

The 30 Questions (Steps 1, 2 and 3)

- 1) Write a history of your compulsive eating beginning with the first time you can remember food related events. Discuss how much weight you've gained and lost, what medical attention you've sought for the problem and your attempts at maintaining your weight losses.

- 2) Read Step One in the OA 12 Steps. Discuss and reflect upon the effect food has had upon you over the years. Do you truly see yourself as a "compulsive overeater"?

- 3) Re-read Step One. Discuss and reflect upon the following ideas found in Step One:
 - a. Compulsive eating is an illness that cannot be controlled by will power (p.1., par. 2).
 - b. Another power, stronger than ourselves, had to be found if we were to stop eating compulsively (p.3, par.2).

- 4) Overeating masked other problems in our lives (fears, anxieties, angers, disappointments, pressures, boredom) (p.5, par.4).

- 5) Discuss and reflect upon the critical, progressive, and fatal nature of our illness and consider how the quote "Denial of the truth leads to destruction." (p.6, par.1), plays a part in our disease. In this discussion, reflect on how, at the very least, the disease has diminished your life.

- 6) Read Chapter Two of the Big AA Book ("There is a Solution"). Discuss and reflect upon the idea that your discipline or lack of it has played an important part in your life.

- 7) Read Chapter Three in the Big AA Book ("More About Alcoholism"). How does this relate to your compulsion?

- 8) Discuss the following ideas:

a. The deception of others is nearly always rooted in the deception of ourselves. How does this relate to your eating history?

b. What have we done in the past due to compulsive eating that reaffirms this idea?

9) Re-read Step One. Discuss and reflect upon what the knowledge of Step One can do for you. During your reading underline and note words and passages that are meaningful to you. Why are they important?

10) Read Step Two in the OA 12 Steps. How is the taking of Step One a necessity before taking Step Two?

11) Discuss and reflect upon the effectiveness of OA from your personal experience and from what you have observed in others. Could what you have experienced emanated solely from you? If so, why had it not happened before?

12) Read Chapter Four of the Big AA Book. Discuss and reflect upon the concepts of Honesty, Open mindedness and Willingness. How are these tools of growth in the OA program?

13) Discuss and reflect upon the concept of Insanity as it applies to us in OA.

14) Discuss and reflect upon how we use the substitution method of accepting the presence of a higher power. How have you looked for substitutes all of your life? Are you still looking?

15) Discuss and reflect upon the following concepts in Step Two:

a. Ours is a spiritual program, not a religious one (p.13, par. 2).

b. We had to replace our old ideas G-d with a faith that worked (p. 16, par. 2).

c. The willingness to act on faith . . . was the Key to Step Two (p. 17, par 2).

16) Re-read Step Two. Discuss and reflect upon your childhood exposure to any religious concept. On a two columned balance sheet list on one side your negative feelings and on the other your positive

feelings as they relate to your early religious experience. What conclusion do you reach when you reflect upon this balance sheet?

17) Read Step Three in the OA 12 Steps. Create another balance sheet. On one side list all the reasons you can for believing in God. On the other side list all the reasons for disbelieving.

18) Re-read Step Three. Discuss and reflect upon the following quote: "Once we compulsive overeaters truly take the Third Step, we cannot fail to recover" (p. 27, par 2). In your reflection and discussion, take into consideration also the following quote from the AA 12 Steps and 12 Traditions: "Faith alone can avail us nothing".

19) Read Chapter Five in the Big AA Book ("How it Works"). Write on dependence as you understand it in OA. How can dependence lead to greater independence?

20) Are you a "grateful compulsive overeater"? Why are you grateful?

21) Re-read Step Three. I am responsible for only one person's actions – whose?

22) Discuss and reflect upon the idea that "Abstinence is the most important thing in my life – without exception".

23) Discuss the idea of calling a "H.A.L.T." when your life gets unmanageable. (Do not allow yourself to get hungry, angry, lonely or tired.)

24) Read "A Vision For You" in the Big AA Book. Discuss and reflect upon the idea "The more you give the more you shall receive".

25) OA teaches us a sense of dignity. How have I utilized my newfound dignity in relationship to myself, my family and my friends?

26) Discuss the importance of the tools

a. What is the importance of giving service in OA? What is the importance of meetings? How are they both part of my road to recovery?

b. What is the importance of the telephone in OA? What is the importance of anonymity? How are they both intertwined?

c. Discuss and reflect on reading and writing as a tool of program. Why is it essential to my recovery?

27) Read pages 569 – 570 in the Big AA Book (“Spiritual Experiences”). Discuss and reflect on the following: Spiritual growth is a daily commitment. How can I grow daily?

28) Re-read Step Three. Write on the idea that having taken Steps One and Two – the degree of our success in the whole program depends on how far we take Step Three.

29) Re-read Step One in the morning. Review your two balance sheets from reflections 15 and 16. Make a sincere commitment to your Higher Power to turn your will and your life over to his care. Then discuss the idea that submission is not the same thing as surrender. Discuss the differences. Discuss and reflect on your own personal surrender.

30) Discuss the importance of OA to me and how I express it everyday

a. Who in my life knows I'm in OA and knows what OA is? When and why have I told them? What was their reaction?

1. among my family (including extended family)

2. among friends

3. among people I work with

4. among people I socialize with

5. among people I share hobbies and pastimes with
6. among people I share other fellowships with (religious, 12 step etc)
7. among people I meet casually

b. Who in my life doesn't know I'm in OA? Why?

1. among my family (including extended family)
2. among friends
3. among people I work with
4. among people I socialize with
5. among people I share hobbies and pastimes with
6. among people I share other fellowships with (religious, 12 step etc)
7. among people I meet casually

c. Think of a few occasions when you've shared your membership and perhaps, what OA means to you, or what OA has done for you.

1. On what occasions has this been most successful?
2. How have you approached people on those occasions?
3. How have they responded?
4. What factors have contributed to their reacting in that way?