I form the habit? Pg. xxviii P1 – L6

c. Could I break it? Pg. xxviii P1 – L7

d. Did I lose my self confidence that anything human could keep me abstinent? Pg. xxviii P1 – L7

8. Do I believe frothy emotional appeal (like someone begging me to stop) never worked so the message that I better get here in this program to interest and hold me, must have depth and weight more than emotional or intellectual? Pg. xxviii P2 – L1

9. Did I compulsively eat, binge, purge, restrict or over-exercise because I liked the effect of food? What was that effect like for me? Pg. xxviii P4 – L1

a. Was the effect so great that after a time, even though you knew it was bad for you, you could not tell the true from the false? (“Like buying your favorite cookies and telling yourself they were for your family or going to the buffet”) Pg. xxviii P4 – L2

b. Did my compulsion to eat, binge, purge, restrict or over-exercise life seem the only normal one? How? Pg. xxviii P4 – L4

10. Am I restless (uneasy) irritable (easily annoyed) and discontented (never satisfied) until I experience a sense of ease and comfort when I pick up that first bite? Pg. xxviii P4 – L5

a. When I start to compulsively eat, binge, purge, restrict or over-exercise to change the way I feel, am I able to stop once I feel the way I want to feel?

11. Do I believe that in recovery I must experience the sense of ease and comfort that I got by eating compulsively? Pg. xxix

12. Do I pass through the well-known stages of a spree, emerging remorseful, with the firm resolution to never to compulsively eat, binge, purge, restrict or over-exercise again? What happens when I make resolutions to not compulsively eat, binge, purge, restrict or over-exercise? (Can I pull it off?) Pg. xxix P(top) – L5

a. Is this repeated over and over? Pg. xxix P(top) – L7

b. Or do I have other solutions? What? Pg. xxix P(top)

c. Can I stay stopped on my own? Pg. xxix P2 – L3

d. Do I need help? Pg. xxix P2 – L3

13. Do I believe that something more than human power is needed to produce the essential psychic change and that is my only answer? Pg. xxix P2 – L5

14. When I start to compulsively eat, binge, purge, restrict or over-exercise, can I mentally control when I'm going to stop? Pg. xxix P3 – L2

15. Has this craving at any time become more important than all other interests? (Job, family, etc.) Pg. xxix P3 – L7

16. Was I always swearing off for keeps? Pg. xxx P2 – L4

a. Was I over-remorseful making many resolutions to quit? Pg. xxx P2 – L5

17. Was I unwilling to admit that I cannot take that first bite? Why? Pg. xxx P3 – L1

a. Did I plan various ways of eating in an effort to control my compulsion? Give an example. Pg. P3 – L2

b. Do I believe that after being entirely free from compulsive eating, bingeing, purging, restricting, or over-exercising for a period of time that I could return to that behavior without danger? Why? Pg. xxx P3 – L4

18. Have I identified my allergy to compulsively eat, binge, purge, restrict or over-exercise as a craving for more once I start these behaviors? Pg. xxx P4 – L1

a. Can I start to compulsively eat, binge, purge, restrict or over-exercise without developing the phenomenon of craving? What happens when I do? Pg. xxx P4 – L2

b. Do I believe this allergy differentiates me and sets me apart from other people? That I'm not like other people when it comes to food? Pg. xxx P4-L4

c. Do I believe the only relief to this physical allergy is entire abstinence? Pg. xxx P4 – L7

d. Can I do that on my own, just not compulsively eat, binge, purge, restrict or over-exercise? Pg. xxx P4- L8

19. Do I feel doomed (when it comes to food)? Pg. xxx P5-L4

20. Was I living to compulsively eat, binge, purge, restrict or over-exercise? What did my day look like? Pg. xxxi P2 – L6

CONSIDERATIONS:

If I have an abstinent date that is 10 days or more and I can't produce a sense of ease and comfort powerful enough to keep me from taking the first bite, how is it that I continue to have this abstinent date no matter how I feel?

BILL'S STORY

Step 1

Page 1 - top of page 9

1st Half of Bill's Story

1. Did you compulsively eat, binge, purge, restrict or over-exercise when you were lonely? Did you compulsively eat, binge, purge, restrict or over-exercise when you were "not" lonely? Pg.1 - P1

2. Were there things that happened early in your compulsion to eat, binge, purge, restrict or over-exercise career (ominous warnings) which you failed to heed? List 3: Pg. 1 - P3

3. Did you develop theories about how you would be successful in life, while you compulsively ate, binged, purged, restricted or over-exercised? Pg.2 P2 – L13

4. Did your friends sometimes think you were crazy? Did you? Pg. 3 Top P

5. Did your compulsive behavior become more important/serious over time? Pg. 3 P1 - 2

- a. Did you fight with your spouse and friends? Pg.3 P2

- b. Did you become a loner? Pg. 3 P2

- c. Did you begin to compulsively eat, binge, purge, restrict or over-exercise in the morning? Pg. 3 P3

6. Did you start to compulsively eat, binge, purge, restrict or over-exercise to escape from problems, sometimes brought on by the addiction? Pg. 4 P1

7. Did you become an unwelcome hanger on at your job, at the bakery, or the buffet table? Pg. 5 top P

8. Did comfort foods, at some point, cease to be a luxury and become a necessity? Explain. Pg. 5 P1 – L1

9. Did I still think I could control the consequences of my eating behavior? How? Pg. 5 P1 – L9

10. Did life gradually get worse? How? Pg. 5 P2 – L1

11. Did you feel a sense of impending calamity? Like something bad was always about to happen. Pg. 6 P1

a. Did you now have to compulsively eat, binge, purge, restrict or over-exercise to be able to function at all? Pg. 6 P1

12. Did you think of suicide? Pg. 6 P2

a. Did you try mixing food with other substances so you could function (i.e., speed, diet pills)? What did you try? Pg. 7, P top L2

13. Can self-knowledge fix me? Why or why not? Pg. 7 P2 – L9

14. Was I as hopeless as Bill, wanted to stop compulsively eating, bingeing, purging, restricting or over-exercising but couldn't? pg. 8 Pg.1 L5

15. Did you feel loneliness, despair and self-pity? Pg. 8 - P1

a. Did you ever feel food was your master? Pg. 8 P2

b. Did this (that you had no power) scare you? Were you afraid? Pg. 8 P2

c. Did this fear keep you abstinent? Or did you compulsively eat, binge, purge, restrict or over-exercise again anyway? Pg. 8 P2

(Stop at the first paragraph on page 9)

2nd Half of Bill's Story (Starts at the first paragraph on page 9, "The door opened...")

16. Did your human will fail you? "Did you really decide to start eating compulsively bingeing, purging, restricting, or over-exercising again, or did you just convince yourself it was your decision so you could feel like you were in control?"Pg. 11 P3

a. Are you ready to admit complete defeat? What meaning does this have for you? Pg. 11 P3

17. Do you understand that you can choose your own conception of God? That it only has to make sense to you? Pg. 12 P2

18. Do I believe if I do not work with others, I will surely eat compulsively, binge, purge, restrict, over-exercise again? Or live like I need to indulge in these behaviors? Pg. 15 top P – L3

19. Am I willing to abandon myself with enthusiasm to the idea of helping other food addicts of a solution of their problems? Pg. 15 P1 – L1

20. Am I willing to attend meetings frequently so that the newcomer may find the fellowship they seek? Pg. 15 P2 – L14

THERE'S A SOLUTION
PART 1 – PHYSICAL CRAVING
Page 17 – Page 23

1. Was I as hopeless as Bill (want to quit but can't) Pg. 17 P1 –L3

a. Is there any other hope for me? In what way? Pg. 17 P1 –L4

b. Is the fellowship by itself (just going to meetings) enough for me to stay abstinent? Explain.
Pg. 17 P2 -L16

c. Do I have ways to stay abstinent without help? What are they? Pg. 17 L3- P2

2. Have I come to believe I suffer from an illness: Physically? Mentally? Spiritually? How does each affect me? pg. 18 P1 – L1

a. Did it affect the people around me in a way no other human sickness can? Who was affected?
Pg. 18 P1 – L2

b. Was I unable to discuss my situation without lying to my spouse, parents, or intimate friends?
Pg. 18 P3 – L3

3. When approaching a potential sponsor or step partner, was he/she like me? pg. 19 top margin:

a. Did he/she obviously know what they were talking about? Pg. 18 P5 – L2

b. Does their behavior shout at the new prospect that they are a person with a real answer?
(Living the Big Book). Pg. 18 P5 L2

c. Does he/she have no attitude of Holier than Thou (thinking they are better than anyone else)?
Pg. 18 P5 L5 _____

4. Is the elimination of my compulsively eating, bingeing, purging, restricting, or over-exercising enough, or is this just a beginning? Pg. 19 P1 - L3

a. If I keep on 'compulsively eating, bingeing, purging, restricting, or over-exercising even though things get better, do I believe the surface of the problem is hardly scratched?
Why? Pg. 19 P2 – L1

5. Does my life depend upon my constant thought of others and how I may help meet their needs? As a newcomer what can I do to help? Pg. 20 P(top) – L2

6. Am I curious to discover how and why these people have recovered from a hopeless condition of mind and body? Pg. 20 P1-L3

7. Can I indulge in excess food or just stop after one serving?
Pg. 20 P3 – L1

a. Can I just quit? Pg. 20 P3 – L4

b. Could I eat like a lady/gentleman? Pg. 20 P3 – L4

c. Do I have a choice? pg. 20 P3 – L5

d. Is my willpower weak? Pg. 20 P3 – L5

e. Could I stop if I wanted to? Pg. 20 P3 – L6

f. Could I stop for her/him? When have I? Pg. 20 P3 – L7

8. If the doctor tells me that if I ever compulsively eat, binge, purge, restrict or over-exercise again it would kill me, could I stop? Pg. 20 P3 – L8

9. Do I believe the people who can do these are physically and mentally very different from me? Pg. 20 P4 – L4

The 3 Types of Eaters

THE MODERATE EATER

Type 1: The moderate EATER. We have all known people who would eat their dinner and leave half of it on their plate, or have a bite of dessert and say something like “That’s good but I’m full”. There were also people who could have cookies in their cupboard and leave them there for other family members.

10. Could I give up compulsive eating, bingeing, purging, restricting, or over-exercising entirely if I were given a good reason for it? Pg. 20 P5 – L1

11. Can I take it or leave it alone? Pg. 20 P5 – L3

12. Am I a moderate eater? Have I ever been? Do you know people like this? Who? Pg. 20 – end P5 L3

THE HARD EATER

Type 2: There are those people too, who we used to binge with, who were able to keep up with us. They ate as much as we did, enjoyed the same foods as we did, but something happened which caused them to stop or moderate on their own. Perhaps they got married, had a child, or went back to school. They grew out of it, while we continued to grow into it. Though they may have eaten as much or more than we did, they are very different from a real food addict.

13. Did I have the habit badly enough to gradually impair me physically and mentally? Pg. 20 P6-L2

a. Could it cause me to die a few years before my time? Pg. 21 P(top) L1

b. Could I stay stopped if given a sufficiently strong reason? Examples:

Ill health? _____

Falling in love? When?

Change of environment? When?

The warning of a doctor? Pg. 21 P(top) L2

c. If a doctor, employer, or family member told you to stop compulsively eating, bingeing, purging, restricting, or over-exercising for good, could you do it? Pg. 21 P1

d. If you fell in love, and she/he told you to stop these behaviors, could you do it?

e. If you moved to a different place, could you stop forever? Pg. 21 P1

14. Am I a person who compulsively eats, binges, purges, restricts or over-exercises? pg. 21 end of P(top) L7.

a. Does this describe you or do you know people who did stop for reasons like these? Describe.
Page 20, P6. Page 21 Top P

THE REAL COMPULSIVE EATER

15. Did I start off as a moderate eater? User? pg. 21 P1 – L1

a. Did I become a person who continuously compulsively eats, binges, purges, restricts or over-exercises? Pg. 21 P1 – L2

16. Did I at some stage of these addictive behaviors lose control once I started? Pg. 21 P1 – L3

a. Can I stay stopped on my own like the moderate or compulsive eater? Am I physically a person who really eats compulsively, binges, purges, restricts or over-exercises? Pg. 21 top margin

b. Were you a real Dr. Jekyll and Mr. Hyde? Pg. 21 P2 – L4

c. Were seldom just full? More or less insanely stuffed? Explain

d. Was the person you became while behaving this way very different from who you were abstinent, if so how?

e. Did you have a knack for indulging in these behaviors at the worst possible time? Pg. 21 P2 – L10

f. Did you go to bed stuffed, dream about food and wake up starving?

g. Did you stash food?

h. Did you mix drugs with food just so you could function?

i. Does this description roughly sound like you?

17. Why can't I stay stopped? Pg. 22 P2 – L4

a. What has become of my common sense and willpower that I still sometimes display with respect to other matters? Pg. 22 P2 L5

18. Does my experience abundantly confirm that once I take any alcoholic foods into my system, something happens both in my body and my mind which makes it virtually impossible to stop until I get to that place, it may be 3 hours or 3 days? Pg. 22 P4

END OF PHYSICAL CRAVING, BEGINNING OF MENTAL OBSESSION.

THERE IS A SOLUTION – part 2

Step 1 – The Mental Obsession

Page 23 – 29

Am I mentally powerless over excess food before I take the first bite?

1. Are these observations about the physical craving important to know but pointless if I just never took the first bite, that sets the terrible cycle in motion? (CRAVING...OBSESSION/CRAVING...OBSESSION) Pg. 23 P1 – L1

a. Therefore, do I believe the main problem centers in my mind rather than in my body? Pg. 23 P1 – L3

b. Could I always find an excuse to compulsively eat, binge, purge, restrict or over-exercise? Pg. 23 P- L7

c. Did this malady of the mind have a real hold on me and was I baffled? Pg. 23 P2 – L6

2. Have I suffered from the obsession that somehow, someday, I will control and enjoy eating? Using? Pg. 23 P2 – L7

3. Do I believe I can assert my power of will to stay stopped forever? Pg. 23 P3 – L5

a. Have I lost mental control over staying stopped? Pg. 23 P4 – L2

4. Will my strongest desire to stop compulsively eating, bingeing, purging, restricting, or over-exercising keep me from these behaviors? What have I tried? Pg. 24 P(top) – L3

a. Have I lost the power of choice in eating or did I reach a point where I chose not to compulsively eat? Or was there more involved than choice? Pg. 24 P1 – L2

b. Has my so called will power become weak and practically non-existent? Pg. 24 P1 – L3

c. Was I unable at certain times, to bring into my mind with sufficient force, the memory of the suffering and humiliation of even a week or a month ago? Give an example. Pg. 24 P1 – L4

5. Am I without defense against the next bite? Pg. 24 P1 – L7

a. Did I ever choose not to, but compulsively eat, binge, purge, restrict or over-exercise anyway? Pg. 24 P1

6. Do I think the consequences that follow taking even a little bite would stop me? Pg. 24 P2 – L1

a. If I start to think it through when these thoughts occur, are they hazy? Pg. 24 P2 – L3

b. Have I said to myself in a casual way “it won’t hurt me this time?” pg. 24 P3 – L1

c. Or perhaps at times I did not think at all? Pg. 24 P3-L3

d. Based on your own experience, is there any reason why “thinking through the first bite” will ever work in the future? Pg. 24

7. Have I asked myself before “how did I ever get started again?” pg. 24 P 3 –L6

8. Do I think anything human can stop that part of me that takes me to the first bite? (Like threats of losing my job or marriage) Pg. 24 P4 – L3

9. Do I believe that this 12-step process is what’s required for me to change and that is my only solution? Explain why. Pg. 25 P1 – L4

a. Have I seen that it really worked in others? Who? Pg. 25 P1 – L4

10. Had I come to believe in the hopelessness and futility of my life as I had been living it? Pg. 25 P1 – L5

a. Was I approached by others in whom the problem had been solved? Who? Pg. 25 P1 – L7

b. Is there anything left for me but to pick up the simple kit of spiritual tools laid at my feet (12-steps)? pg. 25 P1 – L9

11. Do I believe there’s anything less for me than a deep and effective spiritual experience which will revolutionize my whole attitude toward life, toward my fellows and toward God’s universe? Explain. Pg. 25 P2 – L2

12. Do I believe there is any middle of the road solution for me? Why? (A middle of the road solution is anything that doesn’t help me have a deep and effective spiritual experience) Pg. 25 P3 – L1

a. Was I in a position where life was became impossible, and I had passed into the region from which there was no return through human aid? "What could any person tell you or do for you that would make you stop eating compulsively for good." Pg. 25 P3 – L3

b. Do I have any alternatives: But to go on to the bitter end, blotting out the consciousness of my intolerable situation as best I could (acting out in other areas of my life); or to accept spiritual help? Explain. Pg. 25 P3 – L5

13. Do I honestly want to and am I willing to make the effort to accept spiritual help? How will that look? Pg. 25 P(top) – L1

14. Do I believe that with a profound knowledge of the inner working of my mind that relapse is unthinkable? Why? Pg. 26 P1- L11

a. Do I think I can quit forever without spiritual help? Why or why not? Pg. 27 P1 – L2

15. Do I believe I have the mind of a chronic (persistent & reoccurring) person who compulsively eats, binges, purges, restricts or over-exercises? Pg. 27 P2 – L1

16. Am I a person who compulsively eats, binges, purges, restricts or over-exercises and do I really want this program? What makes me the real food addict? Pg. 29 P3 – L6

17. If I am addicted to food, powerless over it and never going to regain control, do I have a choice? Explain Pg. 29 (top paragraph)

18. How can I admit powerlessness over compulsively eating, bingeing, purging, restricting, or over-exercising, then say I have a choice today, or that I ever did? pg. 29 (top paragraph)

CONSIDERATION:

How is it that I have an abstinent date if once I take the first bite something happens in both my body and mind that makes it virtually impossible to stop? Pg. 25

MORE ABOUT ALCOHOLISM

PART 1

Step 1 – The Mental Obsession

Page 30 – top 37

Have I been unwilling to admit I'm a real compulsive eater?

1. Am I bodily and mentally different from others in how I eat? Pg. 30 P1 – L3

a. Has my eating career been characterized by countless vain attempts to control my compulsive eating, bingeing, purging, restricting, or over-exercising? Give a few examples. Pg. 30 P1 – L4

b. Has the idea that somehow, someday I will control and enjoy my eating, been an obsession of mine? Pg. 30 P1 – L6

c. Was the persistence of this illusion astonishing (I could control my eating) and did I pursue it into the gates of insanity or death? Pg. 30 P1 – L9

2. Have I learned that I had to fully concede to my innermost self that I am a person who compulsively eats, binges, purges, restricts or over-exercises? Pg. 30 P2 – L1

a. Do I believe the delusion that I'm like other people, even now abstinent, has to be smashed? How am I different? Pg. 30 P2 – L3

3. Have I lost the ability to control my eating, the amount I eat, or staying stopped? Pg. 30 P3 – L1

a. Do I believe that I will ever recover control? Pg. 30 P3 – L3

b. Have I felt at times I was regaining control? How? Pg. 30 P3 – L3

c. But weren't such intervals – usually brief – inevitably followed by still less control, which led in time to doing things I promised I would never do (incomprehensible demoralization)? Give a few examples. Pg. 30 P3 – L4

d. Am I convinced that I'm in the grip of a progressive illness and over any considerable period I get worse, never better? Pg.30 P3 – L8

4. Does there appear to be any kind of treatment which will make me like other people? Pg. 30 P4 – L2

5. In some instances, has there been brief recovery? When? Pg. 31 P(top) L2

6. Wasn't it followed always by a still worse relapse? Give an example.
Pg. 31 P(top) – L3

a. Do I believe there is no such thing as making a normal eater out of a food addict? Pg. 31 P(top) – L5

7. By every form of denial and experimentation have I tried to prove myself an exception to the rule, therefore not a person who compulsively eats, binges, purges, restricts or over-exercises? Pg. 31 P1 – L2

a. Have I tried hard and long enough to eat like other people? Pg. 31 P1 – L8

Which of these methods have you tried to eat like other people:

Eating what is on my plate only: ___ Limiting the kinds of food I ate ___ Never eating alone ___
Never skipping a meal ___ Eating only at home ___ Never having it at home ___ Never bingeing
during business hours ___ Only eating desserts at parties ___

Switching to artificial sweeteners ___ Eating only natural foods ___
Agreeing to resign if ever bingeing on the job ___ Taking a trip ___
Not taking a trip ___ Swearing off forever, with or without a solemn oath ___
Taking on more exercise ___ Reading inspirational books ___
Going to rehabs and spas ___ Accepting voluntary commitment to treatment ___ We could
increase the list, ad infinitum! (Share your list with your sponsor or step guide. Write some of
your own):

8. Do I believe having a long period of abstinence will be powerful enough for me to choose whether I compulsively eat, binge, purge, restrict or overexercise again? Pg. 32 L2 – L13

9. Do I believe to stop overeating, bingeing, purging, restricting, or overexercising there must be no reservation of any kind, nor any lurking notion that someday, somehow, I will be normal? Pg. 33 P1 – L9

10. Do I feel I had gone on eating compulsively, bingeing, purging, restricting or overexercising years beyond the point where I could quit on my own willpower? Pg. 34 – P1 – L1

a. Could I leave excess food alone for one year on my own without a program? Pg. 34 – P1 – L4

b. Do I desire to stop entirely? Pg. 34 P2 – L3

c. Can I stay stopped upon a nonspiritual basis, by choice? Pg. 34 P2 – L4

d. Have I lost the power to choose whether I will eat compulsively, binge, purge, restrict, or overexercise or not? Pg. 34 P2 – L5

e. Was I confused about my utter inability to leave excess food alone, no matter how great the necessity or the wish? Pg. 34 P2 – L10

11. Do I believe the mental states that precede a relapse into eating compulsively, bingeing, purging, restricting, or overexercising is the center of my problem? Pg. 35 P(top) – L1

12. Do I believe that if I fail to enlarge my spiritual life I will overeat, binge, purge, restrict or over-exercise again? Or live like I need more food than my body needs? Pg. 35 P3 – L5

13. Were there times when all good reasons for not overeating, bingeing, purging, restricting, or overexercising were easily pushed aside in favor of the foolish idea that I could control these behaviors? Example? Pg. 36 P3 – L6

List below the 10 most insane things you ever did when you were compulsively eating, bingeing, purging, restricting, or over-exercising:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MORE ABOUT ALCOHOLISM

PART 2

Step 1 – The Mental Obsession

Page 37 - 43

1. Have I suffered from a distorted ability to think straight about my way of eating to see the truth? Pg. 37 P1 – L3

2. Did my best thinking fail to hold me in check and did my insane idea win out, so I ate compulsively, binged, purged, restricted or over-exercised anyway? Example? Pg. 37 L2 – P8

Go back and review the list of the 10 most insane things you ever did. The most insane thing you ever did is probably not on this list, because you did it while abstinent. In all likelihood, the most insane thing you did was this: with the things on this list happening when you were, compulsively eating, bingeing, purging, restricting or over-exercising, you made a decision to do it again, and you made this decision when you were as abstinent as you are now.

3. Do I believe I can stay stopped on the basis of self-knowledge? Pg. 39 P1 – L7

4. Do I believe that the humiliating experience, plus the knowledge I have acquired, (applying all these things you have learned about yourself and your disease up to this point) will keep me abstinent the rest of my life? Self-knowledge will fix me. Pg. 40 P(top) –L4

5. Do I believe that having an addictive mind, the time and place will come when by myself, on my own power – I will eat sensibly again? Pg. 41 P2 – L8

6. On my own power, though I may raise a fight, will I someday give way to some trivial reason for eating compulsively, bingeing, purging, restricting, or over-exercising? Pg. 42 P(top) – L1

- a. Do I believe this problem has me hopelessly defeated? Pg. 42 P(top) – L9

b. Has this process snuffed out the last flicker of conviction that I could do the job myself? "I can keep myself abstinent" Pg. 42 P1 – L9

7. Do I believe I will have to throw several lifelong conceptions out of the window to go through this program of action? Give an example. "I can do the job myself." Pg. 42 P2 – L6

8. Do I believe it is important to discover how spiritual principles will solve all my problems, and that this is not just about not overeating? Pg. 42 P3 – L1

a. Is there any doubt in my mind that I am 100% hopeless, apart from divine help, or is there any other solution for me? What? Pg. 43 P3 – L7

b. Do I believe at certain times I have no effective mental defense against the first bite? Do I know when that time is? Pg. 43 P3 – L1

c. Do I believe that no human being can provide such a defense? Pg. 43 P3 – L4

d. Must my defense come from a Higher Power other than human? Pg. 43 P3 – L4

e. ...then how can I depend on the group as my Higher Power? Pg. 43 P3

CONSIDERATION

If I have an abstinent date that is 10 days or more and I have no effective mental defense against the first bite, how is it that I continue to have this abstinent date no matter what I've thought?

WE AGNOSTIC

Step 1

...and that our lives had become unmanageable

Page 44, 45, & 52

Unmanageability, untreated compulsive eating, bingeing, purging, restricting, or over-exercising, spiritual malady. This condition exists before and after the first bite.

1. In the preceding chapters have I learned something about compulsive eating, bingeing, purging, restricting, or over-exercising? What is the main thing I must have to be a real food addict? Pg. 44 P1 – L1

2. Have they made clear the differences between the compulsive eater and normal eater? What are the main differences? Pg. 44 P1 – L2

3. When I honestly wanted to, did I find I could not quit entirely? Pg. 44 P1 – L4

4. When eating compulsively did I have little control over the amount I took after the first bite? Pg. 44 P1 – L5

5. Am I a person who compulsively eats, binges, purges, restricts or over-exercises? Pg. 11 P1 – L7

6. Faced with these two problems, do I believe I am suffering from an illness which only a spiritual experience will conquer, or do I have any other options? List them. Pg. 44 P1 – L7

7. Am I a person who compulsively eats, binges, purges, restricts or over-exercises of the hopeless variety, one who wants to quit but can't? pg. 44 P2 – L3

8. Have I faced the fact that I must find a spiritual basis of life – or else? Pg. 44 P3 – L5

9. In my case is a mere code of morals or a better philosophy of life sufficient to overcome food addiction or if they were would I have recovered long ago? Pg. 44 P 4 – L1

10. Do I believe knowing the way of thinking and living described in this book will save me, or do I need access to Power from this process to overcome my addiction? Pg. 44 P4 – L2

11. Have I found that such codes and philosophies did not save me, no matter how much I tried? What have I tried? Pg. 45 P(top) L1

a. Could I wish to think and act right and pull it off? Pg. 45 P(top) L3

b. Did I wish to have a belief system that comforts me? Pg. 45 P(top) L4

c. Did I want these things with all my might but found the needed power wasn't there? Pg. 45 P(top) L5

12. Have my human resources (job, education, everything I bring to the table, etc.), as guided by my will power (my mind), not been sufficient to create the life I want? Did I fail completely? Pg.45 P(top) L6

13. Is lack of power my problem (dilemma)? Pg. 45 P1 – L1

14. Must I find a power by which I can live? pg. 45 P1 – L2

a. Is this obvious? Why? Pg. 45 P1 – L3

b. Where and how am I to find this Power? Pg. 45 P1 – L3

The 3rd part of the first step deals with the unmanageability of the spirit. Why is it that no matter what the consequences, we always end up taking the first bite? Without something to take the place of food in our lives, we are doomed. Many of us thought that if we just stay off the excess food, life would be wonderful, but we later discovered this was not so. Abstinence from compulsive eating, bingeing, purging, restricting, or over-exercising, without working the steps may feel good for a while, but it's much like peeing in your pants on a really cold day. It feels nice and warm for a while, but when the cold wind blows it is obviously not a long-term solution. We become so restless, irritable, and discontent that after a time, we cannot imagine how compulsive eating, bingeing, purging, restricting, or over-exercising could make life any worse, so we do. We need to find a way to experience a sense of ease and comfort without acting out in these behaviors. This spiritual unmanageability is what the other 11 steps treat. When the spiritual malady is overcome, we straighten out mentally and physically (page 64). This part of step 1, unmanageability, is just us on our own power trying to run our lives, while in the food.

15. Am I willing to change my point of view concerning my human problems as I changed my point of view concerning the obsession and the craving? Maybe the problem is inside rather than outside? Pg. 52 P2 –L1

a. Are you having trouble with personal relationships? With whom? (Family, Fellowship, Intimate Relationship, Friends, Work) Pg. 52 P2 – L3

b. Can I control my emotional nature (not my emotions, how I experience the world on the inside)? Pg. 52 P2 – L4

c. Am I prey to misery and depression? When? Pg. 52 P2 – L5

d. Can I make a living satisfying enough to keep me happy or abstinent? Pg. 52 P2 – L6

e. Do I have a feeling of uselessness? In what way, at home, work? Pg. 52 P2 – L6

f. Am I full of fear? What are you afraid of? Pg. 52 P2 – L7

g. Am I unhappy? In what ways? Pg. 52 P2 – L7

h. Do I seem unable to be of real help to other people? Pg. 52 P2 – L8

i. Is a basic solution for these problems of lack of power, important for me? Pg. 52 P2 – L9

CONSIDERATION:

If I have an abstinent date that is 10 days or more and I lack the power to live on the necessary spiritual basis of life, how is it that I continue to have this abstinent date, no matter what forms the spiritual malady is taking?

WE AGNOSTICS

Step 2 – Part 1

Page 44 - 51

*Definition of an **ATHIEST**: Denies there is a God.*

*Definition of an **AGNOSTIC**: Does not rely on or know if there is a God that will work in their life.*

1. Am I an atheist or agnostic? Pg. 44 P 2 – L1

a. When others mention God, have they reopened a subject which I thought I had neatly evaded or entirely ignored? Pg. 45 P2 – L11

2. Do I have honest doubt and prejudice? List it. Pg. 45 P3 – L1

a. Have I been anti-religious? Pg. 45 P3 – L2

b. Does the word “God” bring up a particular idea of Him which someone had tried to impress upon me during childhood? Pg. 45 P3 – L3

c. Did I reject this particular conception of God? Pg. 45 P3 – L5

3. With that rejection had I abandoned the God idea entirely? Pg. 45 P3 – L7

4. Am I bothered with the thought that faith and dependence upon a Power greater than myself was somewhat weak, even cowardly? Pg. 46 P(top) –L1

a. Am I able to lay aside prejudice and express a willingness to believe in a Power greater than myself? Pg. 46 P1 –L3

5. Have I discovered I did not need to consider another's conception of God? Pg. 46 P2 – L1

a. Do I believe my own conception, however inadequate, is sufficient to make a start to affect a contact with God--provided I take the rest of these steps? Pg. 46 P2 – L3

6. Do I have my own conception of God? Pg. 47 P1 – L2

a. Do I believe this is all I need to commence spiritual growth and to affect my first conscious relation with God? Pg. 47 P1 –L6

2ND STEP CONSIDERATION

Do I now believe, or am I even willing to believe that there is a Power greater than myself? (...that can take me beyond where I am?) Pg.47 P2 – L2

7. Do I believe that upon this simple cornerstone, "a willingness to believe," a wonderfully, effective spiritual structure can be built? Pg. 47 P2 L6

8. Did I assume I could not make use of spiritual principles unless I accepted many things on faith which seemed difficult to believe? pg. 47 P3 L2

a. Do I believe there is a process here that can take me from a simple willingness, to belief, to faith? Pg. 47 P3

9. Have I found myself handicapped by stubbornness, sensitiveness, and unreasoning prejudice? Pg. 48 P-top L1

a. Faced with addictive destruction (step 1) have I become as open minded on spiritual matters as I have tried to be on other questions? Pg. 48 P-top I7

b. In this respect, was food the great persuader? Pg. 48 P-top L9

c. Did it finally beat me into a state of reasonableness? Pg. 48 P-top L10

10. In the past have I chosen to believe that my human intelligence was the last word? Wasn't that vain of me? Pg. 40 P1 L5

11. Have I ever given the spiritual side of life a fair hearing? Pg. 50 P1 I7

12. Do I believe I need to gain access to, and belief in, a power greater than myself? Pg. 50 P3 L3

a. I may have had belief in, but have I ever had access to, this Power? Pg. 50 P3 L4

b. Do I believe this Power in my case can accomplish the miraculous, and humanly impossible? Pg. 50 P3 L4

13. Do I believe I have to not only come to believe in a Power greater than myself but also to take a certain attitude (that we'll look at on page 55 P4) toward that Power, and to do certain simple things (the rest of the steps)? Pg. 50 P4 L2

a. Do I believe I must wholeheartedly meet a few simple requirements (the 12 steps) to have a revolutionary change in my way of living and thinking? Pg. 50 P4 L10

14. Am I confused and baffled by my seemingly uselessness of existence? Pg. 51 P-top L1

a. Leaving aside the eating problem, do I believe my lack of power was the underlying reasons why life was so difficult? Pg. 51 P-top L2

b. When hundreds of people are able to say that not just a belief in, but that the consciousness of the presence of God, is today the most important fact of their lives, does this present a powerful reason why I should have faith? pg. 51 P-top L5

WE AGNOSTICS

Step 2 (part 2)

PAGE 51 top paragraph - 57

15. In the realm of the spirit, has my mind been restrained by superstition, tradition, and all sorts of fixed ideas that I was raised with? Pg. 51 P1 L8

16. When I see others solve their problems by a simple reliance upon God do I have to stop doubting the power of God? Name the people you have seen? Pg. 52 P3 L1

17. In the past have I stuck to the idea that self-sufficiency would solve my problems? Pg. 52 P4 L5

BEDEVILMENTS. Consider each of the following questions on the next page in two ways.

1. First, on each of the following questions, ask yourself “What are my prospects for the future in this area of my life if God is NOTHING, and DOES NOT exist: if all I have is what I’ve had in the past?”
2. Next, go back through these questions and ask yourself “What are my prospects for the future in this area of my life if God is EVERYTHING, and DOES exist.”

a. Are you having trouble in personal relationships?

If God is nothing:

If God is everything:

b. Can you control your emotional nature?

If God is nothing:

If God is everything:

c. Are you prey to misery and depression?

If God is nothing:

If God is everything:

d. Can you make a living?

If God is nothing:

If God is everything:

e. Do you have a feeling of uselessness?

If God is nothing:

If God is everything:

f. Are you full of fear?

If God is nothing:

If God is everything:

g. Are you unhappy?

If God is nothing:

If God is everything:

h. Do you seem unable to be of real help to other people?

If God is nothing:

If God is everything:

18. Do you believe these problems are INSIDE rather than OUTSIDE of ourselves? Pg. 52 P2

19. Arrived at this point, am I squarely confronted with the question of faith? Pg. 53 P3 L1

20. Do I believe in my own reasoning (my mind)? Pg. 54 P-top L1

a. Did I have confidence in my ability to think? Wasn't that but a sort of faith? Pg. 54 P-top L2

b. Have I been faithful to the God of Reason (worshipping my mind)? Pg. 54 P-top L4

c. Have I discovered that faith had been involved all the time? Pg. 54 P-top L5

21. Have I worshipped (give examples): Pg. 54 P1 L1

- a. People? _____
- b. Things? _____
- c. Money? _____
- d. Myself? _____
- e. Have I worshipped the sunset, the sea, or a flower? Pg. 54 P1 L4

f. Have I loved something or somebody? Pg. 54 P1 L6

g. How much did these feelings, these loves, these worships, have to do with pure reason? Pg. 54 P1 L7

h. In one form or another had I been living by faith and little else? Pg. 54 P1 l14

22. Do I believe I have been fooling myself for deep down within every man, woman, and child is the fundamental idea of God? Pg. 55 P2 L1

a. Has this idea been obscured by bad things that happened? By ego? By worship of other things? Example Pg. 55 P2 L1

23. Have I seen that faith in some kind of God was a part of my make-up just as much as the feeling I have for a friend? Pg. 55 P3 L1

a. Do I believe I will find the Great Reality deep down within me? Pg. 55 P3 L5

24. Has the testimony of these people "in the meetings" helped sweep away prejudice? ...enabled me to think honestly...encouraged me to search diligently within myself? Pg. 55 P4 L1

a. Do I believe the consciousness of my belief is sure to come? Pg. 51 Top P

25. Who am I to say there is no God in a world that shows me there is? Pg. 56 P3 L1

26. Do I now believe or am I willing to believe, in a Power greater than myself? (pg. 47) pg. 56 P5 L1

Do I believe when I draw near to Him, He will disclose Himself to me? Pg. 57 P3 L1

HOW IT WORKS

STEP 3

Chapter 5

Page 58 – 63

1. Have I rarely seen a person fail who has thoroughly followed our directions? P58 P1 L1

2. Do I believe those who do not recover are people who cannot or will not completely give themselves to this simple program? Do I? Pg. 58 P1 L1

a. Have I seen from pages 23-43 where food is concerned that I'm constitutionally incapable of being honest with myself? Pg. 58 P1 L5

3. Have I decided I want what they have and am willing to go to any length to get it? Pg. 58 P2 L3

a. Am I ready to take these proven steps? Pg. 58 P2 L5

4. Am I convinced of these 3 pertinent ideas? Pg. 60 P2 L1

a. That I am a compulsive eater and cannot manage my own life (Step 1)?

b. That probably no human power can relieve my compulsion?

c. That God can and will if He is sought (Step 2)?

d. "Am I convinced of these 3 pertinent ideas?"

5. Am I convinced that my life run on self-will can hardly be a success? Pg. 60 P4 L1

a. What does a successful life look like to me?

b. On that basis, running my life on my will, am I almost always in collision with something or somebody even though my motives are good?

c. Am I like the actor who wants to run the whole show? Pg. 60 P4 L6

6. When life doesn't treat me right do I decide to exert myself more? Pg. 61 P1 L2

a. Do I become still more demanding or gracious, whatever I need to do to get what I want? Pg. 61 P1 L3

b. Admitting I may be somewhat at fault, am I sure that other people are more to blame? Pg. 61 P1 L6

7. Am I really a self-seeker even when trying to be kind?

a. Have I been a victim of the delusion that I can wrestle (force) satisfaction and happiness out of this world if I only manage it well? Pg. 61 P1 L10

b. Am I even in my best moments, a producer of confusion rather than harmony? Pg. 61 P1 L16

8. Am I self-centered? (Think of myself too often) Pg. 61 P2 L1

a. Do I believe selfishness and self-centeredness are the root of my troubles? Pg. 62 P1 L1

9. Am I driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity? Pg. 62 P1 L2

10. Have I found at some time in the past I have made decisions based on self which later placed me in a position to be hurt? Pg. 62 P1 L6 (This gets proven in step 4)

11. Do I believe my troubles are basically of my own making? They arise out of myself? Pg. 62 P2 L1

a. Am I an extreme example of self-will run riot even though I don't think so? Pg. 62 P2 L3

12. Do I believe above everything, I must be rid of selfishness or it will kill me? Pg. 62 P2 L4

a. Do I believe God makes that possible? Pg. 62 P2 L6

b. Do I believe there is no way of entirely getting rid of self without His aid? Pg. 62 P2 L7

13. Do I have to have God's help? Pg. 62 P2 L12

14. Do I have to decide to quit playing God? Pg. 62 P3 L2

15. Did playing God work? Pg. 62 P3 L2

The book gives us 3 aspects of a relationship with God for consideration:

16. **DIRECTOR / ACTOR:** "A director runs the show; an actor listens to direction."
Have I failed in directing my life on my own power? Am I ready to make the decision that hereafter God will direct my life?

17. **PRINCIPAL / AGENT:** "An agent represents who the Principal (or Employer) would have them be."
Have I failed to be the person I would have me be? Have I failed to make others the way I need them to be? Am I ready to make the decision that hereafter I will represent what God would have me be?

18. **FATHER / CHILD:** "A Child trusts their Father can provide what they're incapable of doing on their own."

On my own, have I failed to provide what I need to be okay?
Am I ready to make the decision that hereafter I will trust that God will provide what I need?

19. Do I believe that these ideas are good and that this concept will be the keystone of the new and triumphant arch through which I will pass to freedom? Pg. 62 P3 L6

CONSIDERATION:

Step 2 talked about my conception "my old ideas of God." Step 3 is my decision to grow towards a new concept, "a new idea," of a God-reliant way to live.