

30 Day Writings from Sponsorship Pamphlet

Most sponsors begin with Step One, taking each Step in order, to build on knowledge, experience, and insight gained in the previous Steps. Some sponsors encourage sponsorees to do a First-Step inventory detailing their compulsive eating history and the unmanageability of their lives. Many sponsors have found a series of 30 questions helpful to assist their sponsorees in beginning to work the first Three Steps of the program, and to practice using the tool of writing.

These reflections and meditations are designed to acquaint the newcomer with the first Three Steps toward recovery. There are no RIGHT or WRONG answers. The idea is not to reinforce our own grandiosity and critical nature at a newcomer's expense. We are just instruments to help newcomers on their OWN roads to recovery.

Sponsorees will need the following materials to complete these questions:

AA Big Book, 4th Edition

The Twelve Steps and Twelve Traditions of Overeaters Anonymous (OA 12 & 12)

Overeaters Anonymous, Second Edition (OA2)

and the pamphlets The Tools of Recovery and A Plan of Eating

QUESTIONS TO ASK NEWCOMERS

1. Read "The Doctor's Opinion" in the AA Big Book (p. xxv). Write a history of your compulsive eating beginning with the first time you can remember food-related events. Reflect and write about 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 pages 1 to 3 in the OA "Twelve and Twelve." What does being a compulsive eater mean to you? Why did you compulsively eat (and purge)?
3. In the OA "Twelve and Twelve," read from the last line on page 3 to the end of the chapter. How has your compulsive eating harmed your life? Include at least five ways.
4. Re-read "The Doctor's Opinion" in the AA Big Book. Write about the phenomenon of craving in your life.
5. In the OA "Twelve and Twelve," re-read from the last paragraph on page 4 to the end of the second paragraph on page 5 (ending with "we never grew up"). How has your life been filled with "if only's"?
6. Read Step One in the OA "Twelve and Twelve" (pp. 1-7). Write about the idea that "denial of the truth leads to destruction." How does an honest admission of your eating behaviors lead you to being relieved of destructive eating?
7. Read Chapter Two of the AA Big Book ("There is a Solution," pp. 17-29). Reflect and write about the

idea that your honesty and discipline, or the lack thereof, have played an important part in your life.

8. Read Chapter Three of the Big Book ("More About Alcoholism," pp. 30-43). Reflect and write about the progressive nature of the disease. Do you truly see yourself as having reached a point where you cannot stop your compulsion even when you want to?

9. Re-read Step One in the OA "Twelve and Twelve." Reflect and write about the idea that sometimes your willpower is too strong and at the same time not strong enough.

10. Re-read Step One in the OA "Twelve and Twelve." Reflect and write about what the knowledge of Step One can do for you. During your reading, note words and passages that are meaningful to you. Why are they important?

11. Read Step Two in the OA "Twelve and Twelve" (pp. 9-17). How is taking Step One necessary before taking Step Two?

12. Read pages 9 to 12 in the OA "Twelve and Twelve." Reflect and write about the concept of insanity as it applies to us in OA.

13. Read Chapter 4 in the AA Big Book (pp. 44-57). Reflect and write about the concepts of willingness, honesty, and open-mindedness.

14. Read pages 13 to 17 in the OA "Twelve and Twelve." Reflect and write about the differences between religion and spirituality. Describe what you mean by a power greater than yourself.

15. Read "She Found Herself" in OA2, pages 38 to 42. Write about the definition of insanity as "'doing the same thing over and over and expecting different results.'" Give examples of your own insanity in this regard.

16. Read Step Three in the OA "Twelve and Twelve" (pp. 19-27). Are you willing to go to any lengths to maintain your abstinence? What actions have you taken so far?

17. Read pages 19 to 24 in the OA "Twelve and Twelve." Reflect and write about your abstinence. Do you view your food compulsion the way an AA member views his or her alcohol compulsion? When will you be cured?

18. Read Chapter 5 in the AA Big Book. Re-read pages 58 to 63. The most effective way of living an abstinent life is to follow the OA principles and Steps. Write on the statement "half measures availed us nothing."

19. Read A Plan of Eating. Reflect and write about the idea that if you fail to plan, you plan to fail.

20. Read The Tools of Recovery. What is the importance of giving service in OA? What is the importance of meetings? How are they both part of the road to recovery?

21. Re-read The Tools of Recovery. What is the importance of the telephone in OA? What is the importance of anonymity? How are they intertwined?

22. Re-read The Tools of Recovery. Reflect and write about reading literature and writing as tools of the program. Why are they essential to our recovery?
23. Read pages 24 to 27 in the OA "Twelve and Twelve." How do you learn to turn your will over to your Higher Power?
24. Read Chapter 7 in the AA Big Book ("Working with Others," pp. 89-103). Reflect and write about the idea that you can't keep it unless you give it away. Consider the need not to push people until they are ready.
25. Read Chapter 6 in the AA Big Book ("Into Action," pp. 72-88). Reflect and write about the idea that "faith without works is dead."
26. Read pages 567 to 568 in the Big Book ("Spiritual Experiences"). Reflect and write about the past 25 days. How have your thinking and behavior changed? Have others noticed a change?
27. Read "The Atheist Who Made a Zif" on pages 190 to 198 in OA2. Write about which Steps were (or are) necessary for you to accept a power greater than yourself in your life.
28. Re-read Step Three in the OA "Twelve and Twelve" (pp. 19-27). 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. In the Big Book, re-read from the bottom of page 63 to the end of the chapter. Reflect and write about the importance of continuing to discover the causes and conditions that led to your being a compulsive eater.
30. Re-read Step One in the OA "Twelve and Twelve." Then read Appendix B in OA2 (pp. 234-241). Write about your own personal surrender. Make a sincere commitment to turn your will and your life over to the care of your Higher Power.