

## H.O.W. Series 2 Questions

---

1. Read Chapter 5 (BB).
    - a. Why do you need to stop overeating in your life right now?
    - b. Why did you come to O.A.?
    - c. What are you seeking?
    - d. Is slimness the most important thing?
  2. Read Chapter 5 (BB).
    - a. What is well?
    - b. Is fat acceptable in your life?
    - c. Can you accept the way you are?
  3. Read Doctor's Opinion (BB). Write a history of your compulsive overeating, include bouts with eating and dieting, relationships that were tied up with food, food related family occasions, recent diet failures and eating problems that brought you into (or back to) O.A.
  4. Read Doctor's Opinion (BB). Discuss and reflect on the phenomenon of craving as it appears in the three levels of your life, physically, emotionally, and spiritually.
  5. Read Step One. Discuss and reflect upon the Idea that the "devastating weakness" discussed in this chapter is a source of strength as long as we don't look to food for our comfort.
  6. Re-read Step One. Discuss and reflect upon the mental obsession that precedes the first compulsive bite. Also discuss the idea that obsessing about anything will eventually lead to overeating.
  7. Read pages 5 and 6 (BB). Discuss and reflect upon the idea of oblivion eating as it is characterized in Bill's story. How has it manifested in your life?
  8. Read Step One. Discuss why, for the true compulsive overeater, there is no possibility of controlled eating.
  9. Read pages 20-24 (BB). Discuss and reflect on your last eating binge and why you are without defense against that first compulsive bite.
  10. Read Step One. Discuss the idea that when one overeater plants in the mind of another the true nature of our malady, that overeater can never be the same again.
  11. Read Chapter 3, up to page 35 (BB). Discuss and reflect upon what sort of thinking dominates when the compulsive overeater repeats the desperate experiment of trying just one bite.
  12. Read page 9 (BB). Discuss the reoccurrence of the idea that if you return to overeating you can "recapture the spirit of other days."
  13. Read Chapter 3 (BB). Discuss and reflect on the following idea as it manifests in your life: The deception of others is nearly always rooted in the deception of ourselves.
-

14. Read Step Two. Discuss and reflect upon:
    - a. Those who believe.
    - b. Those who can't believe.
    - c. Those who have lost their faith.What category do you sometimes, or often, find yourself? What steps must you take to change?
  15. Read pages 21-29 (BB). Discuss and reflect upon the idea that there is no middle of the road solution to compulsive overeating. Take some time discussing the alternatives to recovery on page 25.
  16. Read Step 2. Discuss and reflect upon the need for open-mindedness. Why is it essential to your recovery in the O.A. program?
  17. Read Chapter 4 (BB). Discuss and reflect upon why a change of attitude towards a power greater than yourself and a few simple actions are necessary if you are to change your life.
  18. Read Step Two. Discuss and reflect upon the following concepts as they play a part in your spiritual life:
    - a. Intellectual self-sufficiency
    - b. Wandering from faith
    - c. Self-righteousness
  19. Read page 35 (BB) 'Discuss and reflect upon the idea that compulsive overeaters have to be pretty badly mangled before they commence to solve their problems.
  20. Read Step Two. Discuss and reflect upon the following:
    - a. No person could believe in God and also defy Him.
    - b. For our recovery, we need a faith that works under all conditions.
  21. Re-read Step Two. Discuss and reflect upon why every O.A. meeting is an assurance that God can restore us to sanity.
  22. Read Step Three. Discuss and reflect upon the growth that one must have before one can move from Step Two to Step Three.
  23. Read Chapter 3 (BB). Discuss and reflect upon why willingness is the way to a faith that works.
  24. Read pages 569-570 (BB). Discuss and reflect upon the "God consciousness" you have experienced for yourself and have seen in other members of your fellowship of O.A.
  25. Read Step Three. Discuss and reflect upon "spiritual dependence" as the only means of escape from the destruction of compulsive overeating.
  26. Read pages 25-29 (BB). Discuss and reflect upon the concept that recovery depends upon huge emotional displacements and rearrangements.
  27. Read pages 41-42 in the 12 & 12. Discuss and reflect upon how we may go about bringing our will into agreement with God's intention for us
-

28. (No reading). Discuss and reflect upon the seven tools of your daily recovery.
    - a. Abstinence
    - b. Telephone
    - c. Sponsor
    - d. Meetings
    - e. Service
    - f. Literature (include writing and burning)
    - g. Anonymity
  
  29. Read Chapter 11 (BB). Discuss and reflect upon the vision God has for you. Discuss at length what this concept means to you: Our answers will come if our own house is in order.
  
  30. Read the last pages of Step One and Step Two. Read Step Three. Write for 15 minutes on what your concept of God is today. How does He materially manifest in your life? Turn to page 63 of the Big Book and memorize the Third Step prayer.
-