

Literature Committee Step Questions 5-12

Step 5

1. What was your overall experience after admitting the exact nature of wrongs done to God, myself, and others?
2. Did you sense any relief from guilt, shame, or self- condemnation as a result of your work in step four? Explain.
3. Define your unfounded fears, for example trusting the process and HP?
4. Do I believe that my Higher Power will help me to find the right person to give my 5th step to? Explain.
5. Am I able to describe the God of my understanding?
6. Do I have flashes of intuition or a gut feeling about issues or perhaps that small still voice within that guides me with issues? Am I able to follow through on this guidance?
7. Define vulnerability. How does this definition relate to trusting the process of doing a 5th step?
8. What questions should I ask the person I have chosen to give my 5th step to ensure they will understand my fears about sharing such private issues?
9. What secrets am I holding on to that have kept me mired in active food addiction?
10. What secrets am I willing to share with my Higher Power? With another trusted person?
11. How do I demonstrate a lack of trust in myself? In others?
12. What factors, if any, contribute to my lack of trust?
13. If I feel fearful about completing Step 5, what steps can I take to alleviate these fears?
14. Why would I want to do a fifth Step?
15. Why is it important to share your secrets with another person to complete this step?
16. Define the following words: attitudes, behaviors and beliefs. How are these concepts related to step 5?

Step 6

1. What were your thoughts when you realized your emotional, mental, and physical sufferings were self-induced?
2. Write about your feelings when you learned that God only requires that you admit defects of character and become willing to change them with God's help.
3. Do I feel that I will benefit by becoming willing to surrender the character defects or shortcomings discovered in the 4th step inventory? Explain.
4. Has it been hard for me to accept that my shortcomings no longer serve me? Explain.
5. Do I believe that the God of my understanding can and will be able to transform these character defects into something positive? Explain.

6. What are my fears about what will happen in the future after surrendering these shortcomings? Explain.
7. How will I benefit from acknowledging my personal assets?
8. How hard is it for me to gracefully accept a compliment?
9. A quick test for humility is the willingness to drive the speed limit – am I willing to drive just the speed limit today?
10. How does wanting to be in control show up in my behavior with others?
11. Look up and write the definition of each word: acceptance, willingness, commitment, and imperfection. How do these relate to step 6?
12. What have your character defects done for you?
13. What are your character defects now doing for you?
14. What does it mean when Step 6 says entirely ready?
15. What might be the origin of my defects of character?
16. How do I become entirely ready to have God remove all these defects of character?
17. Explain who is responsible for removing my defects of character?

Step 7

1. After years of untold suffering from food addiction, how do we receive guidance from our Higher Power and the fellowship of Food Addicts Anonymous?
2. Identify ways I can become teachable?
3. Am I ready to drop the mask of perfectionism? How?
4. How does my life of abstinence today compare to my life in addictive food addiction?
5. How do I envision my life without my character defects? A collage can be made to help with this.
6. Write three affirmations about my new behaviors that I want in my life. Affirmations are written in the present tense as if they have already come true.
7. What actions am I taking to deal with resentments formed in the past?
8. How is the God of my understanding helping me to begin living life on life's terms?
9. How do I set boundaries with others and how do I respect others boundaries?
10. Do I truly believe and trust that God will do for me what I'm not able to do for myself?
11. What actions am I taking to deal with resentments formed in the past?
12. How is the God of my understanding helping me to begin living life on life's terms?
13. How do I place boundaries with others and how do I respect others boundaries?
14. Do I truly believe and trust that God will do for me what I'm not able to do for myself?
15. How do I replace dishonesty with integrity and replace stubbornness with compromise? Provide examples.
16. What triggers my body pain? What leads me to form resentments?
17. Where am I resistant to making changes and how might I allow God to transform my shortcomings?
18. What is my understanding of the following program slogans: "Surrender to Win," "Let Go

and Let God," and "One Day at a Time."

19. When I feel vulnerable, ashamed or unworthy, which tools of the FAA program can best support my recovery efforts?
20. How might I use the 7th step prayer to assist me during difficult situations?
21. What actions might I consider to quiet the negative self-talk so that I may notice the positive happenings around me?
22. What will you do when you notice a character defect reoccurring in your life, after a period of relief?
23. Step 7 describes humility as being "reachable and teachable (p. 26)." How do you practice humility?
24. Do I believe my defects will be removed? Discuss and reflect.
25. Why do you think this step is sometimes referred to as the "Let go and let God" step (p. 32)?
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Step 8

1. Why is taking a 4th step inventory essential to making an 8th step list?
2. What emotions did you experience while reflecting on harms you did to others?
3. What are the different types of "harm" done?
4. What is the dictionary definition of "amends" ? What is the difference between an amend and an apology?
5. How does one "become willing?"
6. What is meant by a "list of all persons"? "All" is used twice in this step, why?
7. Am I willing to make living amends by becoming willing to change my attitudes and improve all aspects of a relationship? How will I become willing?
8. Do I trust my Higher Power to show me who, what, when and where I need to make amends?
9. How can I demonstrate a willingness to accept the changes that come as a result of making amends?
10. How can I pray for the willingness to be willing to make this list and share it with my sponsor or another trusted person?
11. What is the goal from doing Step 8?
12. Who directs our Step 8 efforts?
13. How do we determine who goes on our amends list?
14. How does one become willing to make amends , especially to those on our amends list

that we still hold ill feelings towards?

15. How do I make amends to myself?
16. Do I believe that these amends will help me to rebuild my life? Explain?
17. Am I willing to pray for the spirit of forgiveness? Explain?

Step 9

1. How can direct amends restore any fragmented relationships? 2. What was my greatest fear of making amends?
2. Why must we do this? Why wasn't step 5 enough? What will I gain and what will I lose?
3. How will I make amends to people that can no longer be made in person?
4. Am I willing to believe that with humility, acceptance, surrender, faith and persistence practiced one day at a time, my life will gently flower to the full warmth and radiance of serene recovery? Explain?
5. How do we determine if an amendment would injure us or "others"? 7. What does it mean to make direct amends?
6. How do I do this? What is involved?
7. List & reflect on the promises that grow out of doing Step 9 thoroughly. Have any organically come to you even before doing Step 9? Can I trust the process?
8. Am I willing to make a plan to complete all of the amends? Who can I ask to help me make this plan?
9. How can I hold myself accountable for financial amends?

Step 10

1. How can a daily 10th step inventory prevent relapsing back into food addiction?
2. Am I willing to admit selfishness, dishonesty, fear and resentments? Explain?
3. What does it mean to starve ourselves "emotionally or spiritually"?
4. Why do we do step 10 daily or nightly? Do I need to keep going over my mistakes? Especially if I make the same one or two repeatedly, constantly? Explain?
5. What are the behaviors that can lead us back to active food addiction?
6. What behaviors do I need to monitor for signs of resentments forming and old grudges coming back. What behaviors will support my willingness to let go of these grudges and resentments that may be forming?
7. What are signs of perfectionism and judgmentalism and other negative attitudes in my life? How do I challenge these negative thoughts and change them to more positive thoughts?
8. Review the suggested methods of how to do a 10th step as outlined in this pamphlet and identify the method you think is a good fit for you, talk with your sponsor and/or others

members and make a decision to integrate this method into your 10th step practice

9. What is a "mental spot check"? How is it different from, or the same as taking an inventory?
10. What character defects could undermine our efforts?
11. If there's a real difficult situation, where do I get help?
12. What are the character assets of a "grown up" person? What character assets are we aiming for?
13. What questions will I include in my daily 10th step inventory?

Step 11

1. What does sought through prayer and meditation imply/suggest to you?
2. Review the methods to prayer in the 11th step of the FAA Steps to Recovery pamphlet and identify the methods that are most appealing to you and discuss why they are appealing to you.
3. Review the methods to meditate in the 11th step of the FAA Steps to Recovery pamphlet and identify the methods that are most appealing to you and discuss why they are appealing to you.
4. What does your conscious contact with God look like in practice? How can you improve your conscious contact with God?

Step 12

1. Review ways to support the fellowship (p. 46 FAA The Steps to Recovery pamphlet), Identify ways you can support the fellowship and discuss them with your sponsor/another person and/or God (prayer and meditation), once you are clear about ways to support the fellowship, commit to these ways as a beginning or continuation of carrying the message to food addicts (keep in mind that service will change and evolve as you evolve in your recovery).
2. What does "having had a spiritual awakening..." mean to you?
3. Discuss/describe how you know you've had a spiritual awakening?
4. Why is it important to carry this message of recovery to food addicts?
5. What is the message we are trying to carry to food addicts?
6. What are the principles of the program we practice in all our affairs (see chapter 6- The Process of Recovery pp. 67-86 in the FAA "Green Book"). Why is important to practice these principles in all our affairs?
7. What does it mean to practice these principles in all our affairs?