

Write Your Way to Recovery Through the Abstinence Book

Chapter 1: The Meaning of Abstinence

1962 – Abstinence Enters OA: p. 2

1. How do I define abstinence?
2. How do abstinence and a food plan differ?
3. Is there a difference between the terms “compulsive eating” and “compulsive overeating”?

A Many-Sided Treasure: p. 5

1. Describe how the inability to say “No” or “No, thank you” has impacted my life.
2. What gifts have I received or do I hope to receive from abstinence?
3. List four synonyms for abstinent. Abstinent is.... Discuss and reflect.

A State of Grace: p. 5

1. Why is it important to repeat steps 1, 2 and 3 every day?
2. Have I placed my Higher Power first in my life? And what has been the effect on my life?
3. What routine have I established? Does it place my Higher Power first?
4. What actions do I take when feelings of irritation, restlessness, or discontent pop up?

A Way of Life: p. 6

1. Other than my plan of eating, describe what being abstinent means to me.
2. Do I believe that abstinence must be a way of life? Why or why not?
3. What negative self-talk have I been hearing? Write positive affirmations I can use instead.

A Call for Definitions: p. 8

1. How do I define “a compulsive bite”?
2. Why do I think that there are so many different food plans in OA?
3. How do I define “compulsive overeating”? Is the definition the same for everyone? Explain.

It’s Simple and It Works: p. 9

1. What are the signs that I am letting my program slip or am approaching a possible relapse?
2. How important is weight gain or loss to me and why?
3. What does weight gain or loss signify to me?
4. How would I recognize if I relapsed or broke my abstinence?

A Program of Many Colors: p. 11

1. Why is it important that the tools of the OA program are used daily?
2. Describe the tool of abstinence and the gift of abstinence as I see it.
3. How do I define a slip?
4. Describe how freedom from compulsive overeating looks/would look in my life.
5. Could the author have received the gift of abstinence without using the tool of abstinence for a few years first? Explain.

Freedom of Choice: p. 12

1. Why is the concept of perfect abstinence dangerous?
2. Do I believe that eating is my problem or merely a symptom of my disease? Explain.
3. Describe how the slogan “Progress not perfection” applies to my OA program and my life.

Inseparable Solution: p. 16

1. Do I think that I can have my recovery and not be abstinent? Explain.
2. Why is it important to continue attending meetings even when/if I am not abstaining?
3. What harm does making food, people, places, or things my higher power?
4. Discuss and reflect: Can I have recovery without abstinence?

Chapter 2: Practical Ways to Achieve Abstinence

Finding a Simple Solution: p.20

1. Why is it important to have a food plan that I can live with one day at a time?
2. Discuss and reflect on "adherence to a food plan is not freedom from compulsive overeating".
3. What emotions or thoughts come to me when I hear the word abstinence?

Building on a Foundation: p. 21

1. Why is it important not to beat up on myself if I make a mistake?
2. Do I believe that rigid/strict food plan is a recipe for failure? Why or why not?
3. What emotions or thoughts come to me when I hear the word abstinence?

Going to Extremes: p.23

1. What do I believe the statement "Abstinence means surrender" means?
2. What behaviors do I need to avoid related to eating and why?
3. What foods keep me in the disease? What behaviors keep me in the disease? List them.

Employing the Number One Tool: p. 25

1. Why do I believe that unity is important to OA and compulsive eaters?
2. Why is it important for me to choose my food plan and not have someone else do it for me?
3. What is my number one tool and why?
4. Discuss and reflect on "Just as we had our own styles when it came to compulsive overeating, we each have to find our own style in abstinence."

Choosing With Personal Freedom: p.26

1. What do I believe compulsive eating is about?
2. Should a definition of abstinence be simple or complex? Why?
3. Discuss and reflect on the expression, "Compulsive is not what we eat, it's how."

Relapse Prevention: p. 27

1. Describe the differences in my life when I am attending meetings regularly and when I am not.
2. Why is it imperative to work with other compulsive eaters?
3. Why are mistakes an important part of the program?
4. This author lists OA activities to keep her in a recovery margin of safety. What activities do I do? How can I widen my margin of safety?

Condition Checkup: p. 29

1. Why is it important to recognize a middle ground in program and not only extremes?
2. What does it mean to be "in a fit spiritual condition"?
3. Is relapse a sudden occurrence or one that happens slowly over a period of time?
4. Check my condition.
 - How is my Spiritual Condition?
 - What can I do to improve or strengthen it?

Plugging the Dam: p.31

1. What excuses do I use to justify/rationalize my compulsive eating?
2. What is/was my biggest fear about being abstinent?
3. Do I believe I can trust my Higher Power to handle my compulsive eating and restore me to sanity? Why?
4. To what lengths am I willing to go to get or stay abstinent?

Travel Insurance: p. 33

1. Is flexibility important in my program? Why?
2. How has traveling affected my eating before and after program, if applicable?
3. How do I maintain my abstinence while traveling?

Design for Living: p. 35

1. How has playing the role of victim affected my life?
2. How has feeling deprived affected my life, pre- and post- recovery?
3. When I hear the disease of compulsive eating talking to me, how do I confront it?

Crystal Clear: p.36

1. Do I feel that the comparison made in the story is valid? Why?
2. When faced with a need to handle food that is not mine and not a part of my food plan, what steps can I take to help maintain my abstinence through these situations?
3. What precious things has compulsive eating cost me? What is more valuable than my abstinence?

Time Tested Recovery: p. 37

1. How has fear played a role in my life?
2. What are healthy ways to deal with something that I am obsessing about?
3. Have holidays been a factor in my compulsive eating?
4. How can I find comfort without turning to food?

It's All in the Steps: p. 38

1. What fears do/did I have about doing a fourth and fifth steps?
2. The first step supports all the other steps. Explain how this works for me.
3. Explain how the steps affect other parts of my life not related to food.
4. The author believes there are many different ways to work the Steps.
 - What is my opinion?
 - How do I work the Steps?

Formula for Living: p. 41

1. Describe how I get spiritual sustenance.
2. Describe how the E + R = O formula has worked in my life, pre- and post-recovery.
3. What is my current formula for living?
 - How does it work for me?
 - How can I improve it?

Aussie How-To: p. 43

1. Describe how my feelings have influenced my compulsive eating.
2. What behaviors do I exhibit when I am active in the disease?
3. What emotions and situations trigger my compulsion? What character defect(s) lie in those emotions and situations?

Chapter 3: The Search for Abstinence

The Moment it Clicked: p. 46

1. What is the difference between a food plan and a diet?
2. Who do I think are winners in OA and why?
3. Discuss and reflect on being willing to do whatever it takes.
4. Describe a winner in OA.

The Awareness that Grows: p. 47

1. Describe how abstinence is a spiritual and emotional tool for me.
2. Describe what I hope or hoped to get from the food.
3. Discuss and reflect on the statement "Abstinence is a tool".
4. What does eating meals in a non-compulsive way mean to me?

Living the Solution: p. 48

1. Why is it important to go meetings and read program literature?
2. Explain how the program is a road map for living.
3. Re-read the fourth paragraph on p. 49 starting with "Find a sponsor..."
 - Am I following the roadmap of recovery as outlined by the author?
 - Am I living in the solution?
 - Is there an action I need to take or take more often?
 - Do I have a sponsor?
 - Do I have a food plan? Am I committed to a planned way of eating?
 - Do I regularly go to meetings?
 - Do I read the Big Book, 12& 12 and other OA literature?
 - Do I reach out to others through the telephone?
 - Do I wholeheartedly work the Twelve Steps?

Trust to the Test: p. 50

1. Why is it better to talk out my feelings instead of eating over them?
2. Why is it important to trust my Higher Power even when I am scared to do so?
3. Am I able to trust my Higher Power in all things or is there a situation that I am still trying to handle/control on my own?
 - What is it?
 - Why is this not something to trust to HP to handle?

Back in the Game: p. 51

1. What have I neglected or lost because of being active in the disease?
2. What do I risk losing by continuing in or returning to my active disease?
3. How has compulsive overeating/food addiction affected my relationships?

Taking My Medicine: p. 52

1. Why is it dangerous to focus on the numbers on the scale?
2. Why is it necessary to attend meetings regularly, even when all is well?
3. What does it mean to be a "grateful recovering compulsive overeater"?

The Reprieve: p.54-56

1. The author provides her own definition of rock-bottom, in-the-gutter type of compulsive overeater – how would I describe what type of compulsive overeater I am, and why?
2. Was there a watershed event in my own life that led to lasting abstinence?
3. Did I have difficulty in adopting a food plan and sticking to it? Was there something I did or something I started to do that changed this?

A Gift Just For Me: p. 56–57

1. The author indicates that she does not know how she became abstinent. She views her abstinence as a gift from her HP, "obtained through working and participating in OA's twelve step program." If I have ever been abstinent or am currently abstinent, do I view abstinence as a gift from my HP, a result of working the program, or something else? Explain.
2. Have I defined my abstinence? Has my definition changed over time? It can be an interesting exercise to document my definition of my abstinence, and share it with my sponsor.
3. Have I ever had an experience of abstinence similar to the author's, which she describes as being in bondage to a food plan and an example of "stinking thinking"?

Stepping off the SeeSaw: p. 57-58

1. Can I relate to the sensation of magical weight gain as described by the author?
2. Have I found myself looking for a solution in a geographical move? Discuss what moves I have made and what I found out in the process.
3. Can I identify with the author's statement that "Striving for perfection has only gotten me into trouble anyhow"? In what ways has attempting perfection backfired on me?
4. How can program help when the rest of my life falls apart?

It Works if You Work It: p. 58-59

1. Re-state in my own words how the author defines my disease as cunning, baffling, and powerful. What effects have I experienced as a result of compulsive overeating?
2. Do I agree that certain behaviors are as much a part of compulsive overeating as the overconsumption of food?
3. Do I agree with the statement, "There's no other road to recovery for me but the one paved with abstinence, and no other guidance on that road but my spirituality"? Why or why not?
4. What can I do to get out of my own way?

In All Honesty: p 60

1. How is honesty the key to abstinence as defined by the author?
2. If I have ever achieved abstinence, what tools helped me to do so?
3. Have I defined my personal binge foods as mentioned by the author? Do I think that defining my personal binge foods would help me to get or maintain abstinence? Why or why not?

A Tool, A Gift, A Way of Life: p. 60-61

1. Has my experience of abstinence been like the author's "the freedom from that compulsion did not happen overnight" or did I find that all of a sudden I experienced a freedom from compulsion? Describe.
2. Do I feel that abstinence is a tool of recovery, or a gift received as a result of recovery?
3. Do I feel that the concepts of abstinence-as-a-tool, and abstinence-as-a-gift, are incompatible?
4. Do I identify with the concept of not being "spiritually ready and willing to let the food compulsion go"?

Worthwhile Struggle: p. 62-63

1. Have I experienced the sense of progression as described by the author in the opening paragraph? How would I describe/chart this progression for myself?
2. What in my experience was the action that showed me how far the disease could take me, such as eating food off of someone else's plate, out of the garbage, etc. ?
3. The author defines his/her abstinence as three meals a day, staying away from second helpings, snacks, and binge foods. How do I define my abstinence? Write it down and share it with my sponsor if I have not already done so.
4. What is the one thing that has kept me from taking the first compulsive bite?
5. Do I agree with the author's description of the benefits of abstinence – described as mentally free, emotionally alive, and physically healthy? If I think of these gifts in other terms, describe them in writing and explain how they came to be given to me.

It's A Personal Choice: p. 63-64

1. The author describes "destructive relationships" as a personal drug of choice. Can I identify with this? Why or why not?
2. Do I see a connection between the use of alcohol and compulsive overeating?
3. Does my abstinence definition include alcohol? Why or why not?

Crucial Step: p 64-65

1. Have I experienced relapse after a long period of recovery? What do I feel precipitated my turn away from recovery?
2. Have I defined my idea of a Higher Power, including an exploration of my "concept of God and determining what God could and would do for you"? Write this down and share it with my sponsor if I like.
3. Write about the sentence, "I now want to be abstinent more than I want to overeat."

Abstinent and Smoke-Free: p. 65-67

1. Do I relate to the connection the author makes between poor self-image and overeating as a coping mechanism? Describe how I have seen the connection operating in my own life.
2. Have I found myself picking up cigarettes, shopping, or other habits upon becoming abstinent from overeating? Describe my pet coping mechanisms, and consider/discuss how they now are blocking my progress.
3. Describe my discoveries about fears and the role they have played in my addiction and my life.

Chapter 4: Abstinence – A Priority

Taking Action: p. 70-71

1. Do I feel that I deserve to be abstinent? Why or why not?
2. The author describes other forms of abstinence, not directly related to food, such as: abstinence from jealousy; pride; worrying; nagging; controlling others. What abstinences do I find particularly worthwhile? Which do I find difficult? And what steps might work to help me make progress on these emotional abstinences?
3. Can I identify with the author's statement that "Abstinence is my hiding place?" What is my hiding place?

Abstaining Comes First: p. 72-73

1. Am I confused about the definition of abstinence? Explore my own definition in an essay after reading this story.
2. The author describes abstinence in terms of not consuming certain addictive foods. Have I made a list of the foods I have found to be triggers? Do I feel it would be useful to remove them from my food plan by sharing the list with my sponsor? Am I willing to do so?
3. Do I agree with the definition of abstinence as expressed in this story? Why or why not?

Abstinence Revisited: p. 73-75

1. Do I identify with the statement that food is both a compulsion and a barometer? What does this statement mean to me?
2. In my experience, how has the progressive nature of this disease been revealed to me? Explain.
3. Have I ever left OA? Write an essay describing what happened.
4. Do I feel that relapse is a part of recovery? Why or why not?

A Pivotal Decision: p. 75-77

1. The author says, "Since childhood, fear had led me to a strict self-reliance." Can I relate to this? Describe my experience with the connection between fear and the need to take control.
2. How was service a connection between the author and the program, even before taking Step 1?
3. Do I have reservations about admitting my powerlessness, or that my life is unmanageable? What might help this to change?
4. The author explains the process of sliding into binges rather than diving into binges. Do I identify with this and has this been my pattern of slips?
5. Have I made a commitment to identify the first compulsive bite and call someone before taking it?

The Abstinence Advantage: p. 77-79

1. A major symptom or characteristic of my disease is recurring episodes of insanity. Do I feel the same way? Discuss.
2. The author describes the sane part of self as a tiny, soft spoken voice. Do I have a mental image of the sane part of me? Do I have a phrase or expression that has helped me resist the urge to eat compulsively?
3. Describe what I am willing to do today to have a daily reprieve from my disease.

Abstinence – It's Not a Numbers Game: p. 79

1. Does the long term abstinence of others in OA unnerve me or does it give me hope? Why?
2. Am I stuck on the numbers?
3. Does a night out feel like as much fun if it doesn't include a big meal?
4. Name some ways I have been or would be able to put together some fun events that are not food-centered.
5. How would I reward children without giving them sugar?
6. Do I agree that abstinence has to be my top priority? Why or why not?

Keep It Simple: p. 81

1. In what ways do I carry OA's message?
2. What value is there in sticking to conference-approved literature and in not discussing other fellowships?
3. "In unity there is recovery." What does this phrase mean to me?
4. "In my experience, it is abstinence – and abstinence alone – that gives me the opportunity and the clarity to root out the defects that led to my overeating." What has been my experience with regard to changes in mental clarity when I put down the food? In what ways were I able to identify defects?

Handle With Care: p. 82

1. What has been my experience with limiting/replacing traditional holiday food items that tend to be trigger foods?
2. As I string days of abstinence together and approach a milestone, do I feel that I self-sabotage?
3. How do I prepare to be less vulnerable around the holidays?

Chapter 5: Abstinence and the Tools

Retooling For Recovery: p. 86

1. Name the tools I use on a daily basis and the way in which I use them.
2. Do I refresh my regimen regularly? When was the last time I tried something new?
3. Have I noticed any specific tool that seems to help more than others when I am "in big trouble"?
4. Name one of the tools that I don't use regularly, and commit to using it for the next three days. Notice anything different?
5. What types of service have I recently done?
6. How do I practice anonymity in OA?
7. How do I use the telephone as a tool in my recovery – have those calls been useful?
8. Call an OA friend and compare notes on your length of abstinence and how you each use the tools. What did I learn?

The Pen Is Mightier Than the Relapse: p. 89

1. What do I do when I've eaten the food I've planned and I still feel hungry? Why do I suppose this happens?
2. What tools could be useful in this scenario in addition to writing?
3. What makes sharing my story therapeutic?

Serenity in A Suitcase: p. 90

1. What food-related experiences have I had, when I spend time with my family of origin?
2. Do I have a good way of dealing with pressure to eat special treats made "in your honor"?
3. What are some techniques I could use (or have used) to take the focus off of food at family gatherings?

Taming the Bear: p. 92

1. Describe my arsenal of weapons to fight my "bear".
2. Do I have a visual that helps me to see how irrational my COE can be – like the bear? Describe.
3. Do I see a pattern of how close the "bear" gets relative to how hard I am working my program?

Sharing Thanks: p. 93

1. What are the most difficult types of issues for me to share about? Am I able to move out of my comfort zone and share?
2. What have been some of my experiences in shopping around for the right meetings for me?
3. Can I recall any shares that have changed my life?

Chapter 6: Abstinent Living

An Abstinent Vacation: p. 96

1. What do I do to prepare for abstinent meals while I am on vacation or away from home?
2. Have I had any similar experiences to the author with regard to the support and understanding of strangers while I've been away?
3. Do I find that planning my food interferes with or enhances my fun?

A Fitting Organization: p. 97

1. How does my work environment affect my eating?
2. Am I able to state my needs, especially to those in authority? Give some examples.
3. Have I been able to use program slogans in reference to my life outside of food? "Progress not perfection"; "Let go and let God", etc.

Sweet Surrender: p. 98

1. When I end up eating at a "greasy spoon", what are some of my coping mechanisms in order to maintain abstinence?
2. In what ways have I found myself "fighting the program"?
3. Can I remember an occasion when the Serenity Prayer helped me to accept an overwhelming difficulty?

Moving Ahead: p. 101

1. Can I give testament to at least three of the points in this reading?

Recovery Roster: p. 103

1. How do I know when I am in recovery?
2. Can I describe a situation that I have experienced when I was both in and out of recovery? Describe the difference in my behavior and thinking.

Present For Life: p. 104

1. Do I feel fortunate to be able to experience and process my feelings? Why or why not?
2. Can I recall something that I did not react to while "in the food" that I had serious regrets about?
3. Is there a difference in how I feel after facing a situation or emotion without extra food? Describe.

Finding the Balance: p. 105-106

1. Why is it important to follow the traditions; what did this compulsive overeater learn by placing principles above personalities?
2. Why is it important to keep coming back, to listen, and to keep an open mind?

A Rose Worth the Thorns: p. 106-107

1. What is the difference between abstinence and a diet?
2. How do I recognize the difference? How do I define my abstinence?

Feeling Full: p. 108-109

1. Can I tell the difference between feelings of physical hunger and emotional hunger?
2. How do I deal with emotional hunger while maintaining my physical abstinence?

Intensive Self-Care: p. 109-110

1. Program does not guarantee a life without problems, so how do I work through my problems?
2. What tools do I work when I am faced with life challenges?

Party Plan: p. 110-111

1. How do I feel when I am faced with the foods I used to love and binge on?
2. How do I explain recovery to others when they question my new way of life?

The Tempest: p. 112-113

1. What tools do I depend on to see me through my difficult times?
2. How important are the tools in my life, how can I make sure I follow through with them?

The Ghost of Christmas Past: p. 113-114

1. How do I handle holiday foods?
2. How do I deal with my family when I go home for the holidays?
3. What can I do to accept the past and be grateful for the gift of the present?

The Last Word: p. 114-116

1. How do I view my abstinence? What do I do when the pink cloud of abstinence passes?
2. How do I practice abstinence as a tool?
3. What do I do to stay abstinent when the feelings that were pushed down with the food re-surface?

The Basis of Abstinence: p. 116-117

1. What is my basis for abstinence? Do I feel that abstinence refers to physical as well as emotional abstinence?
2. Does abstaining give me serenity?

An OA Lexicon: p. 117-119

1. How do I know the difference between compulsive eating and simply overeating?
2. How do I control my abstinence? Can I be abstinent when I use food to cope with feelings, even if that food is on my food plan?

Among Friends: p. 119-120

1. Can I work this program alone?
2. How can I stay independent and still depend on the fellowship?
3. What do I do to stay away from my trigger foods?

Island Oasis: p. 120-123

1. No matter where I am, can I have the program with me?
2. It takes just two people to make a meeting. Do I believe that the program goes wherever I go?

Promising Steps: p. 124-124

1. How are the promises showing up in my life?
2. Going to parties or celebrations can be difficult, but what can I do to make it easier for myself?
3. How can I replace food with friends and family?

Steady As She Goes: p. 125-127

1. Changes can be challenging but if I work the steps and remain abstinent I can face them. Do I believe this?
2. How important is it to clean up my side of the street?

Safe and Sane: p. 127-128

1. What freedom have I experienced while being abstinent?
2. What have I attempted to do that I would have never done before program?

New Way of Living: p. 128-129

1. How can I turn my excuses for eating into my reasons for staying abstinent?
2. Can I use the program and friends to fill the loneliness I feel at times?
3. What is new in my life since I have become abstinent?

Living It Up: p. 129-130

1. What is the freedom I can get when I abstain?
2. Can I act like the kid that I might have not been able to be?
3. Does my belief in Step One give me the power to make sane food choices?

You Can Take It With You: p. 130-131

1. Do I believe that my program is portable and that I should never leave home without it?
2. Does my willingness to be abstinent and sane go with me no matter where I am in the world?

Abstinence Has No Boundaries: p. 132

1. What is my abstinence?
2. Is my program portable? In what ways do I carry it or take it with me through life?

Vacation with a Difference: p. 133

1. What can I do on vacation to not take a vacation from my Higher Power and my abstinence?
2. Discuss how abstinence is a matter of sanity and survival.
3. Vacations are not perfect. How can I get the emotional support I need from others? Am I afraid to ask for that support?

Flying High with OA: p. 135

1. What is the basic structure of my Food Plan?
2. Do I have preferred foods? How do I feel when I can't get my preferred foods?
3. How do I stay abstinent when I travel and cannot get my preferred foods?

Chapter 7: How Abstinence Changes With Time and Experience

A Blessed Event: p. 138

1. I am pregnant. Am I willing to trust my food plan and abstinence be controlled by my Higher Power?
2. Discuss how I am feeling about my expanding waistline, putting on elastic waist pants, big tops, etc.
4. Have I realized I am supporting a new life? Can I do the service of taking care of myself, for this new life's well being?

Opening Windows: p. 139

1. Has my program grown stale?
2. What tools do I need to use more to let in some fresh air, ideas, actions, and willingness to my program – change in my food plan, more reading or writing, more meetings, more phone calls, service or anonymity?

Perfection Not Required: p. 140

1. Are old habits coming back into my life?
2. What tools can I use to break old habits and isolation?
3. What commitments can I make for today to change and move forward?

Relapse Happens: p. 141

1. Discuss and reflect upon the necessity of staying in the now – accepting what is in my today – the reality of my today and all that is in it?
2. Am I arrogant about my abstinence? Do I believe I am a fellow sufferer?

When You Work It: p. 142

1. What does working the program mean to me?
2. Discuss the moments of surrender I have had while working the program.

Progress Report: p. 144

1. What progress am I making in recovery?
2. What steps am I taking to insure physical recovery?
3. Why is it important to be making progress in all three areas of my program – Physical, Emotional & Spiritual?

Chapter 8: What Abstinence has Taught Me

Plugged into Recovery: p. 148

1. What have I learned that works for me in Recovery?
2. This story mentions 16 points. Discuss and reflect on any one of the points that hits me now. What does it mean to my recovery today?

Serenity without Fear: p. 149

1. Describe a time when I was concerned. Describe a time I was afraid.
2. What was the difference between being concerned and being afraid?
3. What made that difference?

The Importance of Being Honest: p. 150

1. What estimable behavior have I engaged in lately? How did I feel afterwards? How does that affect my food and relationship with my Higher Power?

Healing Room: p. 151

1. How has program changed my relationships with members of my family?
2. Have I been able to give back to all people? What have I been so generously given in my life?

A Bouquet of Abstinence: p. 153

1. What positive things could I do for myself to have fun and treat myself well instead of bingeing?
2. What are some of the good habits and special things I am putting in my life to take care of and nurture myself the way my Higher Power would?

A Learning Process: p. 155

1. Over my years in program, how has my abstinence changed and evolved?
2. How has my relationship with my Higher Power changed?
3. Is there a correlation between changes in my abstinence and changes in my relationship with my Higher Power?

Without Delay: p. 156

1. In this story, the person shows how procrastination and people pleasing led her into guilt and shame and that led her into the food. Yet, when she decided to turn these Character Defects over to her Higher Power, she changed. Discuss and reflect.
2. Look back over my life. What character defects have been changed or lifted from me and how did it happen?
3. How do I feel about myself now?

Blessings Galore: p. 157

1. What are the blessings I have received since coming into this program of recovery? Consider making a list of the blessings, and writing out why each is precious to me.