

TWELFTH STEP WITHIN

RELAPSE AND RECOVERY--COLLECTED EXPERIENCE, STRENGTH AND HOPE

This is the second installment of the collection of experience, strength and hope gathered from letters sent to the Region III Twelfth Step Within Committee. It will be continued. PLEASE LET US HAVE YOUR INPUT. Thanks!

17. WHEN YOU ARE GOING THROUGH A PERIOD OF STRUGGLE, REACH OUT TO AS MANY AS POSSIBLE OF THE RECOVERING OLD TIMERS WHO SMILE A LOT AT MEETINGS. SOME PROBABLY HAVE DEALT WITH WHAT YOU ARE GOING THROUGH.

18. RECOMMITMENT QUESTIONS DEALING WITH STEPS ONE TO THREE AND QUESTIONS TO HELP YOU TO FIND THE PROGRAM ANSWERS TO THE PROBLEMS YOU ARE FACING ARE VERY HELPFUL.

19. LONG TIME ABSTAINERS ARE FIRM BELIEVERS IN THE "ONE DAY AT A TIME" CONCEPT. MOST FEEL THEIR ABSTINENCE BEGINS ON A DAILY BASIS WHEN THEY WAKE UP IN THE MORNING.

20. I SLIPPED BECAUSE I CHOSE TO DO SO. I AM RECOVERING BECAUSE I MADE ANOTHER CHOICE.

21. RECOMMITMENT MEETINGS WHERE DISCUSSION COULD TAKE PLACE OF WHAT MEMBERS ARE DOING TODAY TO STAY IN RECOVERY ARE VERY HELPFUL.

22. MAINTAIN CONTACT WITH YOUR SPONSOR AND CALL WHEN PROBLEMS COME UP. IF YOU FEEL YOU NO LONGER NEED ONE, YOU POSSIBLY WILL VERY SOON.

23. THE STEPS HAVE TO BECOME A PART OF YOUR THINKING AND REACTING TO LIFE.

24. ANY BUSINESS THAT TAKES AN INVENTORY THE FIRST YEAR AND NEVER TAKES ANOTHER WILL NOT BE AROUND FOR LONG. NEITHER WILL A COMPULSIVE OVEREATER.

25. GROWTH IS SLOW BUT SURE FOR ALL OF US AS LONG AS WE KEEP GETTING BACK ON THE PATH.

26. EXCUSING OR JUSTIFYING A SLIP IS THE QUICKEST ROUTE TO A BINGE. TAKE RESPONSIBILITY FOR YOUR ACTIONS AND TAKE ACTION TOWARD YOUR RECOVERY.

27. OVEREATERS ANONYMOUS IS NOT AN EXCLUSIVE CLUB FOR THOSE EXPERIENCING SUCCESS.

28. IF YOU HAVE THE FEAR OF SLIPPING, REPLACE IT WITH THE FAITH IN YOUR HIGHER POWER TO GIVE YOU THE STRENGTH TO REMAIN ABSTINENT.

29. IF YOU CANNOT CLEARLY DEFINE YOUR ABSTINENCE, MAYBE YOU DON'T HAVE IT.

30. DOUBT IS A SYMPTOM OF OUR ILLNESS; IT DIMINISHES WITH POSITIVE ACTION AND FAITH.

31. NEGATIVE EMOTIONS AND SELF-PITY DIMINISH WITH POSITIVE ACTION. MAKE THE DECISION TO DO SOMETHING POSITIVE AND DO IT. IT WORKS--IT REALLY DOES!!

BLAME

Blame, Blame, what a friend you were.
With you at my side, I felt secure.
My fourth step inventory I took
With only an inward look.
What a shame, only me to blame!

Admit to God, self and one other
My wrongs. What an order, oh brother!
God and self, ok, but another, too?
I proceeded, and what a relief, Whewoo!
What insight, only me to blame!

Ready I stand on the road to perfection,
To have removed, all defects reaching detection.
Humbly I stand, asking each defect be removed.
My whole being feels light and improved.
Indeed, this insight, only me to blame.

Now I proceed with pen in hand, a list to make.
I asked for willingness, this 8th step to take,
Willing I became to make amends to them all.
On whom shall I make my first call?
Not they, only me to blame.

No longer with anger in a clenched fist.
No, this time I was clenching my list.
Name four and ten I scratched, as there I may injure.
The rest I approached for amends with ginger.
Steps, my friend, you've released me from blame.

Steps ten through twelve, you're a breeze.
Fearing any of the steps were only a tease
My ego dangled to keep me in shame and guilt.
Today, I'm free, having a whole new attitude built.
Thanks to the steps, behind me lie guilt and blame.

Guilt and blame, what a shame,
We allow you to burden us lame.
Our Higher Power carries us to the sky
Where free as a bird we now fly.
Steps, my friend, you are to blame (credit!)

Doris c.

