



FEBRUARY 2010

“STEPPING OUT”

AN OUTREACH PUBLICATION OF THE WESTERN MICHIGAN INTERGROUP—TWELFTH STEP WITHIN

STEP TWO: CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY,

In Step Two, recovering people:

- Develop a sense of faith that there is someone or something bigger than we are,
- That someone or something out there knows more about addiction than we do,
- That someone or something out there can help them get well.

What is a “Higher Power”?

Higher – greater, stronger, more knowledgeable, more capable

Power – has the energy to act upon you or with you to promote recovery

Your Higher Power Can Be

- Inanimate objects
- Another human being
- A recovery group
- God – a supernatural, higher power that most people call God. A personal, loving, caring God with whom you can communicate.
- Anything of your choosing.

Once you come to believe in a Higher Power, you come to believe that this power can restore you to “Sanity”.

Are You Insane?

Has your food addiction taken control of your mind?

Has your food addiction taken control of your life?

Has your food addiction taken control of your thought life?

Has your food addiction taken control of your entire world?

Do you remember and exaggerate only the good feelings of compulsively eating and binging on food?

Do you block out the memories of the results of that overeating/binging?

Do you believe if only you could eat what you want, you will be okay and happy?

Do you believe that food has the power to fix things?

Do you think that if only you could eat normally, your whole world would change as a result of what you eat?

Do you feel that not eating what you want means you will always live in a state of deprivation?

Do you feel like abstinence is torture?

Do you think about food constantly and remember what it felt like to eat the things that you crave?

Do you expect different outcomes for the same addictive eating behavior?

Do you believe that there is no one and nothing out there to help you recover, but you?

Does this cycle repeat over, and over, and over.....

Does this sound “sane” to you?

Compulsive Eating is a disease of the mind!!!

Food and excess weight are the symptom of your disease.

Step Two teaches us to learn to rely on our Higher Power to:

1. Know more about our addiction than we do.
2. To show us the way to recovery.
3. to give us the strength, energy and power, that we do not have on our own, to work the steps one at a time as we live a life of recovery.

Abstinence is the First Step to Recovery. Abstinence is not Recovery.

Recovery is working the steps and going to any lengths to change yourself with the help of your Higher Power into the kind of person who no longer uses food as a drug and who no longer functions in life like an addict.

Developing a Relationship With Your Higher Power

- When obsessive food thoughts or compulsions come, **you** must reach outside yourself for help.
- **You** must reach out for a source of courage, inspiration and strength that is greater than you.
- Pray to the Higher Power/God of your understanding, and/or
- Reach out for help to other recovering people – “God with skin on” to get you through the tough times.
- **You** must come to believe you **can** get well.
- You **must** admit you can no longer tolerate your life the way that it is.
- You **must** admit you are sick and tired of being sick and tired.
- If you stay where you are, eating compulsively, you will slowly kill your body, your mind and your spirit.
- You don't know how to stop eating compulsively and sometimes you don't want to stop, but you decide to stop anyway.

Recovery is a miracle, it is not magic. The miracle will happen because you put the simple principles of recovery into action. In OA we are encouraged to give up the dependence on excessive food and to learn to rely on spirituality with our Higher Power for a positive mental, emotional, and spiritual state of mind called **“serenity”**.

Stop thinking and acting like a food addict.

Avoid people, places and things that may lead you to eat compulsively.

Practice rigorous honesty in all your life activities.

Begin making a conscious effort to change how you think. (avoid stinking thinking)

Begin changing how you manage your feelings (acting on life rather than reacting to it).

Go to meetings, work through the steps with your sponsor, stay abstinent and socialize in environments where you can stay abstinent.

If you stop compulsively overeating and you are abstinent and you do not change your life, you will be abstinent and miserable.

Real recovery is a change in your entire life.

This publication is designed to help individuals and groups within our intergroup carry the message of recovery to those within our fellowship who still suffer and to make Twelfth Step Within information available to everyone. If you need any help or encouragement in implementing these suggestions, please contact Cathy Claus (231) 843-1432, the Western Michigan Intergroup Twelfth Step Within Representative or **ANY** representative of the Intergroup. The contact numbers and addresses are included in your monthly minutes. The opinions expressed in this newsletter are those of the author and not OA as a whole. Take what you need and leave the rest.