

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

Steps 1-3: Who am I and what am I doing? I am a food addict and I want to recover. To that end my job today is to trust God, clean house and help others. I am powerless over food and my life was unmanageable until I came to believe that a power greater than myself could restore me to sanity. Today _____ I humbly turn my will (my thinking) and my life (my actions) over to the care and protection of my Higher Power.

Please answer the following questions honestly. Share your truth with another person.

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?

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?

Step 3:

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:

3rd Step Prayer (p.63) God I offer myself to Thee to build with me and to 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.

The Serenity Prayer: God grant me the serenity to accept the things I cannot change, Courage to change the things I can, and the wisdom to know the difference.