

March 2014

The Principles of the 12 Steps

Step 8 – Self-discipline

Step 9 – Love

The Twelfth Step Within Committee has been taking this year to focus on the principles of the Twelve Steps. 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 principles of Steps 8 and 9 - ***Self discipline*** and ***Love***.

Step 8 – Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

*"In Steps eight and nine we looked at the damage we had done others and set about repairing it. Now we apply the same principles of **self-discipline** and **love** for others to all of our actions. **Self-discipline** makes us less likely to hurt other people and quicker to make amends when we do. Practicing the principle of **love** we learn to accept others as they are, not as we would have them be. We're beginning to take this new attitude not just toward other OAs, but also toward those at home, school, work, and in all areas of our lives. Slowly but surely we find we are establishing the best possible relationship with each person we know."*