

Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.

‘Willingness to act on faith, then, was the key to Step Two, Came to believe reminds me that faith is a process, not an event from which sanity arises.... I could be restored to sanity if I would let go and trust in a Higher Power.’ OA 12&12

Step 2 is about HOPE

SUGGESTED QUESTIONS:

1. How have I acted irrationally and in self-destructive manner where my eating is concerned?

What has compulsive eating stolen from my life?

Write a list of insane things I have done to control my eating.

2. Have I come to believe that I need to change?

Am I willing to believe a power greater than myself can restore me to sanity.

Step 3 We made a decision to turn our will, and our lives over to the care of God as we understood him”

Step Three is a result rather than a cause. In short, the decision to turn the life we had admitted we could not manage in the First Step over to the power greater than ourselves, which we can believe was there in the Second Step, is a natural result which follows in the wake of the two things we have already accepted. So the decision of Step Three is the turning point. When honestly taken it proves that we have indeed accepted the requirements of the first three steps and that we are ready to proceed with the rest of the Recovery Program. Without supporting action, we cannot prove even to ourselves that a decision has been made, so Step 3 prepares us for the action which is to follow.

SUGGESTIONS QUESTIONS TO ANSWER:

1. Have I made a decision to turn my will and life over to a Higher Power?

Am I willing to earnestly seek a Higher Power's Will for me?

Am I willing to replacing my old ideas about a Higher Power with a faith that works?

2. Am I willing to give up my self-will regarding food and become abstinent?

What actions do I need to take become abstinent.?

- 3, What does it take for me to really work Step 3?