

God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. living one day at a time; enjoying one moment at a time; accepting hardship as the pathway to peace. taking, this sinful world as it is, not as I would have it; trusting that you will make all things right if I surrender to your will; that I may be reasonably happy in this life, and supremely happy with you forever in the next. – **Serenity Prayer** (full text)

Food : today, extra food is not an option, thank you God.

Breakfast

Lunch

Dinner

MA/Optional

Gratitudes: a grateful heart doesn't eat

Today, I thank God for:

- my abstinence
-
-
-
-
-

Meetings this week:

Writing for Today:

[Today, I read from: _____]

Who am I and what am I doing? I am a compulsive overeater and I want to recover and to that end my job today is to Trust God, Clean House and Help Others. I am powerless over food, and my life was unmanageable until I came to believe that a power greater than me could restore me to sanity. Today, _____, I humbly turn my will and my life over to the care of my God.

Third Step Prayer: God, I offer myself to Thee to build with me and to do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always! **Seventh Step Prayer:** My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

Prayer For others:

Dear God, please help these people in any way you can:

Step 10: Nightly Review (Big Book p86):

Resentful?

Selfish?

Dishonest?

Jealous?

Afraid? 3 categories of fear: 1) Fear of losing something; 2) Fear of not getting what I want; 3) Fear of being found out

Do I owe anyone an apology?

Was I irritable, restless or discontent?

Was I kind and loving toward all?

Was I thinking of myself most of the time, or of what I could do for others?

What did I do for others?

What could I have done better?

11th Step Prayer

Lord, make me an instrument of Thy peace;

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O Divine Master,

grant that I may not so much

seek to be consoled, as to console;

to be understood, as to understand;

to be loved, as to love;

for it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life. Amen.

Steps 6-7 God, I pray that You now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows.

God, I pray for

- freedom from _____ please
replace it with _____
- freedom from _____ please
replace it with _____
- freedom from _____ please
replace it with _____
- freedom from _____ please
replace it with _____
- freedom from _____ please
replace it with _____
- freedom from _____ please
replace it with _____

Dear God, please direct my thinking today; I pray that it is divorced from self-pity, dishonest or self-seeking motives. Amen.

St. Theresa's Prayer:

May today there be peace within. May you trust your highest power that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God... Let this presence settle into our bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of you.

Today

Today is a new day for me and, with God,

it can be a day of abstinence.

With God I can handle anything,

and things which I think impossible, are possible.

I ask for God's protection today from anyone or anything that may interfere with my abstinence.

I am asking now for God's protection in case, sometime during the day, my desire to compulsively eat becomes stronger than my desire to abstain.

I know that I am powerless over food and my life can become unmanageable again.

I do believe that God can and will relieve my compulsion and restore me to sanity.

God, please help me to know your will for me today, and give me the willingness to carry it out.

I turn my will and my life over to your care.

Please guide me through another day of blessed abstinence.

Step 11

On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine what course of action to take. Here we ask God for inspiration, and intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as times passes, be more and more on the plane of inspiration. We come to rely on it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves, many times each day, "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works — it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.

Big Book page 86-87

Step 12:

Carry this message – and if you must, use words.

I'm resentful at:	The Cause:	Affects my:					Where Have I Been:	
		Self-esteem	Financial Security	Ambitions	Personal relations	Sex Relations	Selfish	
							Dishonest	
							Self-Seeking	
							Frightened	
							Inconsiderate	

Selfish:

Dishonest:

Inconsiderate:

Self-seeking:

Afraid:

Selfish:

Dishonest:

Inconsiderate:

Self-seeking:

Afraid: