

## **SPONSOR'S INITIAL 30 DAY GUIDE**

Using AA Big Book and AA 12 & 12

DAY 1: Write a history of your obesity. Spend the time to talk about your bouts with eating and dieting. Talk about relationships that were food related. Discuss recent diets, failures and eating problems that finally brought you (back) to the fellowship.

DAY 2: Read the "Doctor's Opinion" in the AA Big Book. Discuss the phenomenon of craving as it appears in the three areas of your life (physical, emotional and spiritual).

DAY 3: Read Step 1 in the AA 12 & 12. Discuss and reflect on the fact that the devastating weakness discussed in this chapter is a source of strength as long as we don't look to food for our comfort.

DAY 4: Re-read Step 1. Discuss the mental obsession that precedes "that first compulsive bite". Discuss and reflect upon the idea that obsessing about anything will eventually lead to eating.

DAY 5: Read pages 5 and 6 in the AA Big Book. Discuss and reflect upon the idea of oblivion eating as it is characterized in "Bill's Story". How has it manifested itself in your life?

DAY 6: Re-read Step 1. Discuss why, for the true compulsive eater, there is no possibility of "controlled" eating.

DAY 7: Read pages 20 - 25 in the AA Big Book, up to "so many want to stop but cannot". Discuss and reflect upon your last eating binge and why you are without defense against "that first compulsive bite".

DAY 8: Re-read Step 1. Discuss the idea that when "one overeater plants in the mind of another the true nature of our malady....that overeater can never be the same again."

DAY 9: Read Chapter 3 to page 36 in the AA Big Book, discuss and reflect upon what sort of thinking dominates when the compulsive overeater repeats the desperate experiment of trying just one bite.

DAY 10: Read in the AA Big Book, page 7 ("Next day...") to page 9 ("...he wasn't himself".) Discuss the reoccurrence of the idea that if your return to eating you can "recapture the spirit of other days..."

DAY 11: Discuss and reflect on the following idea as it manifests itself in your life. "The deception of others is nearly always rooted in the deception of ourselves".

DAY 12: Read Step 2. Discuss and reflect on the following concepts:

- A. Those who won't believe
- B. Those who can't
- C. Those who have lost their faith

In which category do you sometimes (often) find yourself? What step must you take to change?

DAY 13: Read pages 21 - 29 in the AA Big Book. Discuss and reflect upon the idea that there is no "middle of the road" solutions to compulsive overeating. Spend time discussing the alternatives to recovery on page 25 - 26.

DAY 14: Re-read Step 2. Discuss and reflect upon the need for open-mindedness and why it is essential to your recovery in the OA program?

DAY 15: Read Chapter 4 to page 52 in the AA Big Book. Discuss and reflect why a change in attitude toward a power greater than yourself (and a few simple actions) are necessary if you are to change your life?

DAY 16: Re-read Step 2. Discuss and reflect upon the following concepts as they play a part in your spiritual life:

- A. Intellectual self=sufficiency
- B. Wandering from faith
- C. Self righteousness

DAY 17: Read page 35 in the AA Big Book. Discuss and reflect on the idea that compulsive overeaters have to be pretty badly mangled "Before they commence to solve their problems".

DAY 18: Read pages 30 - 33 in Step 2. Discuss and reflect upon the following concepts:

- A. No person could believe in God and defy Him also.
- B. To recover, we need a faith that works under all conditions.

DAY 19: Re-read Step 2. Discuss and reflect upon why every OA meeting is an assurance that God can restore us to sanity.

DAY 20: Read Step 3 of the AA 12 & 12. Discuss and reflect on the growth one must have before they can move from Step 2 to Step 3.

DAY 21: Re-read Step 3. Discuss and reflect why willingness is the way to have a faith that works.

DAY 22: Read Chapter 5 in the AA Big Book to page 63 ("...this was only a beginning".) Discuss and

reflect upon why happiness and satisfaction cannot come to us unless the compulsive overeater gives up control.

DAY 23: Re-read Step 3. Discuss and reflect on the idea that faith does not necessarily mean we've let God into our lives.

DAY 24: Read the AA Big Book pages 567 - 568. Discuss and reflect on the God consciousness you have experienced for yourself and have seen in the other members of the fellowship.

DAY 25: Re-read Step 3. Discuss and reflect upon spiritual dependence as the only means of escape from the destruction of compulsive overeating.

DAY 26: Re-read pages 25 - 29 in the AA Big Book. Discuss and reflect upon the concept that recovery depends upon huge emotional displacements and re-arrangements.

DAY 27: Re-read pages 40 - 41 in the AA 12 & 12. Discuss how we may go about bringing our will into agreement with God's intentions for us.

DAY 28: Discuss and reflect upon the use of the eight tools in your daily program of recovery:

Plan of eating	Sponsorship	Telephone
Anonymity	Service	Meetings
Literature	Writing	

DAY 29: Read A Vision for You in the AA Big Book. Discuss and reflect upon the vision God has for you. Discuss, at length, when the concept "our answers will come if our own house is in order" means to you.

DAY 30: Read the last pages of Steps 1 and 2. Re-read Step 3. Write for 15 minutes upon what your concept of God is Today. How does he materially manifest himself in your life? Then turn to page 63 in the Big Book and repeat the prayer that start with "God, I offer myself" aloud in the privacy of your own particular place of meditation.

#### SPONSOR SAYS TO NEWCOMER:

We have completed the initial leg of your journey toward recovery. We must arrange to meet so we can go through a formal *stepping up*. That means we shall ceremonially take the three steps and ready ourselves to go out and help others. When we do meet, it will be important that you have the Big Book and the AA 12 & 12. Are there any questions I can answer at this point?

This concludes the initial sponsor's guide