

Importance of Working the Steps Workshop

Resources

- *Voices of Recovery*
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*
- *Alcoholics Anonymous, Fourth Edition* (Big Book)
- Appendix A: *Searching and Fearless Inventory* survey results, abridged
- Appendix B: Principles and Steps Matching Exercise
- Appendix C: Importance of Working the Steps Writing Exercise

Workshop

Readings and Discussion (15 minutes)

- Ask a volunteer to read the July 23 entry in *Voices of Recovery*, p. 205.
- Ask a volunteer to read the August 8 entry in *Voices of Recovery*, p. 221.
- Ask one or two volunteers to share briefly about the readings.
- Ask a volunteer to read from chapter 6, "Into Action," in the Big Book, starting with the paragraph at the bottom of page 83 through the end of the second paragraph on page 84.
- Remind workshop attendees that the Big Book says these promises come true after consistent Step work.

Searching and Fearless Inventory Survey Review (10 minutes)

- Hand out the *Searching and Fearless Inventory* survey results (Appendix A).
- Review the survey, noting the number of people who have not worked all Twelve Steps and that people are still struggling with program.

Principles and Steps Matching Exercise (5 minutes)

- Hand out the Match Principles with Steps exercise (Appendix B).
- For fun, ask workshop attendees to put the Step number associated with each Principle in the box next to it.

Reading and Discussion (20 minutes)

- Ask a volunteer to read the overview of the Principles associated with each Step in Step Twelve of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, starting with the last paragraph on page 84 to the end of the chapter on page 87.
- Ask workshop attendees to break into small groups and share with each other which Step Principle spoke to them and why.

Writing Exercise (30 minutes)

- Hand out the Importance of Working the Steps Writing Exercise (Appendix C) and ask workshop attendees, working individually, to write a response to each question.
- After, ask volunteers to share their responses with the whole group.

Searching and Fearless Inventory

Focus on the Steps

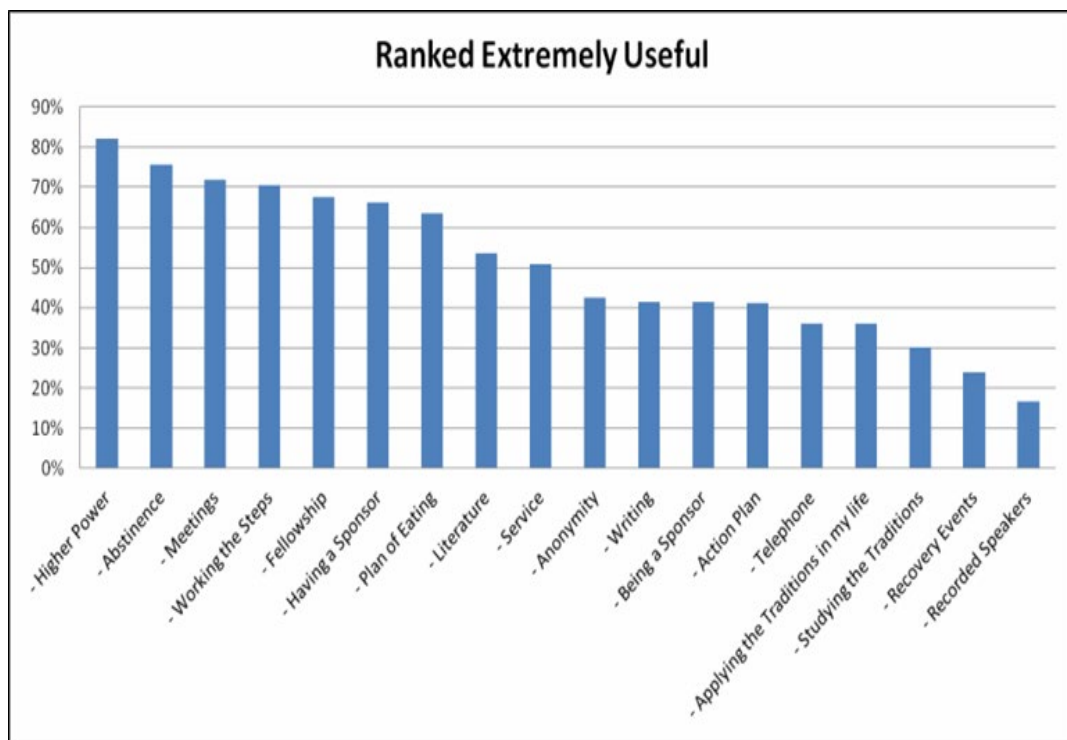
The *Searching and Fearless Inventory* survey was completed by 2,471 members of the OA Fellowship in 2012 and 2013. The 2012-2013 Region Chairs Committee did an amazing amount of work to analyze survey responses and report on the results, which were published in December 2013 on the OA website. This document shows an overview of the responses specifically about working the Twelve Steps of OA.

2,471 OA MEMBERS COMPLETED THE SURVEY IN 2012 AND 2013, THE MOST COMPREHENSIVE REFLECTION OF WORKING PROGRAM COMPLETED.

Usefulness of Steps and Higher Power to recovery

Members were asked “How useful are the following to your recovery?” The chart (right) shows the ranking of responses that scored “Extremely Useful” in answer to that question.

“Higher Power” and “Working the Steps” were reported as being the first and fourth most useful for recovery.

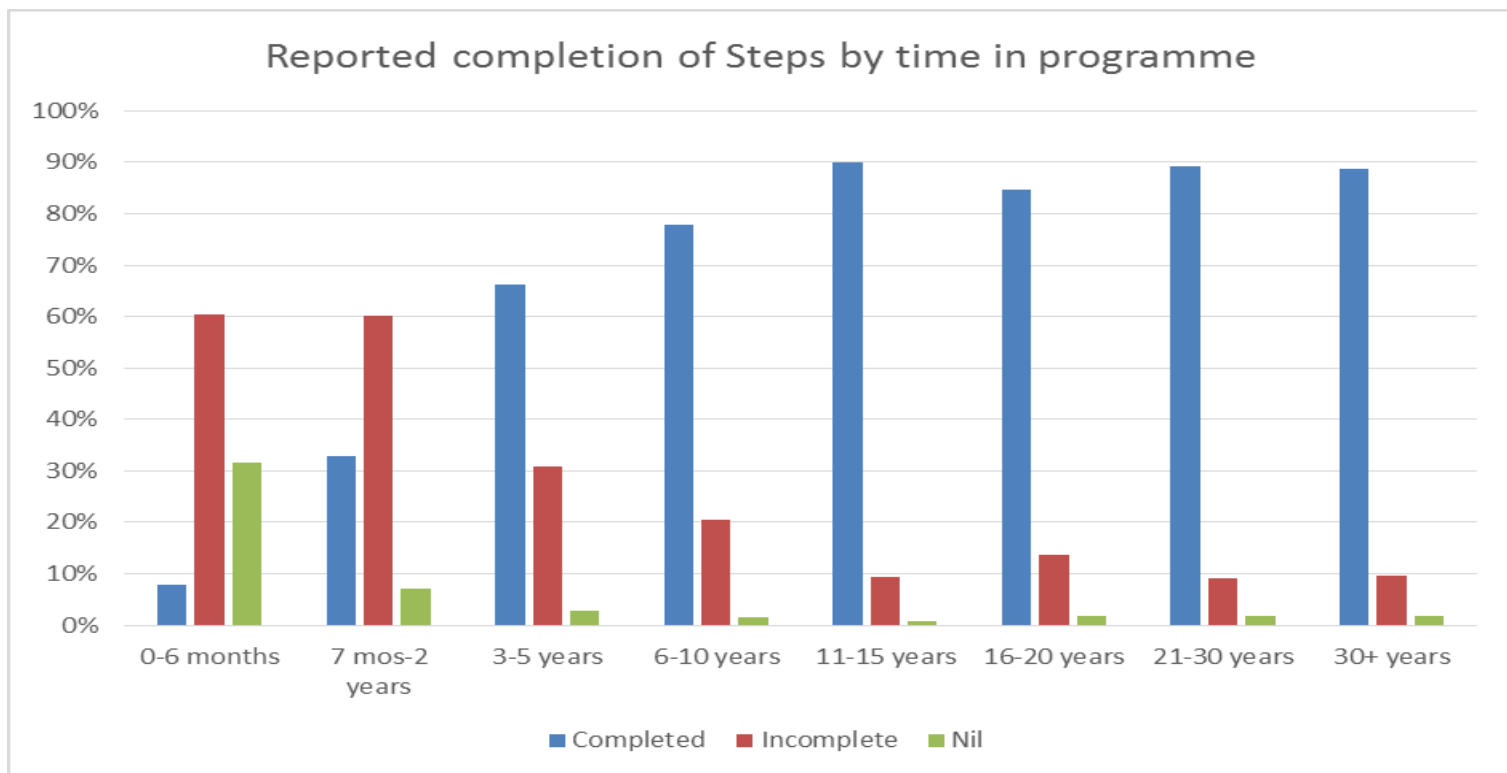


Time in program compared with reported Step completion

Just over two thirds (69%) of Appendix A participants reported working all Twelve Steps. Nearly one in three had not finished working all Twelve Steps. As expected, few newcomers reported working through all Twelve Steps.

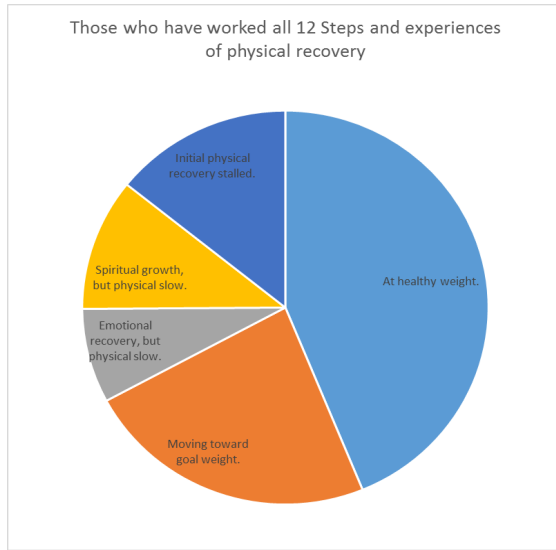
Almost all (95%) who reported completing their Step work also reported that having a Higher Power was extremely or very useful to their recovery. In comparison, nearly one in five (17%) of those who had not worked any Steps reported minimal use of having a Higher Power.

Two out of three members with five years in program reported having worked all Twelve Steps. An average of eighty-six percent of members in program longer than five years have worked all the Steps. As the chart below shows, there are also longtime members who have not worked through all Twelve Steps, which was surprising.

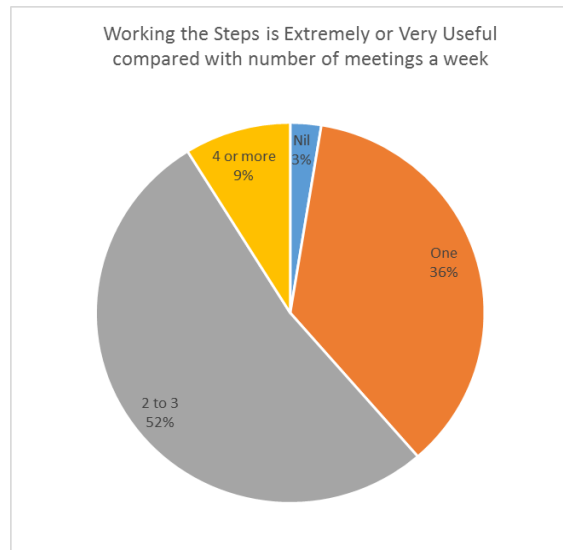


Focus on participants who report working all Twelve Steps

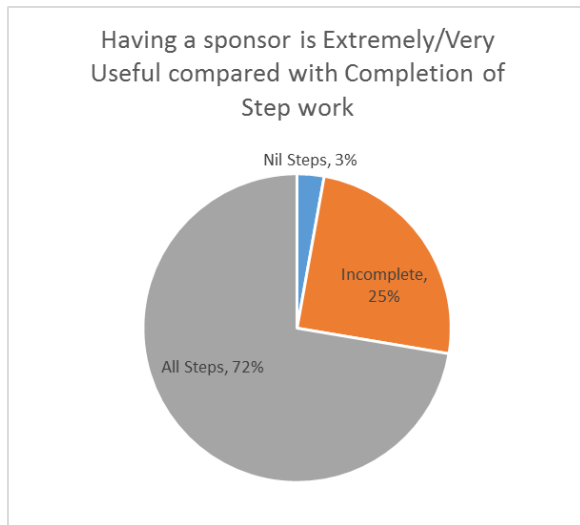
Two thirds were at or working toward their healthy body weight.



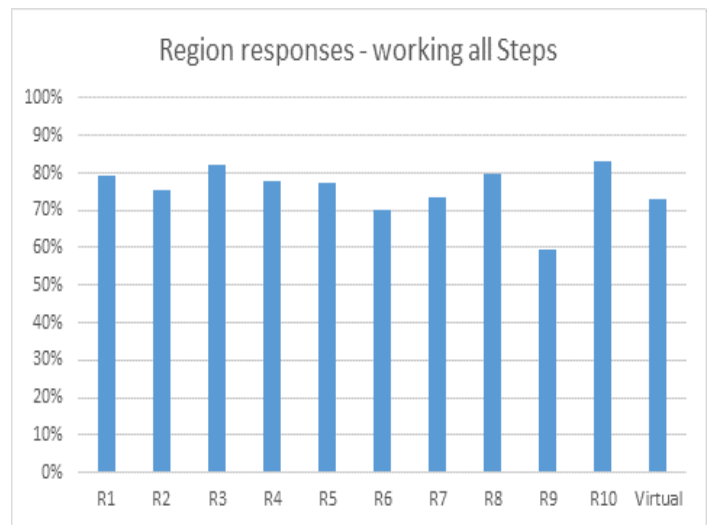
Approximately two out of three go to two or more meetings weekly.



Nearly three quarters (72%) of those who had worked all Twelve Steps reported having a sponsor was “Extremely” or “Very Useful.”



On average seventy-six percent of members in each region and the virtual groups reported they had worked all Twelve Steps.



Principles and Steps Matching Exercise

This list of Principles is muddled up. Put the Step number associated with each Principle in the box next to it.

| | |
|--|----------------------------|
| | Humility |
| | Love |
| | Integrity |
| | Hope |
| | Spiritual Awareness |
| | Faith |
| | Service |
| | Honesty |
| | Courage |
| | Perseverance |
| | Self-Discipline |
| | Willingness |

Importance of Working the Steps Writing Exercise

1. How do/could you make Step study a part of your program?
2. What Step are you stuck on? Why?
3. How do you work the Steps with your sponsor?
4. Share how you live the Steps and their Principles in everyday life.

OA Board-approved

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The Twelve Steps

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
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.
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.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.