

These questions are for candidates for the program of recovery from the book "*Alcoholic's Anonymous*".

The expectation is the candidate is being sponsored by someone who has exact experience with the recovery process from the Big Book. The instructions are for the candidate to read the book from the beginning through chapter 4 and then answer the questions with your sponsor.

Considerations from the Preface, Forwards and The Doctor's Opinion

This is not just about our past history of addiction but also our current history or experience of our abstinence and recovery. Consider the following questions after reading the book from the beginning through chapter 4.

1. Explain your belief or non-belief that the Big Book has a solution for your addiction.
2. Do you understand and accept that being recovered is about living in the triangle of Recovery (Steps), Unity (Traditions) and Service (Concepts and Warrantees)
3. Note that in the Foreword to the First Edition, the Big Book states: "To show other alcoholics precisely how we have recovered is the main purpose of this book." On page 29 at the end of Chapter 2 it says, "Further on, clear-cut directions are given showing how we recovered". What does recovered mean to you?

Do you believe you are:

4. Mal-adjusted to life?
5. In full flight from reality?
6. An out-right mental defective?

Consider your character defects and how they are currently active in your behavior.

7. Do you understand the phenomena of craving allergy?
8. What is your history with the allergy?
9. Where and how in your history and current experience have you lost the ability to differentiate between the true and the false?
10. Do you concede that your life as a Compulsive Overeater (or other addiction) seems the only normal one? Explain.
11. Have you been able to control your eating, now or at any time?
12. When did you lose control of your eating?
13. Where are you currently restless, irritable and discontented? (Consider your character defects and how they are currently active in your behavior.)
14. Do you believe and accept you are different from other Compulsive Overeaters and non-Compulsive Overeaters?
15. Do you concede that your addiction is not entirely a problem of mental control? Explain.

16. Can you accept the fact that compulsive overeating "has never been, by any treatment with which *we* are familiar, permanently eradicated?"
17. Explain your belief or non belief that you are doomed to die an addict's death (Spiritual Death) although you are currently not in active addiction?
18. Explain what the Doctor suggests that the solution requires a psychic change, moral psychology or spiritual experience to recover?

Considerations from Bill's Story

1. Did you experience excitement when you discovered compulsive overeating?
2. Did you eat out of loneliness?
3. Did you fail to heed warnings from others of compulsive overeating?
4. Did you fancy yourself a leader, the head of vast enterprises that you would control?
5. Did you rationalize your eating to anyone?
6. Explain how you forged the weapon with food which later cut you to ribbons.
7. Explain how your eating made you selfish? Where you were dishonest, is this a still occurring?
8. Didn't food take on an important and exhilarating part of your life? Did you ever "arrive"?
9. Did you have fair weather friends? Did you become a lone wolf, eating alone?
10. Did your eating accelerate, progress?
11. Did you feel superior to others even though you were disgusted with yourself?
12. Did you feel the fierce determination to win over food and life?
13. What have you lost as a result of fighting?
14. Although you were having problems as a result of eating did you still think you could control it?
15. Did you have periods of abstinence or stark raving abstinence?
16. Did you make promises to control your eating?
17. Did you make resolutions to quit eating? What were the results? Did you repeat this?
18. When you ate again, did you think you would manage it better the next time?
19. Do you identify with remorse and hopelessness of the next morning?
20. Did it cause you to lose courage to do battle?
21. Did you have a sense of impending calamity? Did you "go to hell again"? Were you depressed?
22. Did you experience terror in the morning resulting from stealing money for your eating?
23. Did you consider suicide?

24. Where you experiencing physical and mental torture? Did you fear for your sanity?
25. Did you still think you could control your eating with self-knowledge?
26. Did you ever welcome the idea of death?
27. Identify your loneliness, despair, and self-pity you felt.
28. Did or does fear keep you abstinent? Did it fail you? If not, do you think fear can keep you abstinent?

Considerations from There Is A Solution

1. Do you believe or not the fellowship is one element in the cement which binds us, that the fellowship alone is not enough?
2. Do you accept that the common (spiritual) solution is the way out?
3. Do you believe or not that compulsive overeating is an illness? Defined as a disorder or disease of the body, any unhealthy condition is a disorder.
4. Are you properly armed with the facts about yourself to win over the confidence of a prospect in a few hours to the common spiritual solution?
5. If you don't have the solution, do you understand you cannot accomplish anything until this understanding is established? (You cannot give away what you don't have)
6. Do you believe that the elimination of your eating is but a beginning and that a much more important (spiritual) demonstration lays before you, in your home, occupation and affairs?
7. Do you believe or not that your recovery depends on the spiritual demonstration consisting of; the real tolerance of others shortcomings and viewpoints; respect for their opinions and attitudes; the constant thought of others and helping them to meet their needs?
8. Do you believe or not that you have a hopeless state of mind and body? Do you want to get over it? Are you willing to do what the Big Book suggests?
9. Ignorance and misunderstanding may be easy to see for the non-OA about the Compulsive Overeater but, do you see it in other OA members, perhaps they are different than you? (Do you judge other Compulsive Overeaters, perhaps those who have not had a spiritual experience from the book Alcoholics Anonymous?)
10. What makes you a real Compulsive Overeater? Have you lost control of your food consumption? Are you a Dr. Jekyll and Mr. Hyde when eating or not?
11. Do you believe you cannot answer the age old riddle of compulsive overeating, you cannot figure it out?
12. Do you believe or not that if you take certain foods or any food into your system that something happens to you that makes it impossible to stop?
13. Explain how your compulsive overeating is centered in your mind.
14. Do you have the belief of the Great Lie in thought or action, that somehow some day you will beat the game?

15. Has the most powerful desire to stop eating failed you?
16. Explain/discuss your loss of choice in food that your willpower non-existent, that you are without mental defense against the first bite.
17. Has the Great Lie manifested as: I'll handle it better the next time; It will be different the next time or this time; I'm not that bad; Others are sicker than me; All I need to do is or what I need to do is; I'll stop tomorrow or I don't care what happens?
18. Do you trust this process? (If you have balked at any time more likely than not you don't)
19. Can you equate being recovered with being rocketed into the Fourth Dimension?
20. Discuss/explain what the Great Fact is. Are you understanding of God being the most important thing in your life?
21. Discuss the solution as the Big Book states, "*there is no middle of the road solution*".
22. Was/is your life impossible?
23. Are you beyond human aid? Do you have but two paths not choices, death (physical and/or spiritual) or a spiritual solution?
24. Discuss Rowland H.'s experience with Dr. Jung. Do you identify with it? Do you identify with the lack of control, the inability to recover by self-will and self-knowledge?
25. Are you willing and honest enough to go on to create and establish a relationship with a Higher-Power?
26. Can you trust the process has clear-cut directions? (Remember this is not an argument. You cannot argue with a spiritual solution.)

Considerations from More About Alcoholism

1. Did you or Do you have the obsession that somehow someday you would be able to control and enjoy your eating?
2. Is the delusion that you're like other people (non-Compulsive Overeater) smashed?
3. Do you believe you cannot make a Compulsive Overeater into a normal eater?
4. Do you identify with the methods of controlling eating discussed on page 31?
5. Do you understand the first experiment of controlled eating?
6. Do you believe, understand and/or have experience with stopping eating for a period time because of a strong desire to do so?
7. Do you have any lurking notion or any reservation of any kind that you will be immune to compulsive overeating someday?
8. Are you beyond the point of being able to quit eating by will power?
9. Do you understand the second experiment of leaving specific foods alone for one year?
10. Do you believe you cannot quit on a non-spiritual basis given that you concede that you have lost the ability to choose to eat or not?
11. Do you see Jim's story as a planned binge? Review the story and identify.
12. Do you have a strange mental twist, phenomenon that parallels your same thinking and this insane thinking always wins out?
13. Have you eaten deliberately knowing the consequences yet justifying your eating later on? Do you believe the first bite will set of a binge therefore you're thinking is the crux of the matter?
14. Do you identify with the spiritual malady of the jay-walker?
15. Do you concede that you're absolutely unable to stop eating on the basis of self-knowledge? Refer to Fred's story.
16. Do you believe that you have no mental defense against the first bite? Do you believe your defense must come from a higher power?
17. Discuss the facts you have conceded to these considerations:
 - Physical allergy
 - Mental obsession
 - No will power
 - Self-knowledge useless
 - Being beyond ALL human aid
 - Paths of the DOOMED Compulsive Overeater
 - Needing to have a spiritual experience
18. Do fully concede to your inner most self that you are a Compulsive Overeater?

Second Step Considerations

I. Write your history with religion. Identify your fixed ideas or prejudices and stumbling blocks.

Prejudice: any preconceived opinion or feeling, either favorable or unfavorable.

Stumbling blocks: *"Besides a seeming inability to accept much on faith we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice."*

II. Leaving aside the food question discuss/Write about what makes you a Compulsive Overeater of a hopeless variety without discussing your eating. *"Leaving aside the food question, they tell why living was so unsatisfactory"*.

Refer to the eight points of un-manageability found on page 52.

Think about the insanity, the hopelessness, the uselessness of willpower and self-knowledge failure placing you beyond human aid.

The eight points of un-manageability are also a description of untreated addiction.

1. We were having trouble with personal relationships (abstinent and while eating).
2. We couldn't control our emotional nature (abstinent and while eating).
3. We were a prey to misery and depression (abstinent and while eating).
4. We couldn't make a living (not being able to live as we should, abstinent and while eating).
5. We had a feeling of uselessness (abstinent and while eating).
6. We were full of fear (abstinent and while eating).
7. We were unhappy (abstinent and while eating).
8. We couldn't seem to be of real help to other people (abstinent and while eating).

III. Discuss/Write about your current conception of G-d and where you are being agnostic in your thinking and behavior.

Agnostic: a person who holds that the existence of the ultimate cause, as a god or God, and the essential nature of things are unknown and unknowable.

Atheist: a person who denies or disbelieves the existence of a supreme being.

IV. This chapter is about acquiring faith and applying it therefore the two questions that pertained to doing the second step are:

"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?"

"Either God is everything or else He is nothing. God either is or He isn't. What was our choice to be?"

Keep in mind that anytime you do not believe or do not behave in a manner that G-d is nothing then you are being agnostic.

This does not mean you have not done the 2nd step but it does suggest you are being agnostic.

Example: I believe in G-d but I am not going to give my lustful thinking and behavior to G-d