

Suggested 21 Day Assignments for “Babies”

For use with AA Big Book & AA 12 & 12

Day 1: Do you believe that you are a compulsive overeater? Review the 15 questions that appear in “A Program of Recovery” in the Beginner Kit.

Day 2: Read all of Step One. Think about the effect food has had upon you over the years.

*Sponsor to stress the importance of giving it a fair amount of time to answer.

Day 3: Write on how compulsive overeating has diminished your life.

*Sponsor stresses physical, emotional, and spiritual areas.

Day 4: Reread Step One and write your feelings about the following:

- A. the progressive nature of the disease
- B. the need not to push a person until he is ready

Day 5: “The deception of others is nearly always rooted in the deception of ourselves.” Write about how this quote relates to your eating history. What are the things that you did in the past due to compulsive overeating that show that when we try to fool others, we are really fooling ourselves.

Day 6: Read Chapter Two in the Big Book. Think about how these ideas relate to you.

Day 7: Reread Step One, in the 12 & 12. Write a 15 minute declaration as to what the knowledge of Step One can do for you.

Day 8: Read Step Two, in the 12 & 12. Think about how Step One and Step Two are related.

Day 9: Write for ten minutes on what the concept of a Higher Power means to you.

Day 10: In the past, we found that “will-power” alone was not enough. Write about how using the tools of the program can help where will-power couldn’t ~ food plan, phone calls, anonymity, meetings, service, literature, sponsor, which tool is the most difficult for you to use, AND WHY.

Day 11: Write for 15 minutes on the concept of insanity as it applies to OA.

Day 12: What do the words humility and defiance mean to you? Then go to the dictionary and write the definitions you find there. How do these two definitions differ?

Day 13: Write for 15 minutes on your childhood exposure to any religious concept, keeping in mind your positive and negative feelings. What is your concept of a Higher Power today?

Day 14: “God grant me the serenity to accept the things I cannot change; the courage to change the things I can, and the wisdom to know the difference.” Write on how the Serenity Prayer has meaning in your daily life.

Day 15: Divide a piece of paper into two columns:

- A. Write all the reasons you can think of for not believing in God.
- B. List all of the reasons you can think of that you believe in that God does exist!

Day 16: Write on dependence as you understand it in the OA context. How can dependence on a Higher Power lead to greater independence?

Day 17: OA is a 3-fold program. It is physical, emotional, and spiritual. Why is it necessary to work on all 3 parts of the program in order to be successful?

Day 18: “We eat because of what is eating us.” Write about how this quote relates to you.

Day 19: What positive feelings do I have about myself when I give myself the gift of abstinence?

Day 20: Write a history of your obesity. When did you first realize that you are a compulsive overeater?

Day 21: Having reached this point, what reasons do you have for continuing with your STEP WORK?

At the meeting, when a new sponsor is stepped up (completion of these writings along with 30 current days of food abstinence), an experienced sponsor recites with the new sponsor:

“I put my hand in yours and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.”

Rozanne’s Promise, OAWSO

Recopied for distribution locally by Edison, NJ Sun. Night Group