

The Twelve Steps

1. We admitted we were powerless over food, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.

9. Made direct amends to such people wherever possible except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message of recovery to food addicts and to practice these principles in all our affairs.

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Just for today

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



FOOD ADDICTS *in recovery anonymous*

Just for today I will try to live through this day only and not tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime.

Just for today I will have a quiet half hour all by myself and relax. During this half hour, I will thank God, so as to get a better perspective on my life.

Just for today I will have a program. I may not follow it exactly, but I will have it. It will eliminate two pests—hurry and indecision.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, be liberal with praise, criticize not one bit nor find fault with anything, and not try to improve or regulate anyone but myself.

Just for today I will adjust myself to what is and not try to adjust everything to my own desires. I will take my luck as it comes and fit myself to it.

Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Just for today I will be happy. As Abraham Lincoln said: “Most folks are as happy as they make up their minds to be.” Happiness comes from within; it is not a matter of externals.

Just for today I will exercise my soul in three ways. I will do something nice for someone and not be found out. I will do at least two things I don't want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be unafraid. I will enjoy what is beautiful and believe that as I give to the world, so the world will give to me.