

OA First 30 Day Questions

Required texts for these writings:

- 12 & 12 of Alcoholics Anonymous
- AA Big Book

1. Write a history of your compulsive overeating beginning with the first time you can remember food-related events. Discuss how much weight you have gained and lost, what medical attention you have sought for the problem, and your attempts at maintaining your weight losses.
2. Read Step 1 in the AA 12 & 12. Reflect and write upon the effect food has had upon you over the years. Do you truly see yourself as a compulsive overeater? If so, explain.
3. Re-read Step 1. Reflect and write upon the following ideas found in Step 1:
 - a. The critical nature of our disease.
 - b. The progressive nature of our disease.
 - c. The need not to push someone until they are ready.
4. Reflect and write upon the fatal nature of our disease as seen on page 24, paragraph 2 in the AA 12 & 12. In this writing, reflect on how at the very least the disease has diminished your life.
5. Read Chapter 2 in the AA Big Book (There is a Solution). Reflect and write upon the idea that your discipline, or lack thereof, has played an important part in your life.
6. Read pages 28-31 in the AA Big Book. Reflect and write on: Have I fully conceded to my inner most self that if I do not remain spiritually fit, I will return to compulsive eating?
7. Reflect and write upon the following ideas:
 - a. The deception of others is nearly always rooted in the deception of ourselves.
 - b. How does this relate to your eating history?
 - c. What have we done in the past due to compulsive overeating that reaffirms that idea?
8. Re-read Step 1 in the AA 12 & 12. Reflect and write upon what the knowledge of Step 1 can do for you. During your reading, note words and passages that are meaningful to you. Write about why these are important to you.
9. Read Step 2 in the AA 12 & 12. Reflect and write on: Why is it necessary for me to take Step 1 before I take Step 2?

10. Write and reflect upon the effectiveness of OA from your personal experience and from what you have observed in others. Could what you have experienced emanate solely from you? If so, why had it not happened before?
11. Read Chapter 4 in the AA Big Book. Reflect and write upon the concepts of honesty, open-mindedness and willingness in program.
12. Reflect and write upon the concept of insanity as it applies to us in OA.
13. Reflect and write upon how we use the substitution method of accepting the presence of a Higher Power. Write about how you have looked for substitutes all your life. Are you still looking?
14. Write and reflect upon the following concepts available to you in Step 2:
 - a. Belief means reliance, not defiance.
 - b. Defiance is an outstanding characteristic of every compulsive overeater. Refer to page 31 in the AA 12 & 12.
15. Re-read Step 2.. Reflect and write upon your childhood exposure to any religious concept. On a two columned balance sheet, list on one side your negative feelings and on the other side your positive feelings as they relate to early religious experiences. What conclusion do you reach when you reflect on the balance sheet?
16. Read Step 3 in the AA 12 & 12. Create another balance sheet. On one side list all the reasons you can for believing in God. On the other side, list all the reasons for disbelieving.
17. Re-read Step 3 in the AA 12 & 12. Reflect and write from the following quote: Faith alone can avail us nothing.
18. Read Chapter 5 in the AA Big Book (How it works). Write on “dependence” as you understand it in OA. How can dependence lead to greater independence?
19. Are you a “grateful” compulsive overeater? Why?
20. Re-read Step 3 in the AA 12 & 12. Reflect and write upon: I am responsible for only one person’s actions. Whose actions and why?
21. Discuss and reflect upon the idea that “abstinence is the most important thing in my life without exception”.
22. In program H.A.L.T. means “hungry, angry, lonely, tired”. Discuss the idea of recognizing HALT and getting out of this when your life gets unmanageable.
23. Read from the AA Big Book “A Vision for You.” Reflect and write upon the idea, “The more you give, the more you shall receive.”

24. OA teaches us a sense of dignity. How have I utilized my newfound dignity in relationship to myself, my family and my friends?
25. What is the importance of giving service in OA? What is the importance of meetings? How are they both a part of my road to recovery?
26. What is the importance of the telephone in OA? What is the importance of anonymity? How are they intertwined?
27. Reflect and write on the tools of reading and writing in program. Why is it essential to your recovery?
28. Read pages 569-570 in the AA Big Book (Spiritual Experience). Reflect and write upon the following:
 - a. Spiritual growth is a daily commitment.
 - b. How can I grow daily?
29. Re-read Step 3 in the AA 12 & 12. Write on the idea that having taken Steps 1 & 2 – now the degree of our success in the whole program depends on how far we will take Step 3.
30. Re-read Step 1 in the AA 12 & 12. Review your two balance sheets from days 15 & 16. Make a sincere commitment to your Higher Power to turn your will and your life over to his care on a daily basis. Write on the idea that submission is not the same as surrender. Write on the difference and your own personal surrender.