

STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it.

SPIRITUAL PRINCIPLE

PERSEVERANCE

There are many ways to take a personal inventory. The simplest is taken mentally, and some veterans in the Twelve Step way of life have become so adept at this practice that self-analysis is second nature. A spot-check inventory, taken whenever we find ourselves facing difficulties, is something we can learn to do in a few moments of quiet reflection whenever the need arises. With practice, it becomes easier to recognize the exact nature of our problems and see what actions we need to take to restore our serenity, actions we will want to carry out “promptly” as Step Ten advises. Perhaps we’ve forgotten our Step Three decision and are trying to control some aspect of our lives by self-will. Do we need to discuss the problem with our sponsors, or ask our Higher Power to remove a character defect? Have we wronged someone and now owe amends? Are we applying the Twelve Steps and their underlying Principles to our situation? Once we begin to practice this pattern of on-the-spot analysis and action whenever we’re disturbed, it becomes a habit for us, and we discover we’ve learned an amazing new set of skills for successful living.

When something more than a spot-check is called for, many of us have found it helpful to write our Step Ten inventory. Putting our thoughts and feelings down on paper or describing a troubling incident helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them. When we write about our difficulties, it becomes easier to see situations more clearly and perhaps better discern any actions that need to be taken.

From *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* pgs. 70 and 71

STEP ELEVEN

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.

SPIRITUAL PRINCIPLE

SPIRITUAL AWARENESS

The stress of attempting to trust myself when my disease was rampant was like trying to push a rope up a tree – impossible. I'm grateful that today I have a Higher Power I can trust to guide me in honesty and truth.

I no longer have to depend on my own unsteady willpower. I now live in God's will, which I receive through the Step Eleven prayer, and I can rest in God's love through my fellow recovering OA members.

When fear strikes my heart, I remember that fear and faith cannot dwell in the same place at the same time. When I fear myself or other people, places, or things, it reminds me to concentrate on faith. For me, that means more surrender, more prayer, and more meditation. I consciously and gratefully receive more of God's love through family, friends, and the Fellowship.

I still make mistakes, but I no longer fear my thoughts, my actions, or my disease because I trust my Higher Power.

From Voices of Recovery – February 10

STEP ELEVEN

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.

SPIRITUAL PRINCIPLE

Spiritual Awareness

I choose to put in order my thoughts and hang the walls of my mind with pictures of whatsoever things are lovely and of good report.

Joseph Murphy

Do I have the power to choose my thoughts, my moods? Yes! I can choose to put love at the center of my being, so its warmth and cheer will be with me always. I do not have to let the world's doings dictate my moods. I can determine what I want to think about, how I want it to be.

When I pray and meditate, I chose faith; I expect the best and make room for it in my mind. I choose to let God's light be my strength and my joy.

For today: I choose things that are lovely to put in my mind.

From "*For Today*" *Overeaters Anonymous* November 8th