

**TSW FORMAT**  
**for**  
**INFORMATION GATHERING**  
**"Ideas that Work"**

**Type of Project:** Recovery/Carrying the Message

**Project Name:** Working the Twelve Steps

**Project Goal:** To give ideas for individuals, groups, and/or conventions to strengthen your program

**Organizing Service Body:** Notes taken from "Working the Twelve Steps" Workshop at World Service Convention, 2010 (L.A.)

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**Additional Comments (including things of which to be mindful):** These notes can be used as topics for speakers, for a writing exercise, or passing them on - "the ultimate gift for all of us" (see attachment).

**Results:** To help us in our recovery.

## NOTES FROM "WORKING THE TWELVE STEPS"

Do I live in the problem or do I live in the sanity. The former is my trying to impose my will.

Through the steps, I have learned that restraint of tongue is helpful.

The 12 Step principles, if practiced, expel the obsession of our addiction.

Do we come here to argue or do we come here to get well.

You don't get the steps by osmosis. It takes work.

OA and the Steps don't teach me how to eat, they teach me to live - a life saving plan (not a food plan).

Step 10 is a way to continue the practices of Steps 1 - 9 that got me well.

Service is not an option...it's the price of freedom.

I base my life on what I believe or understand is God's will for me, not what others think it should be.

The Doctor's Opinion and Appendix II in the AA Big Book explain a lot!

Working the steps by myself is not the best way. Work with others!

I need a structured plan of eating and a way of living that keeps me honest in recovery.

There is a spirit deep in me - my inner voice - that is in connection with the spirit of the universe...that is God. I must listen for that voice.

Courage is not the absence of fear, but taking action despite the fear.

Step 5 frees me to be who I am, no need to hide anything. Honest, open living is possible.

Step 6 helps us to maintain an open-minded, flexible attitude.

A closed mouth gathers no foot.

Spiritual Awareness: "God, be my compass, not my logic".

Step 12 - how can I be of use to the still suffering compulsive overeater? See page 163 of the Big Book.

The steps helped me know that God assures me that everything is okay.

If we don't maintain a fit spiritual condition, we will relapse. See pages 84 - 86 of the Big Book.

We must "clean house" as often as we can with Step 10 to keep in fit spiritual condition.

The Steps allow me to have a clear connection between what I believe and what I do.

When my family misses me because I'm going to a meeting, they miss the person I've become because I go to a meeting.