

October 2013

The Principles of the 12 Steps

Step One – Honesty

Step 12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The Twelfth Step Within Committee will be taking this year to focus on these principles as they are listed and explained in the 12 and 12.

Our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells us what these principles are, **honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness** and **service**. This month we will focus on the principle of Step 1 - **Honesty**.

Step One – **Honesty** “In step one we learned the principle of **honesty** as we admitted our personal powerlessness over food, and the fact that without help we could not successfully manage our own lives. Now we will want to continue being honest with ourselves in all our affairs. One important way in which we practice **honesty** today is by admitting that we are still compulsive overeaters, that we still need daily help.”