

Update to *Twelve Step Workshop* and *Study Guide*

Use this document to easily find passages and page references in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*.

Workshop Page #	First Edition	Second Edition
2 Footnote	<i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> ; ...	<i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> ; <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> ; ...
4	Leader's copy of all required texts: <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> , ...	Leader's copy of all required texts: <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> ; <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> ; ...
5	<i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i>	<i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i>
7	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213."	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169."
8	"To conclude ... passage on page x ..."	"To conclude ... passage on page 1 ..."
8	"If you think you may be a compulsive overeater, ..."	"If you think you may be a compulsive overeater , ..."
8	"Our way of life, based on these twelve steps and twelve traditions, ..."	"Our way of life, based on these Twelve Steps and Twelve Traditions, ..."
11	"Can we guarantee ... from page 99 ..."	"Can we guarantee ... from page 81 ..."
11	"We who have worked ... when we began these steps."	"We who have worked ... when we began <u>working</u> these Steps."
12	Introduction to the Twelve Steps (pp. ix–x)	Introduction to the Twelve Steps (p. 1)
12	Step One (pp. 1–7)	Step One (pp. 3–7)
19	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213."	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169."
20	"Please open ... to page 3 ... 'We never grew up' on page 7. ..."	"Please open ... to page 5 ... 'We never grew up' on page 6. ..."
24	"A normal eater ... crave more" (p. 2).	"A normal eater ... food" We compulsive eaters crave more (p. 4).
24	"Most of us ... to take a good look at our compulsive eating, obesity, and the self-destructive ..." (p. 3).	"Most of us ... to take a good look at our compulsive eating, obesity, <u>obsession with food, and body image</u> , and the self-destructive ... (p. 5).
25	OA <i>Twelve and Twelve</i> , Step Two (pp. 9–17)	OA <i>Twelve and Twelve, Second Edition</i> , Step Two (pp. 9–15)

27	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213."	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169."
27	"To summarize ... <i>OA Twelve and Twelve</i> " (pp. 6–7).	"To summarize ... <i>OA Twelve and Twelve</i> " (p. 7).
27	"Once we have become ... behavior patterns which have ..."	"Once we have become ... behavior patterns which that have ..."
31	<i>OA Twelve and Twelve</i> , Step Three (pp. 19–27)	<i>OA Twelve and Twelve</i> , Step Three (pp. 17–23)
33	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213."	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169."
33	"To summarize ... <i>OA Twelve and Twelve</i> " (p. 17).	"To summarize ... <i>OA Twelve and Twelve</i> " (p. 15).
33	"This willingness to act on faith, ... It was the beginning of a healing process that would relieve us of the compulsion to overeat and bring stability to our unbalanced lives. As we responded with action to the love we had been shown in OA, the result was a new faith in ourselves, in others, and in the power of that love. ..."	"This willingness to act on faith, ... It was the beginning of a the healing process that would relieve us of the compulsion to overeat and bring and relief from the food compulsion. <u>We began to see stability in our unbalanced lives.</u> As we We responded with action to the love we had been shown in OA, <u>by taking action and working the Steps.</u> the <u>The</u> result was a new faith in ourselves, in others, and in the power of that love. ..."
33–34	"Please open ... to page 19. ... through 'Our primary purpose is to abstain from eating compulsively, and we know that in order to do so we will need help' on page 20?"	"Please open ... to page 17. ... 'Our primary purpose is to abstain from <u>compulsive eating compulsively, and compulsive food behaviors.</u> and we We know that in order to do so we will need help <u>to work the remaining nine Steps of the program.'</u> "
37	In the <i>OA Twelve and Twelve</i> , ... page 24, ... through ... "spiritual principles in learning our Higher Power's will for us" on page 26. ...	In the <i>OA Twelve and Twelve</i> , ... page 22, ... through "spiritual principles in learning <u>can help us to learn and apply them when we are searching for our Higher Power's will for us</u> " on page 23.
37	"Once we compulsive ... p. 27). ...	"Once we compulsive ... p. 23). ...
37	<i>OA Twelve and Twelve</i> , Step Four (pp. 29–44)	<i>OA Twelve and Twelve</i> , Step Four (pp. 25–37)
39	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213."	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 169."
39	"To summarize our work ... (p. 27).	"To summarize our work ... (p. 23).
40	"Please open ... of page 30. ... ' through ... ' faithfully until it is completed' on page 32. ... "	"Please open ... of page 26. ... ' through ' ... any action, no matter how small, can help us overcome procrastination' on page 27. ..."
43	"On page 33, ... 'It is easier ...'	"On page 36, ... 'But no matter how many shortcomings we have, it's important to recognize that we have many good qualities as well. Now is the time to make a list of our positive characteristics. ...'
46	Remind ourselves why ... (pp. 29–30).	Remind ourselves why ... (pp. 25–26).
46	"Those of us who have completed step four ... one of the most loving things we ever did for ourselves. As we took an honest look at the past, at who we'd been and what we'd done, we began to understand ourselves better. ... We had	"Those of us who have completed Step Four ... one of the most loving things we <u>have ever did</u> done for ourselves. As we took an honest look at the past, at who we'd been and what we'd done, we began to understand ourselves better.

	never faced our wrongs honestly and acknowledged them so we were left feeling ashamed. Writing our step-four inventory enabled us to begin cleaning up the messes of the past so we could start life over, afresh.”	... We had never faced our wrongs honestly and acknowledged them so we were left feeling ashamed. <u>with feelings of shame or guilt.</u> Writing our Step Four inventory enabled us to begin cleaning up the messes of the past so we could <u>can</u> start life over, afresh.”
50–51	“Anger and resentment ... p. 38).	“Anger and resentment are common manifestations of our disease. Most of us ate compulsively when we felt anger or stress. As we continue writing our inventories, it is important to list the people and institutions we’ve held grudges against.” [Replacement quote will be selected for next edition of <i>Study Guide</i> .]
57–58	“No matter how many problems we have, each of us also has positive characteristics; it’s important that we recognize them at some point during the inventory process” (<i>The Twelve</i> ... p. 33).	“But no matter how many problems <u>shortcomings</u> we have, each of us also has positive characteristics; <u>it’s important that to recognize them at some point during the inventory process that we have many good qualities as well. Now is the time to make a list of our positive characteristics</u> ” (<i>The Twelve</i> ... , <i>Second Edition</i> , p. 36).
61	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213.”	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169.”
62–63	“In this, the second ... through ‘Have we ever ... on page 38. ...”	pp. 31–32 [Replacement quote will be selected for next edition of <i>Study Guide</i> .]
66	“Please open the ... to page 40. ... beginning with ‘How bout lust? ...’ ... on page 41. ...”	“Please open the ... to page 34. ... beginning with ‘ <i>What problems has sex caused me? ...</i> ’ ... on page 35. ...”
70–71	“As we take inventory ... p. 37).	“As we take inventory we also look at our fears. For many of us, fear, worry, and anxiety have played a key role in our lives, robbing us of joy and keeping us from fulfilling our dreams.” [Replacement quote will be selected for next edition of <i>Study Guide</i> .]
72	OA is not an arbiter ... On pages 40 and 41, ...	OA is not an arbiter ... On pages 34 and 35, ...
72	Withholding sex. ... (p. 41) ...	Withholding sex. ... (p. 35) ...
74–75	“Some of our actions ... p. 43).	“Some of our actions will be painful for us to recall, but we write them down anyway. When we face the guilt that truthfully tells us, ‘You made a mistake,’ we’re freed of shame that falsely tells us ‘you <i>are</i> a mistake.’” [Replacement quote will be selected for next edition of <i>Study Guide</i> .]
76	Remember this is a list of people ... (pp. 34–43).	Remember this is a list of people ... (pp. 28–35).
	“We’ve lied to ourselves ... (<i>The Twelve</i> ... p. 30).	“We’ve lied to ourselves ... (<i>The Twelve</i> ... <i>Second Edition</i> p. 26).
82	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213.” 77–78	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169.”
82	“To summarize our work ... (p. 29).	“To summarize our work ... (p. 25).

82	“Those of us who have completed step four ... one of the most loving things we ever did for ourselves. As we took an honest look at the past, at who we’d been and what we’d done, we began to understand ourselves better. ... We had never faced our wrongs honestly and acknowledged them so we were left feeling ashamed. Writing our step-four inventory enabled us to begin cleaning up the messes of the past so we could start life over, afresh.”	“Those of us who have completed Step Four ... one of the most loving things we <u>have</u> ever did <u>done</u> for ourselves. As we took an honest look at the past, at who we’d been and what we’d done, we began to understand ourselves better. ... We had never faced our wrongs honestly and acknowledged them so we were left feeling ashamed. <u>with feelings of shame or guilt.</u> Writing our Step Four inventory enabled us to begin cleaning up the messes of the past so we could <u>can</u> start life over, afresh.”
82–83	“In this, the last of ... to page 43. ... ’ and continuing to the end of the chapter (p. 44)?”	“In this, the last of ... to page 36. ... ’ and continuing to the end of the chapter (p. 37)?”
88–89	“Our past problems ... they lose their power to overwhelm and control us. The chains of self-obsession drop from us one by one, and we are able to know and do our Higher Power’s will more easily without the need to protect ourselves from uncomfortable feelings by eating compulsively” (<i>The Twelve</i> ... p. 30).	Our past problems ... they lose their power to overwhelm and control us. The chains of self-obsession drop from us one by one, and we are able to know and do our Higher Power’s will more easily without the <u>We no longer have the need</u> to protect ourselves from uncomfortable feelings by eating compulsively <u>or using other destructive food behaviors</u> ” (<i>The Twelve</i> ... <i>Second Edition</i> , p. 26).
95	OA <i>Twelve</i> ... (pp. 45–52)	OA <i>Twelve</i> ... (pp. 39–44)
97	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213.”	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169.”
97	“To summarize our work ... (p. 44).	“To summarize our work ... (p. 36–37).
97	Each of us who completes a fourth-step inventory in OA ... As we reach the end of step four, we discover that a promise made in Overeaters Anonymous’s “Our Invitation to You” has begun to be fulfilled. ...	Each of us who completes a fourth-step <u>Step Four</u> inventory in OA ... As we reach the end of Step Four <u>Step Four</u> , we discover that a promise made in Overeaters Anonymous’s <u>Overeaters Anonymous’s</u> “Our Invitation to You” has begun to be fulfilled. ...
98	“Please open ... to page 48. ... on page 50? ... ”	“Please open ... to page 41 ... on page 43? ... ”
98	“We may also want ... (pp. 51–52). ... ”	“We may also want ... (pp. 43–44). ... ”
101	OA <i>Twelve</i> ... (pp. 53–58)	OA <i>Twelve</i> ... (pp. 45–49)
103	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213.”	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169.”
103	“To summarize our work ... (pp. 51–52).	“To summarize our work ... (p. 44).
103	“In the process of sharing ... From this point on, we begin to leave behind the character defects which have ... ”	“In the process of sharing ... From this point on, we begin to leave behind the character defects which <u>that</u> have ... ”
103–104	“Please open the ... to page 53. ... the defects themselves’?”	“Please open the ... to page 45. ... the defects themselves’ on page 46?”
107	Review OA ... “We can’t do it alone” (p. 55).	Review OA ... “We can’t <u>cannot</u> do it alone” (p. 47).
107	OA <i>Twelve</i> ... (pp. 59–66)	OA <i>Twelve</i> ... (pp. 51–56)
109	“To summarize our work ... (p. 58).	“To summarize our work ... (p. 49).
109	“As with the five earlier steps, ... Although we may not realize it at first, our commitment to embrace the needed changes in ourselves has ...	“As with the five earlier steps, ... Although we may not realize it at first, our commitment to embrace the needed changes in ourselves has

	From now on we will strive to ... ”	thinking and behavior ... From now on we will strive to ... ”
109–110	“Please open ... to page 60. May I have a volunteer to read the second paragraph ... on page 62?”	“Please open ... to page 52. May I have a volunteer to read the second <u>third</u> paragraph ... on page 53?”
113	Review OA ... (pp. 60–61).	Review OA ... (pp. 52–53).
113	Reread OA ... “How do we complete step seven?” ... (pp. 62–63).	Reread OA ... “How to we work Step Seven?” ... (p. 54).
113	Follow the suggestions given on page 64 ...	Follow the suggestions given on page 54–55 ...
113	OA <i>Twelve</i> ... (pp. 67–73)	OA <i>Twelve</i> ... (pp. 57–62)
115	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213.”	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169.”
115	“To summarize our work ... (pp. 65–66).	“To summarize our work ... (p. 56).
115	“Repeated practice ... and we find that God does for us ... ”	“Repeated practice ... and we find that, <u>once again</u> , God does for us ... ”
116	“Please open ... to page 67. ... mercy and forgiveness on page 69? ... ”	“Please open ... to page 57. ... mercy and forgiveness on page 59? ... ”
119	OA <i>Twelve</i> ... (pp. 75–81)	OA <i>Twelve</i> ... (pp. 63–67)
121	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213.”	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169.”
121	“To summarize ... (p. 73).	“To summarize ... (p. 62).
121	“As much as we might like to, we cannot skip the making of amends. The experience of OAs ... ”	“As much as we might like to, we cannot skip the making of amends <u>if we want freedom from compulsive eating</u> . The experience of <u>OAs</u> OA members ... ”
121	“Please open ... to page 76. May I have a volunteer to read, starting with ‘Our sponsors will probably remind us’ ... at the top of page 79? ... ”	“Please open ... to page 64. May I have a volunteer to read, starting with ‘Our sponsors will probably <u>may</u> remind us’ ... at the top of page 66? ... ”
122	“What is meant by ... (p. 76)? ... ”	“What is meant by ... (p. 64)? ... ”
125	OA <i>Twelve</i> ... (pp. 75–76).	OA <i>Twelve</i> ... (pp. 63–64).
125	OA <i>Twelve</i> ... (pp. 83–90)	OA <i>Twelve</i> ... (pp. 69–74)
127	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213.”	“To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169.”
127	“To summarize our work ... I’ll read the second to ... (pp. 80–81).	“To summarize our work ... I’ll read the second <u>third</u> to ... (p. 67).
127	“If we are to be restored ... Much of what we need to do in order to make amends won’t be easy ... and we are at peace with the world.”	“If we are to be restored ... Much of what we need to do in order to make amends won’t be easy ... and we are <u>more</u> at peace with the world.”
128	“Please open the OA ... on page 83. ... emotional balance’ on page 84? ... ”	“Please open the OA ... on page 69. ... emotional balance’ on page 70? ... ”
128	“Please open ... to page 85. ... ”	“Please open ... to pages 70–71. ... ”
130, 132	Step 10 is a process ... (pp. 84–85).	Step 10 is a process ... (p. 70)
130, 132	“The purpose of Step Ten ... (p. 84).	“The purpose of Step Ten ... (p. 70).
130, 132	“Sometimes we’ll be caught ... (p. 64).	“Sometimes we’ll <u>we may</u> be caught ... (p. 55).
131, 133	“Step ten suggests ... has been wronged. ... pp. 87–88).	“Step ten <u>Ten</u> suggests <u>tells us</u> ... has been wronged . <u>harmed</u> p. 72).
131, 133	Practicing the principle ... p. 105).	Practicing the p Principle ... p. 86).
134	“Anger and resentment ... p. 38).	“Anger and resentment are common manifestations of our disease. In fact, most of

		us ate compulsively when we felt anger or resentment. As we continue writing our inventories, it is important to list the people and institutions we've held grudges against." [Replacement quote will be selected for next edition of <i>Study Guide</i> .]
135	"Some of our actions will be painful ... p. 43).	"Some of our actions will be <u>are</u> painful ... p. 36).
135	"We've lied to ourselves ... p. 30).	"We've lied to ourselves ... p. 26).
136	"Welcome back to our work ... page 86 ... reveal those areas in which we're having ... "	"Welcome back to our work ... page 71 ... reveal those areas in which <u>where</u> we're having ... "
142	Beginning with ... to fester" (pp. 87–88).	Beginning with ... to fester"(p. 72).
142	Beginning with ... to change" (p. 89).	Beginning with ... to change" (pp. 73–74).
142	Beginning with ... the chapter" (pp. 89–90).	Beginning with ... the chapter" (p. 74).
143	OA <i>Twelve</i> ... (pp. 91–98)	OA <i>Twelve</i> ... (pp. 75–80)
145	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213."	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169."
145	"To summarize our work ... (pp. 89–90).	"To summarize our work ... (p. 74).
145	"As we repeatedly act ... the steps will, from now on, ... "	"As we repeatedly act ... the Steps will <u>can</u> , from now on, ... "
146	"Please open ... to page 91. ... or serenity' on page 93?"	"Please open ... to page 75. ... or serenity' on page 76?"
149	"Refer to ... our Higher Power in the future" (pp. 97–98).	"Refer to ... our Higher Power in the future" (pp. 79–80).
149	If I do not yet ... with our Higher Power . . ." (p. 93) ... not to do it at all (p. 96). ...	If I do not yet ... with our Higher Power . . ." (p. 77) ... not to do it at all (pp. 78–79). ...
149	OA <i>Twelve</i> ... (pp. 99–106)	OA <i>Twelve</i> ... (pp. 81–87)
151	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous</i> to page 213."	"To help us focus ... <i>The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition</i> to page 169."
151	"To summarize our work ... (p. 98).	"To summarize our work ... (p. 80).
151	"OAs who have made prayer and meditation a regular part of their lives have found a resource for healing and strength which cannot fail. ... Through prayer and meditation we align ourselves with a higher spiritual Power which gives us everything we need to live to our fullest potential."	OAs <u>members</u> who have made prayer and meditation a regular part of their lives have found a resource for healing and strength which <u>that</u> cannot fail. ... Through prayer and meditation we align ourselves with a h Higher spiritual Power which <u>that</u> gives us everything we need to live to our fullest potential."
152	"Please open ... to page 99. ... compulsive eating' on page 100? ... "	"Please open ... to page 81. ... compulsive eating' on page 82? ... "
154	"May I have a volunteer ... <i>Twelve</i> (p. 106)? ... "	"May I have a volunteer ... <i>Twelve</i> (pp. 86–87)? ... "
154	"May I have a volunteer to read page 146 ... on page 147?"	"May I have a volunteer to read page 120 ... on page 121?"
156	OA <i>Twelve</i> ... (pp. 145–151)	OA <i>Twelve</i> ... (pp. 119–123)