

CHECK OUT the June issue of Lifeline, for stories about the spiritual side of OA

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Steps to Readiness

When I get burned for practicing a character defect, I feel ready to have it removed. At that moment, while still smarting, I am close to being "entirely ready." The problem is I get over that feeling and go back to my old ways. I'm not sure what entirely ready is, but I can make a concerted effort to work Step Six and become more ready.

To work Step Six, I take each defect and write about the pros and cons of practicing it. If it didn't have real or perceived payoffs for me, I wouldn't have held on to the defect this long, so I take a close look to see what I might gain.

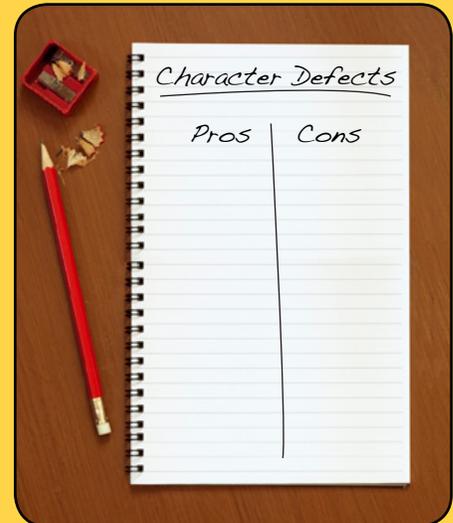
Then I look at the negatives of practicing the defect. I list them in detail and write about the pain I cause others and myself each time I practice the defect. I compare the pros with the cons, and almost invariably the cons outweigh the pros.

When I do this, I can see the falsehood of hanging onto any defect and acknowledge that I

felt it served a purpose at some point. When I can acknowledge this, I can begin to let the defect go. I am more ready to have it removed because I have dealt with the reality of it. This means that when my Higher Power presents me with situations in which I would have practiced the defect in the past, I hope that now I will try a new response. This is risky behavior, but isn't risk what willingness and surrender are all about?

— Lifeline, June 2005

Overeaters Anonymous
www.oa.org



Inspiration

Each day I see more positive changes taking place in my life. All because of those Twelve wonderful Steps, one day at a time!

— Lifeline, November 1991

OA SPOTLIGHT

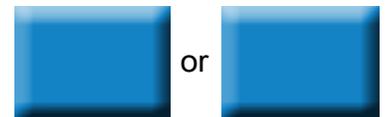
Delegates approved new wording for the OA Preamble at WSBC 2013. For more information, visit www.oa.org/category/whats-new/

A Call To Service

J.F. from La Mirada, California USA, says, "Service has a way of teaching me better ways of reviewing my attitudes and handling my life. The service I provided as a delegate to the World Service Business Conference was no exception to that learning process."

How will you serve this week?

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