

Arlene O's opinion of the core philosophy of the 12 & 12 essays.

Step 2: OA principle - Hope

Philosophical principle - **Balance**

Step says: "Our true insanity was that we kept trying to find comfort in food long after it caused us misery." and that

"Self examination revealed that our lives were **out of balance.**"

The Step says "OA is spiritual, not religious" and that "all are welcome and have found recovery" **BUT** then reverts to religious speak and asks " how have we who were not believers in God come to **believe** in a higher power?"

Step says that "acceptance of group" became love, and says that "shared love became power greater than ourselves which would lead us to sanity."

Step says most of us needed to learn to ask others for help,

For me, that implies, that we could learn to be **willing** to **accept** the help we needed.

Step says there is a "**h**ealing **p**rocess that could relieve our compulsion, and bring **stability** to our **unbalanced** lives."

For me the concept of stability is represented by the BB concept of the 3-legged stool with its legs of physical, emotional, & spiritual recovery. A dear friend in program who is a materialist says they see only **2** legs. At first, I could not create an image that let me see that as stable, until I realized bicycles are stable on 2 wheels when a human sits and rides, and even more simply, humans stand and walk on 2 legs!

Step asks us to find our own answers to

"What do I need from an HP?"

"What would I like such a power to be and to do in my life?"

Breakout questions:

What do I trust?

Besides relief from food obsession, what do I seek in my life?

Step 3: OA principle - faith

Philosophical principle - **Trust**

Step says there is a "**source of wisdom inside us** that becomes more powerful as we recover from our compulsion." and calls that **inner resource, intuition.**

Step says a purpose of this resource is to guide us when we face indecision, AND tells us our initial response is to **pause.**

For me that implies that I accept that the discomfort and not catastrophize it into thinking the sky will fall.

Step says that answers are available: I can **ask for** and **accept** help.

For me, I **relinquish my willfulness**, and I **seek willingness.**

What is the next right thing?

Breakout questions:

When do I feel at peace?

How do I create the willingness to do the next right thing?

Additional consideration:

Step 2 talks about sponsorship role as "listened to our problems"

"shared our tears & laughter"

"guided us in recovery as they helped us apply these principles in our lives."

For me, I see the role of sponsorship as accepting the other person as is, and being a witness and an honest mirror.

Question: What do I think I need in order to be ready to be a sponsor or an

accountability buddy?