

Step Working Guide for food addiction

Preface

The working title for this project for many years was the "Step Writing Guides." However, we recognized that the word "writing" imposed a limitation on members who may be unable to write or may choose not to use writing as the means for working the Twelve Steps. Therefore, the title became the Step Working Guides.

Each chapter includes both narrative and questions. The narrative is meant to provoke thought about the questions, but is not meant to be comprehensive. There is a difference in "voice" between the narrative and the questions. The narrative is written in the "we" voice in order to promote unity about what we all have in common: our addiction and recovery. The questions are written in the individual "I" voice so that each member using these guides can personalize the work. The Step Working Guides is a companion piece to It Works: How and Why. Thorough discussion of each of the Twelve Steps is contained in that work. Additional information about recovery can be found in other food addiction literature. If we find that any of the terms used in this book are unfamiliar, we should feel free to make use of a dictionary.

These guides are meant to be used by members at any stage of recovery, whether it's our first time through the steps or we've been living with the steps as our guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps. As we grow in numbers, in diversity, and in strength and longevity of sobriety, we need literature that will continue to serve the needs of the fellowship literature that "grows" along with the fellowship.

However, as open and inclusive as we tried to be when writing these guides, we realized that we would never be able to write something that captured every member's experience with the steps. In fact, we wouldn't have tried to do that, even if we thought it were possible. This book contains guides to working the Twelve Steps toward recovery; it does not contain recovery itself. Recovery is ultimately found in each member's personal experience with working the steps. You can add to these guides, delete from them, or use them as they are. It's your choice.

There's probably only one inappropriate way to use these guides: alone. We can't overemphasize the importance of working with a sponsor in working the steps. In fact, in our fellowship, a sponsor is considered, first and foremost, a guide through the Twelve Steps. If you haven't yet asked someone to sponsor you, please do so before beginning these guides.

Merely reading all the available information about any of the Twelve Steps will never be sufficient to bring about a true change in our lives and freedom from our disease. It's our goal to make the steps part of who we are. To do that, we have to work them. Hence, the Step Working Guides.

Like every piece of literature, this was written by addicts for addicts. We hope that every member who uses this book will be encouraged and inspired. We are grateful to have been given the opportunity to participate in this project. Thank you for allowing us to be of service.

