

Working through the Twelve Steps on How We View our Bodies

Step 1: Admitted we were powerless over the way we view our bodies- that our lives had become unmanageable..

Think about/Assignment: How has the way you felt about your body affected your life? (thoughts and feelings and actions) BB pg 52-bedevilments, OA 12 & 12 pg 6.

Step 2: Do I now believe or am I willing to believe that there is a power greater than myself that can restore me to sanity in this area of my life?

Think about/Assignment: Why or why not? What does sanity look like to me in relation to how I think about or view my body? BB pg. 47, OA 12&12 pg. 16-17.

Step 3: Decided to turn my will and my life (my thoughts and my actions about and toward my body) over to the care of God as we understood Him.

Think about/Assignment: What would you like your Higher Power to do for you in the area of your view of your body? BB. Pg. 60, 62, Voices of Recovery pg. 223

Step 4: Made a searching and fearless inventory of my views of my body.

Think about/Assignment: Write a history of your body image: the way you have viewed your body through the years. Two parts: a. Past b. Present c. Draw a picture of your body and put hearts on the parts you like, a smiley face on the parts you tolerate and an x on the parts you don't like. AA 12 & 12, pg 49-50.

Step 5: Admitted to God, to ourselves and to another human being our views of our bodies.

Think about/Assignment: Share your 4th step with another person and with God. AA 12 & 12, pg 55 first 2 paragraphs.

Step 6: Became entirely ready for God to change my view of my body.

Think about/Assignment: AA 12 & 12 Beginning of Step 6. This step separates the men from the boys! This starts with the present and moves to what we will do. Entirely ready for God to remove the defect that has me hating my body-- the defect of the mind, not the body! This is the first step about the future; the first five Steps are about the past. Voices of Recovery, pg 263; OA 12 & 12, pg 56 & 57 and BB pg 76, AA 12&12 pg. 63.

Step 7: Humbly asked God to remove my shortcomings on my negative view of my body.

Think about/Assignment: List your defects. Ask yourself what is the benefit of the defect and what is it costing me? (We ask for the same intuitive thoughts about our body image as we do about food throughout the day. Move out from ourselves toward others.) AA 12 & 12 pg 72 and 76, OA 12&12 pg. 57.