

April 2014

The Principles of the 12 Steps

Step 10 – Perseverance

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 principle of Step 10 – **perseverance**.

Step 10 – Continued to take personal inventory and when we were wrong, promptly admitted it.

“In step ten we discovered the value of **perseverance** in working the twelve steps. Practicing this principle in all our affairs today means that we continue to do the things which have brought us healing, even though we sometimes wonder if we still need to. **Perseverance** brings us the reward of continuing, permanent recovery.”