

## Willingness

Today I am joyous, happy and free.....as I continue to work the 12 steps of Overeaters Anonymous!

For soooooo long I attempted to work this program my way relying on my own self knowledge, not expanding my spiritual life and ignoring the 12 steps. Today by the grace of my HP, whom I call God, I practice working and embracing the 12 steps.

Today there is freedom from my food obsession. There is soooooo much willingness to believe in a power greater than myself.

Willingness is required for my recovery, willingness has given me a beginning to my recovery. Many times I have said.... "I understand this program now, I do not need to rely on anyone but myself and a food plan"...if I become unwilling to believe I will return to the pit of food obsession. This is the truth for me.

My willingness "...to maintain a certain simple attitude." (*page 27 from Alcoholic Anonymous, Fourth Edition*) has proven invaluable as I recover one day at a time.