

## Beginner Questions IDEAS (<https://www.nassauoa.org/beginner-questions.html>)

These reflections and meditations are designed to acquaint the newcomer with the first Three Steps toward recovery. There are no RIGHT or WRONG answers. You will need the following materials to complete these questions: Alcoholics Anonymous, Fourth Edition (AA Big Book); The Twelve Steps and Twelve Traditions of Overeaters Anonymous (OA “Twelve and Twelve”); Overeaters Anonymous, Third Edition; and the pamphlets The Tools of Recovery and A plan of Eating.

1. Read “The Doctor’s Opinion” in the *AA Big Book* (p. xxv). Write a history of your compulsive eating beginning with the first time you can remember food-related events. Reflect and write about how much weight you’ve gained and lost, what medical attention you’ve sought for the problem, and your attempts at maintaining your weight (losses).
2. Read pages 1 to 3 in the *OA Twelve and Twelve*. What does being a compulsive eater mean to you? Why did you compulsively eat (and purge)?
3. In the *OA Twelve and Twelve* read from the last line on page 3 to the end of the chapter. How has your compulsive eating harmed your life? Include at least five ways.
4. Reread “The Doctor’s Opinion” in the *AA Big Book*. Write about the phenomenon of craving in your life.
5. In the *OA Twelve and Twelve*, reread from the last paragraph on page 4 to the end of the second paragraph on page 5 (ending with “we never grew up”). How has your life been filled with “if only’s”?
6. Read Step One in the *OA Twelve and Twelve* (pp. 1-7). Write about the idea that “denial of the truth leads to destruction.” How does an honest admission of your eating behaviors lead you to being relieved of destructive eating?
7. Read Chapter Two of the *AA Big Book* (“There Is a Solution”, pp. 17-29). Reflect and write about the idea that your honesty and discipline, or the lack thereof, have played an important part in your life.
8. Read Chapter Three of the *AA Big Book* (“More About Alcoholism”, pp. 30-43). Reflect and write about the progressive nature of the disease. Do you truly see yourself as having reached a point where you cannot stop your compulsion even when you want to?
9. Reread Step One in the *OA Twelve and Twelve* (pp. 1-7). Reflect and write about the idea that sometimes your willpower is too strong and at the same time not strong enough.
10. Reread Step One in the *OA Twelve and Twelve*. Reflect and write about what the

knowledge of Step One can do for you. During your reading, note words and passages that are meaningful to you. Why are they important?

11. Read Step Two in the *OA Twelve and Twelve* (pp. 9-17). How is taking Step One necessary before taking Step Two?

12. Read pages 9 to 12 in the *OA Twelve and Twelve*. Reflect and write about the concept of insanity as it applies to us in OA.

13. Read Chapter Four in the *AA Big Book*, (pp. 44-57). Reflect and write about the concepts of willingness, honesty and open-mindedness.

14. Read pages 13 to 17 in the *OA Twelve and Twelve*. Reflect and write about the differences between religion and spirituality. Describe what you mean by a power greater than yourself.

15. Read Chapter Forty, "No More Store Hopping", in *Overeater's Anonymous, Third Edition*, (pp.183-185). Write about the definition of insanity as doing the same thing over and over and expecting different results. Give examples of your own insanity in this regard.

16. Read Step Three in the *OA Twelve and Twelve*, (pp.19-27). Are you willing to go to any lengths to maintain your abstinence? What actions have you taken so far?

17. Read pages 19 to 24 in the *OA Twelve and Twelve*. Reflect and write about your abstinence. Do you view your food compulsion the way an AA member views his or her alcohol compulsion? When will you be cured?

18. Read Chapter 5, "How It Works", in the *AA Big Book*, (pp.58-71). Reread pages 58 to 63. The most effective way of living an abstinent life is to follow the OA Principles and Steps. Write on the statement "Half measures availed us nothing ...".

19. Read the pamphlet "*A Plan of Eating*". Reflect and write about the idea that if you fail to plan, you plan to fail.

20. Read The "*Tools of Recovery*". What is the importance of giving service in OA? What is the importance of meetings? How are they both part of the road to recovery?

21. Read "*Telephone*" and "*Anonymity*" in the pamphlet, "*The Tools of Recovery*". What is the importance of these Tools and how are they intertwined?

22. Read "*Literature*" and "*Writing*" in the pamphlet "*The Tools of Recovery*". Reflect and write about these Tools. Why are they essential to our recovery?

23. Read "*Action Plan*" in the pamphlet "*The Tools of Recovery*". In what ways can you incorporate an action plan into your daily program?

24. Read pages 24-27 in the *OA Twelve and Twelve*. How do you learn to turn your will over

to your Higher Power?

25. Read the personal story "Spiritual Experience" in the *AA Big Book*, (pp. 567-568). Reflect and write about the past month. How has your thinking and behavior changed? Have others noticed a change?

26. Read Chapter 8, "Seeking and Finding a Power to Live By", in *Overeater's Anonymous, Third Edition*, (pp. 49-52). Write about which Steps were (or are) necessary for you to accept a power greater than yourself in your life.

27. Read Chapter 33, "My Doctor Insisted", in *Overeater's Anonymous, Third Edition*, (pp. 155-158). Give some examples of "spiritual awakenings" that you have experienced.

28. Read Chapter 39, "A Bad Case of Denial", in *Overeater's Anonymous, Third Edition*, (pp. 179-182). How have you experienced denial in your life as a compulsive eater? What actions are you taking to become more honest with yourself?

29. Reread Step Three in the *OA Twelve and Twelve*, (pp. 19-27). Write on the idea that, having taken Steps One and Two, the degree of our success in the whole program depends on how far we take Step Three.

30. Reread Step One in the *OA Twelve and Twelve*, (pp. 1-7). Then read Appendix C, "A Disease of the Body", in *Overeater's Anonymous, Third Edition*, (pp. 198-204). Write about your own personal surrender. Make a sincere commitment to turn your will and your life over to the care of your Higher Power.