

## HOW TO TWELVE STEP ANYTHING

1. I admit that I am powerless over \_\_\_\_\_ and that my life has become unmanageable.
2. I come to believe that a power greater than myself can restore me to sanity over \_\_\_\_\_.
3. I make a decision to turn my will and my life over to the care of God over \_\_\_\_\_.
4. I make a searching and fearless moral inventory of myself (PAGGLES):

Pride

Anger

Greed

Gluttony

Lust

Envy

Sloth

5. I admit to God, to myself, and to my sponsor the exact nature of my wrongs: \_\_\_\_\_.
6. I am entirely ready to have God remove all these defects of character: \_\_\_\_\_.
7. I humbly ask God to remove my shortcomings: \_\_\_\_\_.
8. I make a list of all persons I have harmed and I become willing to make amends to them all, including myself: \_\_\_\_\_.
9. I make direct amends to such people wherever possible, except when to do so would injure them or others: \_\_\_\_\_.
10. I continue to take personal inventory and when I am wrong, I promptly admit it.
11. I seek through prayer and meditation to improve my conscious contact with God, praying only for knowledge of God's will for me and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, I try to carry this message to other compulsive overeaters and to practice these principles in all my affairs.