

*Step 8: Made a list of the harm I have done to myself and others by keeping a negative body image.*

*Think about/Assignment: Change our actions in the future. I harm myself by my thoughts. List the defects and then what it is costing me and what is the benefit of keeping that view of my body. Then make a list of how it would be different if you viewed your body with love, respect and appreciation. OA 12 & 12, pg 78, and Voices of Recovery, pg 181.*

*Step 9: We began to treat ourselves differently.*

*Think about/Assignment: Write an amends letter to yourself regarding how you treated yourself and your body.(about self worth, time, patience, passion and understanding needed to move forward.) For Today, pg 66*

*Step 10: Continued to take inventory of the way we view our bodies and when we slip back into negative thinking, promptly admit it.*

*Think about/Assignment: Write an affirmation to yourself-something positive about your body. Say it to yourself out loud looking into a mirror for 30 consecutive days. (Vigorously commenced this way of living. Ask God to remove the fear and selfishness and look to see whom we can help. Look outside yourself. Love and tolerance is our code--to ourselves as well as to others. Accept and love myself as I am Right Now, rather than condemning myself. Humility is not thinking less of yourself. It is thinking of yourself less.) BB, pg 84, OA 12 & 12, pg 85, and AA 12 & 12, pg 88.*

*Step 11: Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of his will for us with regard to our view of our bodies and the power to carry that out.*

*Think about/Assignment: Write a letter from God to yourself telling how He sees in relation to your body and image of it. (Open our minds for spiritual nourishment from God. We do not get to decide we are not good enough right now to talk to God. We raise ourselves up to God. Meditation: still our mind and listen to God. Prayer: talk to God. God, I am this way and only You can change me).. BB, pg 86 - 88, OA 12 & 12, pg 93 & 96; and AA12 & 12 pg 96 & 102, and pg 99, (11th step prayer).*

*Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs involving body image.*

*Think about/Assignment: Share your affirmation with another. BB, pg 89. Intensive work with others. BB, pg 14&15, and pg 89 first 2 paragraphs; and Voices of Recovery, pg16: "...We ARE the message. Each day we live well, we ARE well..." OA 12 & 12, pg 106.*