

# OA Desert Recovery August 2025

## Promise: Self-seeking will slip away

I wish I had understood self-seeking when I was younger. But, I had certain criteria I used when judging someone to date- looks, job, capability. Of course, these qualities are variable, affected by the economy, health, age. In the case of love, the changing circumstances would not have affected that love. But instead I was seeking, trying to find a source of perfect security. Leaving aside the futility of that search, just the desire to use another person in that manner was so thoroughly selfish. One of the gratitudes of this program is reduction of that selfishness, which was only possible after finding a higher power and, finally, a source of perfect security. Becca B



When I first came into Overeaters Anonymous, I could not imagine a life where I was not consumed by thoughts of food, my body, or what others thought of me. Every decision I made seemed to revolve around how I could protect myself, manage appearances, or avoid discomfort. My life was centered on me—my fears, my wants, my anxieties. Through working the program and practicing the steps, I've slowly experienced the promise that "self-seeking will slip away." Instead of constantly asking, What do I need to get through this? I find myself asking, How can I show up for others with honesty and humility? That shift has been one of the most freeing parts of my recovery.

Self-seeking has not disappeared completely, but it no longer drives every choice I make. I have a growing sense of peace in letting go of control and being present for the people and situations in my life. This promise reminds me that recovery is not just about freedom from compulsive eating, but about a transformed way of living that opens my heart to something greater than myself. Michelle S

Before my recovery in OA I was always thinking about myself. I only did things for you because I wanted you to be my friend. I lied to you for the same reasons. Thankfully after working this program and doing the steps, I have received this promise. I do things for others without any expectations. I give compliments just to be a caring person. I used to hold doors open for others and I expected a thank you. When I did not get one I would sarcastically say "you are welcome". I learned that if I am doing something special for another person, I am doing it for that reason and no thank you is required. This took me a long time to learn but I have that gift. Life is so much easier now that I am a giving, trustworthy person who thinks of the other person with no expectations. Rhonda S.

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I'm a grateful food addict recovered from a seemingly hopeless state of mind & body - not cured mind you but definitely recovered. Here's my 2 cents on "Self-seeking will slip away": All the promises have come true for me & then some! Selfishness & self-centeredness are character defects that have no place in my recovery because we can't keep unless we give it away. This is a We program. I can't do it alone. Even if you take the I off of illness & add a we, you have wellness, yay! Never alone again! The steps, traditions, promises, principles & slogans are designed to help us get in right standing with a God of our understanding & to trust God, clean house & serve others, where there's no greater pleasure than to share experience, strength & hope & watch others get hope & recovery like we have odaat (one day at a time). Thank you for your service & allowing me to be of service by sharing here. Jody M

Ironically, it's this program which helped me to FIND myself. I had been looking for me in all the wrong places! Working the Steps, though, has shown me that my world needs to go beyond me-me-me! Once I "found" myself and the real me came to surface, I discovered that this new version of me wasn't craving the attention and approval of others....at least not quite so much. Service in OA gave me a new purpose. Over time, when I asked God for instruction and guidance, I was drawn to what I could do to serve others. I now believe that the (higher) power in me draws upon the power of we. When "we" becomes my focus, that sweet connection braids together the physical, emotional, and spiritual threads of this program. Joy V'Marie

The funniest thing about ego, the strangest thing about ego is its disguise. When I'm wrapped up, absorbed in it, it seems so authentic!

But a little recovery is all it takes. Reading the Big Book, talking with the program friend, etc., and suddenly the disguise lifts and I see it for what it is: the tantrum of an infantile ego. And once I've seen it, I can't unsee it. I might not like to admit it, but I have to admit it.

Once I see it, I know what I have to do. I have to surrender and turn around 180° and put my focus on someone else. Service is the best medicine for healing my ego-trapped soul. Michael A