

The Principles of the 12 Steps

Step 7– Humility

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 7 - **Humility**

Step 7 –Humbly asked Him to remove our shortcomings.

“ In step seven we began to understand the meaning of **humility**. We practice this principle today by continuing to let go of status-seeking and of thoughts and actions by which we belittled ourselves and others, and to humbly trust God for the removal of our shortcomings.”