

OA Desert Recovery March 2026

Freedom from the Bondage of Self

Those dark and lonely times when the disease took its place in my mind, pushing its way past sense and sensibility, made me binge all the more. It was a hopeless cycle of addiction – eating more to avoid thinking about the ruin my overeating had done to my body, to my relationships, to my beliefs – and then those thoughts led to eating more. I was chained to an insatiable appetite, to a lifestyle which always wanted more, keeping me in a dark cellar of thoughts and feelings which I kept stuffed down – but they kept surfacing. Now? Abstinence has broken the chains, the cycle, the addiction! Recovery has really given me a life where I can be happy, joyous, and free!

Joy V'Marie



I still catch myself thinking the way I used to think. I would be in a meeting at work, carefully comparing my appearance to others, checking my hair, sucking in my tummy. Maybe giving a second look to a guy to see if he would do for my caretaker. What's in it for me? Self, self, self. The really sad part is that I thought I was being smart, taking care of things properly. Of course, my selfishness was obvious to others, and they carefully backed away. All the time this was going on, deep inside, I knew I was acting as a friend, while mostly manipulating to get my needs met. It took time, slowly sinking into self-hatred. I knew I was untrustworthy, and my biggest fear was that others would find out. It was a horrible way to live. The bondage of self uses ropes slippery with yucky slime. It took hitting bottom, powerless over the compulsion to overeat, before I was forced to look at my inner self. But now, if I catch the selfishness trying to take over, I just roll my eyes, talk to my Higher Power, saying, here I am again, all ego and grins, being the fool once more. It is through conscious contact with my Higher Power that I find the ability to be the person I always thought I could be - kind, loving, tolerant, helpful. Therein lies freedom from the bondage of self.

Becki B



Sponsored by *Southern Arizona Intergroup of Overeaters Anonymous*
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First let me quote a familiar line from our big book pg 62; "Selfishness--self-centeredness! That we think is the root of our troubles. Driven by 100 forms of fear, self-delusion, self-seeking and self-pity we step on the toes of our fellows and they retaliate.... we have made decisions based on self which later put us in a position to be hurt. So our troubles, we think, are basically of our own making". Hello!?!!"

I'll stop right there- once we know the problem and our part, we can utilize our tools, our HP, the program, the steps and begin to rather than

Forget Everything and Run, Face Everything and Recover!

Yay! Steps 1, 2, & 3: I can't, God can, now I need to let Him - the springboard to working the rest of the steps to uncover, discover and discard what no longer serves me. Love and service is our code and Faith is our key to Trust God, clean house and serve others...all bring freedom from the bondage of self, yay, just to name a few! God is Good every day and recovery only gets better from here!

Jody M.



When I first heard this promise being read, I truly did not understand the meaning. With recovery I began to see that I was thinking about myself always. I did not know how to listen to what people were saying. My mind was busy finishing peoples' ideas. I knew what you were going to say according to Rhonda.

I only thought about what I could get out of doing something good for another person. When I began to do service I began to feel more honest about why I was doing something "caring" for others. It was truly to help them with no expectations for myself.

This was also achieved when I began to be honest with myself and others. Before recovery, I would say things that I thought you wanted to hear because I wanted you to be my friend. Honesty has truly made me "free" of ulterior motives. My mind was beginning to clear of "self".

This has been such a rewarding promise, and I am no longer thinking about "me" but about "you". I have learned about self-care but that is very beneficial to me.

Rhonda S.