

Reliance

Last night I was thinking about how I use to run to the food, I remember why I picked up the food. **I had no other option.** In these past 30 days my life has changed and my thought patterns have changed. Today when I am anxious, restless and discontent, my first thought is to God. My prayer is for direction, to not go to the food, the comfort I always looked for in the past. I am so grateful that God is there, guiding me to go write to fellow OA'ers, to listen to a recorded meeting, to reach out to another human and to be honest about what I am feeling and eating. And to be still, to just be still. I am always running to do something or be somewhere. God is teaching me to be still.

I have practiced this thought pattern for a few weeks and I know this is the solution. I pray for the willingness to continue to reach for God and not for the food.

I am preparing to begin a Step 4, I have been listing my resentments. Today I listened to a **recovered** compulsive overeater about the 12 steps and especially Step 10. **Recovered compulsive overeater.** Wow, another new concept. I don't remember hearing anyone say they were **recovered**. I hear recovering all the time, now I hear **recovered**. This is not a mistake. I was never able to imagine the concept of **recovered** compulsive overeater.

I am going forward with Step Four, I am willing to list my resentments, and as a beginning I said my Step Three prayer out loud, (page 63 of Alcoholics Anonymous)....and for me..... immediate fear.

My Fear: Inability to completely abandon myself to God

Why: I am Weak

Has my Self Reliance failed me? Yes

What can I do, what is the Better way than to Fear? Trust God totally, practice Faith, Acceptance and Love

What is keeping me from doing what I can? What would others think if they knew. I identify being self-centered, and my people pleasing character defects.

When I write it out, it becomes tangible and I can start to change my behavior and alleviate my fear. My reliance upon things human is a complete failure. I begin to look at what is blocking me from my higher power, it is my character defects.