

OA QUICK STEP STUDY – STEPS 10 - 12
INTRO

Hello Folks,

Looking forward to seeing you at the next session. Please see your email for the date and time. This is the last one! The Zoom link is the same each time and is also in your email.

We will be working steps 10- 12.

Please read those steps in the OA 12 & 12, or in the big book. You can read the Big Book or the AA 12 & 12 online. At this and many other web sites: <http://www.portlandeyeopener.com/AA-BigBook-4th-Edition.pdf>

(Steps 10 - 12 are pp. 84 - 103 in the big book.)

You may attend this session, even if you have missed some earlier ones.

Documents for this session (see pages below):

Big Book page numbers for Steps 10 - 12

Writing Suggestions Steps 10 - 12

Step Ten Turnaround - we won't use this in the workshop; I am sending it in case it is helpful at a later time.

We would love some volunteers to handle the emails, advertise on other Regions and Intergroups, and reach out to meeting contacts. We would also like volunteers who would like to learn to facilitate these workshops in future. There is a chairperson script. And you will get lots of support. You can plunge in. Or you can start off being a co-host and then, when you're ready, you can become the facilitator. If you want, I can be present at each session, in case you get stuck. Let us know by emailing: coiquicksteps@oaontario.org

If you would like the chairperson scripts, to use on your own, or in another fellowship, let me know.

Please feel free to register for future workshops if you're interested. The next workshops are not up on the website yet. Please check in a month or two at this link: <https://www.ontario.org/announcements/quickstepstudy>

Wishing you a day of peaceful abstinence,

Pat G

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CANADA

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BIG BOOK EXCERPTS
OA Quick Steps – STEPS 10 - 12

You can read the big book on-line at this link and on many other websites.
<http://www.portlandeyeopener.com/AA-BigBook-4th-Edition.pdf>

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

pp. 84 – 85 of the Big Book, starting at, “This thought brings us to...”

Step 11: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

pp. 85 – 88

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Step 12 = Chapter 7 Working with Others pp. 89 – 103

Day 5 – Steps 10 - 12

WRITING SUGGESTIONS OA QUICK STEPS STEPS 10 - 12

Writing Suggestions, Prayers and Meditative Readings related to the 12 steps of Overeaters Anonymous

Taken from Alcoholics Anonymous and
The 12 Steps and 12 Traditions of Alcoholics Anonymous
per OA's 10th Tool, AA Literature.

Writing Suggestions from the O.A. Sponsorship Guide
And some extra questions by Pat G.

Serenity Prayer

God grant me the serenity, to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Step 10 Writing Suggestions

The first Step 10 question is creating a template if you don't already have one. The next 3 Step 10 questions to write about are below. Choose a template and write your tenth step inventory for today, so far. Then, choose one step 11 question and one step 12 question, or make up your own question for each of those steps.

1. Create a Step 10 template. For example:

Template #1

List the character defects you would like your HP to remove, and the corresponding asset or virtue.

Each day review that list.

Template #2

Write out:

- a. Today's resentments, if any
- b. Today's fears, if any
- c. Three things you are grateful for today.
- d. Three things you did well today

Template #3

Write out:

- A. Was I abstinent?
- E. Did I exercise?
- I. What did I do for me?
- O. What did I do for others? (12 step or other service)
- U. Uncovered emotions
- Y. Yahoo! What did I do well today?

Template #4

Write out:

Resentments
My part in the resentment
Fears
Guilt/Shame
Amends owed?
Gratitudes

Template #5

Write out how you are:

P – Physically – are you abstinent?
E – Emotionally
S – Spiritually

Template #6

Big Book Template:

When we retire at night, we constructively review our day.

Were we:

1. Resentful?
2. Selfish?
3. Self-seeking
4. Dishonest (including lies I tell myself)?
5. Afraid?
6. Do we owe an apology?
7. Have we kept something to ourselves which should be discussed with another person at once?
8. Were we kind and loving toward all?
9. What could we have done better?
10. Were we thinking of ourselves most of the time?
11. Or were we thinking of what we could do for others?
12. Of what we could pack into the stream of life?

Template #7

Big Book Template: Alternate wording:

When we retire at night, we constructively review our day.

Were we:

1. Resentful towards self or others?
2. Selfish?
3. Self-seeking? codependent?
4. Dishonest (including lies I tell myself)? False Shame?
5. Afraid?
6. Do we owe an apology?
7. Have we kept something to ourselves which should be discussed with another person at once?

8. Were we kind and loving toward all?
9. What could we have done better?
10. What did I do better?
11. Were we thinking of ourselves most of the time?
12. Or were we thinking of what we could do for others?
13. Of what we could pack into the stream of life?
14. Gratuities:

Template #8

Make up your own

Other STEP 10 Writing Suggestions

2. How do you feel about doing your tenth step on a daily basis?

3. How is your life different when you do your tenth step? When you don't? (Or, how do you imagine your life would be different?)

4. What holds you back from doing your tenth step?

Step 11 Writing Suggestions

1. How do you feel about meditation?
2. How do you feel about prayer?
3. What is your practice around prayer or meditation? (When, where, format, wording, etc.)
And what would you like it to be?
4. What stops you from praying or meditating?

Step 12 Writing Suggestions

1. What service are you giving to O.A.? What service would you like to give?
2. Where does your deepest gladness meet the needs of O.A.?
3. If an opportunity arises, and someone brings up their own difficulties with food, weight, or body image, are you able to speak about your experience with O.A.? If not, what stops you?
4. Comment on the idea: "True ambition is the deep desire to live usefully and walk humbly under the grace of God." AA 12 & 12 - p. 125 (Step 12)
5. What don't you like about giving service, if anything? And, how does giving service help you?

Step 10 Turnaround

Step 1: What am I powerless over? (specifically to the situation at hand)

Step 2: Who am I going to chose? HP or the food? Do I believe that HP has a solution to this problem?

Step 3: In order to turn my will and my life over to HP's care I need to be willing to go through steps 4 through 9 which implies willingness to let go of my perspective (my script) and go with HP's script for me.

What is my script (What do I want to happen? This is my will that I need to turn over)

What is HP's script? (What actually happens?)

Step 4: Who/what do I resent?

Why?

How did I feel?

What is my part in the resentment? Is there anything I am down on myself about or mad at myself about – regarding this resentment?

How am I being dishonest? (include lies I tell myself)

Am I taking responsibility for things that are not my fault?

How am I being selfish or self-seeking?

How am I being fearful? (frightened)

If there is fear involved, do fear inventory:

Why do I have this fear, is it because self-reliance fails?

Am I relying on HP or finite self/other people?

Ask HP to remove the fears and direct my attention to what he would have me be (not what he would have me do).

Pray for the person because they are spiritually sick.

"They, like ourselves, were sick too. [God, help us] to show them the same tolerance, pity and patience that we would cheerfully grant a sick friend."

I am neither above nor below. We are all worthy and on equal footing.

Step 5: Share the above with your sponsor.

Step 6: Which character defects are involved in step 4 above?

Step 7: Ask HP to remove these defects. Now I have to be ready to act as if I am the opposite of those defects.

Step 8: Have I harmed the person who is the object of my resentment? (e.g. Have I been disrespectful to, lied to, stolen from, this person?)

Step 9: Make amends as appropriate, after discussing with your sponsor.

Step 10: You've just done this – But if you want, you can continue to monitor the defects over next 3 weeks in your daily step 10.

Step 11: Meditate on what you have just written.

Step 12: VERY IMPORTANT, ONCE ALL THESE STEPS ARE COMPLETED, RESOLUTELY TURN YOUR ATTENTION TO SOMEONE YOU CAN HELP!