

H.O.W. — SUGGESTED QUESTIONS FOR SLIPS

1. Why did I slip and what is it doing to me?
2. Write on all 7 tools and tell why you must work them every day.
3. Self control leads to self respect. Write on it.
4. Of all the animals in the kingdom, which one would I like to be and why?
5. I am convinced that my whole life depends on not taking that first bite. Can I afford ever to forget this, even for one minute?
6. Have I learned that slipping and choosing not to follow my food plan seems to be partly subconscious. Am I on my guard against wrong thinking?
7. There are many reasons why slips occur, but it has been proven without exception that once we have become compulsive overeaters, we can never indulge successfully again. Could I be the only exception to this rule?
8. Compulsive overeaters usually are compulsive in other areas of their lives. Do I have other compulsions and am I following the OA way to help me rid myself of these burdens?
9. OA taught me not to run away, but to face reality. Have I given up trying to escape life?
10. OA taught me how to get organized and to stop fighting against myself. Am I getting rid of inner conflicts?
11. Many compulsive people are overwhelmed by real or imaginary chores. Am I one of these people? If so, how can I help myself change this trait in my personality?
12. We must make, as gracefully as possible, a surrender to the inevitable fact that we must stay abstinent one day at a time. Is it difficult for me to admit that I am different from normal eaters?
13. Is OA the foundation on which I build my life?
14. Have I found a more sufficient substitute for compulsive overeating?
15. When I feel angry, is it better to let it out or hold it inside?
16. Compulsive overeaters are emotional people and we have gone to excess in everything we have done. Have I learned to take it easy?
17. Am I afraid to reach my goal weight? If so, why?
18. Am I still clinging to something that I will not let go of?
19. We must be careful never to show intolerance of people who can eat everything.
20. If we are to live and feel serene, we must be free of anger. Am I free of resentment and anger? Am I able to control it constructively when it does flare up?

21. What does food do for me that makes it so difficult to let go?
22. What sort of thinking dominates a compulsive overeater who repeats time after time the desperate experiment of the first bite? Have I given up all excuses for taking that first bite?
23. The delusion that we are like other people he has to be smashed. Am I convinced that I can never take that first bite?
24. We cannot be reconciled to a life without binge foods, unless we can experience an entire psychic change. Have I had a psychic change?
25. The OA way of living is not an easy one. It's worth the battle, no matter how tough the going is from day to day. Isn't it worth the battle?
26. Compulsive overeaters try time and again to take just one piece. Inevitably, it ends up in a binge. Have I given up every excuse for taking that first bite?
27. Compulsive people usually think and do things in the future. Am I living in the now?
28. Many people have serious problems, pressing duties, and unending engagements. Have I achieved poise and peace of mind in my daily living?
29. Realizing compulsive overeating is a disease, we can take the necessary steps to arrest it. Have I fully accepted my handicap?
30. We must never get too hungry, too angry, too lonely, or too tired. H.A.L.T. is a program to remember. Do I practice H.A.L.T.?
31. We have come to believe that there is no problem that compulsive eating will not make worse. Am I convinced that abstinence is the only way?
32. Our rewards are much more lasting than those immediate gratifications we sought in the past. For our daily struggles we gain inner peace and serenity. Have I found peace and serenity?
33. It is not the big tragedies in life that cause us trouble—it's the irritable and petty daily things that get to us. Have I learned to handle the little things?
34. When we begin to get honest about how we really feel, we begin to get somewhere. Am I honest with myself about how I really feel inside?
35. In the beginning, the steps were just a theory to us, a beautiful, but remote, ideal. Working the tools will help me stay abstinent one day at a time. Am I satisfied with the results I see?
36. How would you evaluate your self image fight now? Describe.
37. What are our expectations ions today?
38. What commitments are you ready to make Just for Today?
39. What's really bugging you today? What is eating you? Can you share and get it out and honestly write on it? If so, please do and spit it out and not shove it down.

40. Am I open minded and willing to do what I have to do?
41. The Program is perfect—I'm human. How does this statement make you feel?
42. Have I allowed personalities to disrupt my recovery? If so, can I get back into the rooms and recover until I can come to grips with the principles of the Program itself?
43. Do I need more help than OA? Am I ready to ask for it?
44. Do you feel “burned out” by the Program?
45. Are you now allowing foods in your Program that were once questionable?
46. Have you experienced a major change in a close relationship or in your financial status?
47. Are you baffled by situations you used to intuitively know how to handle?
48. Were you at one time in your recovery dealing with threatening issues of your sexuality that have now gone underground?
49. Do you feel you have “drifted away” from your higher power?
50. Are you hanging on to old ideas even though they seem to be getting you nowhere?
51. Are you hanging on to a concept of God that no longer seems to work for you?
52. Are you finding reasons not to attend as many meetings as you once felt you needed?
53. Write a history of your compulsive overeating. Make it a heart-felt and thorough assignment.
54. How did you see the disease progress when you were away from the Program? Discuss any of your major stumbling blocks. Why did you leave the Program in the first place?
55. Read Step 1 in the 12 & 12. Underline what pertains to your relapse. Using your underlined words as a basis, write about your personal powerlessness over food.
56. We shall find no enduring strength until we admit complete helplessness and accept that we are defeated. Discuss this comment in the light of Step 1.
57. Were you honestly willing to go to any lengths to work the program? How do you feel about it now?
58. How do you see the value of incorporating discipline into your life in order to achieve success?
59. Read Step 2 in the 12 & 12. Highlight the phrases that are important to you, and discuss them
60. Discuss your concept of a Higher Power. Did this concept help or hinder you in your previous OA experience.

61. The HOW of the Program is honesty, open-mindedness, and willingness. Discuss the specific ways in which your dishonesty contributed to your relapse
62. How do open-mindedness and willingness help you to accept a Higher Power?
63. Read Step 3 in the 12 & 12. Write your interpretation of Step 3. How has your difficulty in following Step 3 kept you from working the program before?
64. Write on the concept: Dependence on a Higher Power lead to greater independence.” (Reference p. 36 in the 12 & 12.)
65. Discuss your concept of Higher Power. Could that concept have held you back from spiritual growth? Elaborate.
66. Reread what you wrote for assignment 65. What concept of a Higher Power do you think might work for you? Do you think you are open-minded and willing to accept it?
67. Because you were able to lose weight before does not mean you had a full grasp of the program. You must now be willing to move on to a greater experience with personal spirituality, not looking at your old successes at weight loss. The primary focus is not really weight loss, but spiritual growth. Are you working to get back what you once had in Program, or are you looking for new spiritual growth? Discuss.
68. Abstinence as defined by OA means to refrain from compulsive overeating. It does not mean the ability to lose weight. How does the capacity to turn your will over to a Higher Power relate to your abstinence?
69. It is the journey, not the destination that is important. How does this concept help you to work the Program one day at a time?
70. In turning your will over to a Higher Power, you must let go. Write about recent incidents in which you have stopped holding onto old or new hurts, defeats, angers or resentments.
71. Spend tomorrow turning your will over to your Higher Power. It will be Higher Power Consciousness Day. How does turning your will over to your Higher Power differ from taking your will or someone else's? List some incidents that you want to blame on someone else and discuss your own responsibilities for what happened.
72. “Take positive action.” Experts say that exercising speeds up the metabolism, elevates mood and gives us a positive feeling. Do you exercise? Can you see yourself doing walking, swimming, dancing, riding a bicycle, or what? In the next week, try walking every day, at first only two blocks if necessary. Write about your feelings on exercising.
73. Read Step 4 in the 12 & 12, “...made a searching and fearless moral inventory of ourselves...” We try not to take OTHER people's inventories, in Step 4 or in our daily lives. Explain why we must concentrate on our own defects and not on anyone else's. List some incidents that you would like to blame on someone else, and discuss your own responsibilities for what happened.
74. Many of our problems are the results of fears. We try to take control over others as a result of fear. Discuss your fears and how they manifest themselves in your behavior.
75. Fear can trigger isolation, anger, resentment or sarcasm. Discuss how this relates to you

76. Read Step 5 in the 12 & 12. Recovery will come from verbalizing Step 4, enabling you to let go. What are you likely to receive from Step 5? (Reference pp. 57-58 in the 12 & 12.) Be detailed.
77. Read Step 6 in the 12 & 12. (“...were entirely ready to have God remove all these defects of character.”) In Step 4 you covered character defects. Discuss which of these you are ready to let go.
78. Read Step 7 in the 12 & 12. (“Humbly asked Him to remove our shortcomings.”) Underline as you read and discuss what seems meaningful to you.
79. Read Step 8. Write on this statement: “I need to face my own actions, rather than to concentrate on self-justification, such as, “I was provoked... He made me do it..., etc.”
80. Read Step 9 in the 12 & 12. Read “Into Action” (Steps 8 & 9) in the Big Book. See p. 83, last paragraph - “The Promises.” Do you think this can happen to you? Explain.
81. Read Step 10 in the 12 & 12. Write on: “It is pointless to become angry or to get hurt by people who, like us, are suffering from the pain of growing up,” (pg. 92 in the 12 & 12.) Elaborate.
82. What do you see as the value of taking a daily inventory? Which kind of daily “spot check” are you more likely to do, a written or an unwritten one?
83. Read Step 11. Have you ever meditated? Practice meditation. Put yourself in a place of tranquility. Relax and think about life. (Reference end of p. 98–99 in the 12 & 12.)
84. Read Step 12. Step 12 is more than spreading the work of the program or giving service. It says that the greatest service is to practice this program for yourself. How did you previously interpret Step 12?
85. Read Chapter 7, p. 89 in the Big Book. Next, locate these words in the 12 & 12 on p. 114, bottom: “We have learned that the satisfaction of instincts ... etc.” How does this apply to Step 12?
86. Overweight people get a lot of negative messages about their bodies from themselves, their families, their friends, the media; in short, from everywhere. Write on how to accept your body as it is today. Do you expect a perfect body when you have lost your weight? If so, is this reasonable? Why or why not?