

A Big Book Checklist of Promises (What step are you on?)

Steps One and Two:

- Is it clear to me that I am a compulsive overeater and cannot manage my own life?
- Is it clear that no human power can relieve my compulsive overeating?
- Is it clear that God can and will relieve my compulsive overeating if I seek God?

After Step Three:

- Was an effect, even a very great one, felt at once?

After Step Four:

- Have I written down a lot?
- Have I listed and analyzed my resentments?
- Have I begun to comprehend the futility and fatality of my resentments?
- Have I begun to learn tolerance, patience, and good will toward all men, even my enemies?
- Do I look on my enemies as sick people?
- Have I listed the people I hurt by my conduct and am I willing to straighten out the past if I can?
- Am I convinced that God can remove whatever self-will has blocked me off from Him?
- Have I swallowed and digested some big chunks of truth about myself?

After Step Five:

- Am I delighted?
- Can I look the world in the eye?
- Can I be alone at perfect peace and ease?
- Have my fears fallen from me?
- Have I begun to feel the nearness of my Creator?
- Am I beginning to have a spiritual experience?
- Has the eating problem disappeared (not always)?
- Do I feel as if I am on the Broad Highway, walking hand in hand with the Spirit of the Universe?
- Is my work solid so far?
- Are the stones properly in place? Have I skimmed on the cement put into the foundation? Have I tried to make mortar without sand?

Before half-way through Step Nine (the Promises):

- Do I know a new freedom and a new happiness?
- Do I not regret the past nor wish to shut the door on it?
- Do I comprehend the word serenity and do I know peace?
- Do I see how my experience can benefit others, no matter how far down the scale I have gone?
- Has that feeling of uselessness and self-pity disappeared?
- Have I lost interest in selfish things and gained interested in my fellows?
- Has self-seeking slipped away?
- Has my whole attitude and outlook upon life changed?
- Has fear of people and of economic insecurity left me?
- Do I intuitively know how to handle situations which used to baffle me?
- Have I suddenly realized that God is doing for me what I could not do for myself?

After Step Nine:

- Have I ceased fighting anything or any one—even food?
- Has sanity returned?
- Am I seldom interested in food?
- If tempted by food, do I recoil from it as from a hot flame.
- Am I reacting sanely and normally, and has this happened automatically?
- Do I feel as though I had been placed in a position of neutrality, safe and protected?
- Has the problem been removed? Has it ceased to exist for me?
- Am I neither cocky nor afraid?

After Step Ten:

- Have I begun to sense the flow of His Spirit into me?
- Have I to some extent become God conscious? Have I begun to develop this vital sixth sense?

After Step Eleven:

- Am I surprised how the right answers have come when I have tried to relax, take it easy, and wait for God's inspiration, intuitive thought, or decision.
- Has what used to be the hunch or the occasional inspiration gradually become a working part of the mind?
- As time passes, is my thinking more and more on the plane of inspiration?
- Am I in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions?
- Have I become much more efficient?
- Do I not tire so easily?

After Step Twelve

- Has life taken on a new meaning?
- Do I not want to miss the opportunity to watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends?
- Have remarkable things happened?
- Am I presently living in a new and wonderful world, no matter what my present circumstances?
- Can I do all sorts of things compulsive eaters are not supposed to do?
- Can I go where my killer-food is served; can I have my killer-food in my home; do I see friends who eat my killer-food; do I watch movies or television which show scenes of eating my killer-food; do I go to restaurants which serve my killer-food; do my friends no longer have to hide their stores of killer-food when I visit them; can I be reminded of my killer-food?
- Have I found release from care, boredom and worry?
- Has my imagination been fired?
- Does life mean something at last?
- Do I know what it means to give of myself that others may survive and rediscover life?
- Have I learned the full meaning of "Love thy neighbor as thyself"?
- Has God shown me how to create the fellowship I crave?
- Have great events come to pass for me and countless others?