

OA H.O.W. Precommitment Assignments - Series 3

1. In the Big Book (BB), read pages 28, 30, 47, 48, 58, 88, 550, 551, 570; read 12&12 pages 24, 31, 35.

Look up and define H.O.W. (Honesty, Open-mindedness, and Willingness). Define conviction. Discuss and reflect (D&R) upon the idea that under the lash of compulsive overeating, we become as open-minded to conviction as the dying can be.

2. . In the BB, read the Foreword to First Edition page xiii, paragraph 1; Doctor's Opinion pages xxiv and xxv, last paragraph; pages 82, 83, 94, 95, 108, 121, 122, paragraph 3; pages 141-143, 180, 181, paragraph 2; pages 206-207, 447, and 570; In the 12&12 read page 31.

The H.O.W. program is for the compulsive overeater (COE) whose compulsion has reached a critical level. D&R upon your willingness to accept the HOW plan of eating, steps, traditions, readings, writings, and all of the tools of recovery in order to break out of our isolation. D&R upon the idea that we use these tools, not as suggestions but, as essential requirements for our sustained recovery. A recovery, which consists of three-levels (emotional, physical, and spiritual) and which is taken one day at a time.

3. In the BB, read page 88 (we are undisciplined; we let God discipline us); Doctor's Opinion xxviii (refers to entire abstinence); page 93 (lines 8, 9 and 10); pages 93-96 (page 96, lines 3 and 4); and pages 141-143, 448, 550, 551. In the 12&12, read page 28 (the four roadblocks to recovery); page 31 (defiance); and Tradition 1, paragraph 5.

The H.O.W. concept offers the COE a disciplined and structured approach. The basic principle of this approach is that abstinence is the only means to freedom from compulsive overeating and the beginning of a spiritual life. D&R upon how these pages relate to you in your recovery today.

4. In the BB, read page 63, paragraph 2; page 64, paragraph 2; page 76, paragraph 2 (BB pages 17, paragraph 3; pages 95-96, 141-143).

D&R upon your willingness to accept the idea that abstinence (spiritual principal, the power of agreement) is not a personal thing in H.O.W. Abstinence is a joint effort (collective surrender); and a three-level recovery, which frees the COE from the bondage of self. This is achieved through a guided program of reading, writing, and applying the steps and traditions to our lives every day.

5. D&R upon how your commitment to the understanding, acceptance and awareness that your three-level recovery, through abstinence and taking the first three steps, and your further surrender to the additional steps and traditions are essential for a sustained recovery, one day at a time. BB pages 25, 122, paragraph 3; pages 169, 206-207; 12&12 page 134, paragraph 21 (Tradition One); page 135 paragraph 2; page 178, paragraph 2 (Tradition Nine); page 179, paragraph 2.

6. Write on Tradition Seven.

7. Abstinence is the spiritual principle of tithing (one tenth). In the surrender of our greatest possession, which is food, with an attitude of humility, gratitude, enoughness and a conscious, loving spirit, we are living in the spirit of Tradition Seven, affirming through our contributions our willingness to live by spiritual principles. We claim our tenfold return from the universe by

surrendering our greatest possession, our food. We therefore experience an entire abstinence, one day at a time. Read BB Doctor's Opinion XXVII, paragraph 4; page 102, paragraph 2; page 206 bottom to page 207 top; page 570; 12&12 page 169.

8. D&R as the following relates to you: Most individuals cannot recover without a group. To be certain, much of our strength is found in the structure of the group and in the individual's 24-hour, three-level surrender (BB pages 63, paragraph 2; page 64, paragraph 2; page 76, paragraph 2) to a three-level sobriety as it is written in the literature. We can only avail ourselves of a sustained recovery one day at a time through a willingness to live in the spirit of Tradition Seven. Write and affirm the following: We are self-supporting through our own contributions in a now moment of unconditional love and acceptance of it all. Read 12&12 page 169, Tradition One pages 133-135, page 165.
9. D&R upon the following: I don't water down my program for anyone (BB pages 96-97). For the COE who is able and willing to get well, little charity is needed or wanted. We don't play in traffic (we don't play God). Our level of denial (the brat) is too deep. We can learn to be humble without being servile and scraping. Read 12&12 pages 31, 174; BB pages 83-84, 91-94, 142-143, 357 (popular brat), 418 (spoiled, indulgent brat).
10. Discuss and reflect on "What does the H.O.W. concept mean to me?" (**See Question 70 packet**)