

# Surrender School Step Study

Work the steps using a “Study Guide for Overeaters”  
*Steps 8 and 9 – [Pages 47 - 53](#) and Video [Session H](#)*  
*Big Book [“Into Action,”](#) pages 76 to 84*

# Step One Science

## Two Offerings

Wednesdays at 3:00 PM or Sundays at 11:00  
beginning January 10, 2024.

[Click here to register](#)

**Why can't I (and/or my sponsees)  
get and stay abstinent?**

*This 7-week workshop looks at the science of your powerlessness over your disease.  
Learn why food addiction is the hardest addiction to live with. Discover how our  
body/brain connection is broken.*

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# The Twelve Steps (Adapted)

1. We admitted we were powerless over **food**—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have **God** remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
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.

# Review: Steps One, Two, and Three:

In **Step One** we found complete despair—powerlessness. We cannot solve the problem of our compulsive eating [addictive eating] by ourselves.

[Video Link: 34:38](#)  
Step 1

In **Step Two** we will find hope—power. A power greater than ourselves will restore us to sanity.

[Link to 16:44 - 17:59](#)  
Step 2

*Step One is the problem. Step Two is the solution.*

**Step Three** is merely a decision to do the rest of the steps:

[Link to Video: 6:31 - 7:48](#)  
Step 3

If you are willing to try to find a Higher Power through the steps (Step Two), then you have to make a **decision** to work the steps. And that really is all **Step Three** is—a decision.

## Review: Step Four

Let’s start with the overview. The Big Book suggests that in Step Three we were “**convinced that self, manifested in various ways, was what had defeated us**” (page 64). ***The Big Book has three aspects of self that it wants us to look at.***

The first is [resentments](#), and we’ll deal with them in this and the next chapter. We will find, I think, that a resentment is, in its broadest sense, the concept that “**the past didn’t go my way**”.

[Video Link: Step 4  
Resentment](#)

The second aspect of self, which we’ll deal with the chapter after next, is [fear](#). We will find, I think, that a fear is, in its broadest sense, the concept that “**the future won’t go my way**”.

[Video Link: Step 4  
Fear](#)

The third aspect of self, which we’ll also deal with the chapter after next, is [sex conduct](#). We will find, I think, that the purpose of dealing with sex conduct is to figure out how we should handle the most difficult of relationships in order to have good relationships of every kind.

[Video Link: Step 4  
Sex Conduct](#)

**So the Big Book’s ordering of Step Four is basically dealing with the Past, dealing with the Future, and then learning how to live in the present with other people. It’s very simple and very powerful!**

# Review: Steps Five, Six and Seven:

**Step 5:** The Big Book discusses Step Five from pages 71 to 75.

**Why?** [Video Link: 5:28 - 8:05`](#)

- The answer is ultimately pretty simple: **“If we skip this vital step, we may not overcome drinking [compulsive eating].”** (page 72) The Big Book explains this in some detail.

**Who?** [Video Link: 8:25 - 11:20](#)

- The criteria are simple: **“It is important that he be able to keep a confidence; that he fully understand and approve what we are driving at; that he will not try to change our plan”** (pages 74-75).

**How?** [Video Link: 11:23 - 14:26](#)

Here they are: **“We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past”** (page 75).

- I take the **Step Four Resentment form** as folded over, with the name of the person, institution, or principle (column one), across from where I have been selfish, dishonest, self-seeking, and frightened (column four). [Video Link: 11:23 - 14:26](#)
- Then I take the **Step Four Fear** form and read it across the columns. “Here is one fear [column one], here are the reasons I have it [column two], I placed my trust and reliance upon my finite self [column three] and it didn’t work [column four], and I said the Fear Prayer [column five].” I then discuss briefly exactly what I think my higher power would have me be in relation to that fear. [Video Link: 14:27 - 15:21](#)
- Then I take the **Step Four Sex Conduct** form and read it across the columns. “Here is a person I hurt [column one], here are the ways in which I was selfish, dishonest, and inconsiderate [column two], I aroused suspicion, but not bitterness or jealousy [column three], what I should have done instead was \_\_\_\_\_ [column four], the relationship was selfish [column five], and I said the sex prayer [column six] and the sex meditation [column seven].” [Video Link: 15:25 - 18:10](#)

We’ve admitted to ourselves and another human being the exact nature of our wrongs, but we haven’t yet admitted them to God. The Big Book tells us to go home and **“find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better”** (page 75). [Video Link: 22:35 - 24:45](#)

# Review: Steps Five, Six and Seven:

## Step Six: [Video Link: 24:45 - 27:33](#)

The Big Book promises NOTHING at Step Six. Our higher power is not going to remove our character defects at Step Six. The promise of that will only come halfway through Step Nine.

- **We are selfish**—we basically want our way, whether for good or bad or a mixture of reasons.
- **We are dishonest**—we don't tell others or ourselves the truth about reality.
- **We are self-seeking**—how others react to us defines how we feel about ourselves and we think of ourselves and not others.
- And we are **full of fear**.

## Step Seven: [Video Link: 28:55 - 30:56](#)

You say the prayer on page 76 of the Big Book.

***My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.***

But it's simply a prayer. The Big Book is very clear about this. There are NO promises for Step Seven either. You just say the prayer and then you're ready for some action!

# Step Eight

*“Made a list of all persons we had harmed, and became willing to make amends to them all.”*

# Step Nine

*“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*



## Steps Eight and Nine:

Steps Eight and Nine are not discussed separately in the Big Book. They discuss one action—making amends—which is broken down into two parts— being ready to make amends to everyone we’ve hurt, and only making amends if we won’t hurt other people, including those we’ve already hurt.

The Big Book’s instructions are simple. First, we make a list of people we had harmed and figure out what harm we’ve done them. We made that list, the Big Book says, “when we took inventory” (page 76). Then we make those amends unless to do so would injure them or others. Really quite simple.

Now we need more action, without which we find that “Faith without works is dead.” Let’s look at *Steps Eight and Nine*. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*

SESSION 4 STEPS 8 & 9  
**2023 STEP STUDY**

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## Types of Amends:

What kinds of amends are there?

### Direct Amends (1):

The Big Book—through examples—lists three kinds of direct amends.

- The **first is eyeball to eyeball**—“I am sorry for what I have done.”

The first amends—eyeball to eyeball—is described from the bottom of page 76 to the middle of page 78 with the example of confronting a person face to face and apologizing for our side of the action.



## Types of Amends:

What kinds of amends are there?

### Direct Amends (2):

The Big Book—through examples—lists three kinds of direct amends.

- **The second is restitution**—“I will make up for what I have done.”

The second amends—restitution—is described on page 78 with the example of debts; and then described from the harm-to-others perspective on page 79 with the example of paying alimony to an ex-wife with the result of harming the current family. The third amends — public consequences — is described from the bottom of page 78 to the top of page 79 with the example of willingness to go to jail; and then described from the harm-to-others perspective on page 80 with the example of making up for a lost reputation. When you think about it, these are the only three kinds of direct amends. You go directly to a person and apologize and/or make up for the harm you’ve done; or if the harm you’ve done has had broader consequences, you have to make broader amends.

## Types of Amends:

What kinds of amends are there?

### Direct Amends (3):

The Big Book—through examples—lists three kinds of direct amends.

- **The third is taking the public consequences**—“I will make known to other people what I have done.”

The third amends — public consequences — is described from the bottom of page 78 to the top of page 79 with the example of willingness to go to jail; and then described from the harm-to-others perspective on page 80 with the example of making up for a lost reputation.

## Types of Amends:

What kinds of amends are there?

### Living Amends:

The Big Book discusses living amends from the middle of page 82 to the middle of page 83. Here the concept is that direct amends simply aren't enough for people with whom we have had long-term relationships; they don't need apologies or restitution—they need a new person to have a relationship with.

## Types of Amends:

What kinds of amends are there?

### Amends we cannot make:

And on page 83 the Big Book discusses amends we can't make and promises us that if we are ready to make them, that is good enough.

The Big Book provides two basic rules for making amends. The first is that if they are possible to make, we must make them or else we will not recover. The second is that in making our amends, we sweep our side of the street off and don't deal with the wrongs others have done to us. (I'll deal with variants of that issue a little later in this chapter.)



## **Amends we can't make:**

The Big Book provides two basic rules for making amends. The first is that if they are possible to make, we must make them or else we will not recover. The second is that in making our amends, we sweep our side of the street off and don't deal with the wrongs others have done to us.

**What about amends we can't make**—people who are dead, for instance? There are many suggestions, of course, ranging from just being serene because we know we're ready to make amends, to having imaginary conversations with them, to doing symbolic things like writing them letters and scattering the pieces to the winds or going to their gravestones. What works for one person may not work for another.

## The complex amends:

What about the difficult ones?

For many of these people, we were silent when we should have been speaking the truth. We should have stopped what they were doing BEFORE it got worse. (Of course we realize this looking back. We don't blame ourselves for what we did or didn't do at an earlier time. We are looking to see what we COULD have done so we can make sure that things like that don't happen in the future.)

So a possible amends might be an apology for not having stopped them in time. It might also be stopping that person from doing harm to others by going public.

I have a friend who found it necessary to tell her relatives who had children about the sexual abuse she suffered from a relative who was still around and still spending time with the children of those relatives; she felt that was the least she could do to try to prevent that person from doing harm to himself or others.

On the other side, I have a friend whose amends to her sexual abuser was to let him alone—he was old and decrepit and was, in her eyes, pitiful. He could do no more harm to himself or to others.

SESSION 4 STEPS 8 & 9  
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Big Book ["Into Action,"](#) pages 76 to 84

## Filling in the Form for Steps Eight and Nine

The Steps Eight and Nine Form available on the web site and following this chapter is pretty self-explanatory.

First you write down the names of persons (and institutions) you have harmed.

Second you figure out what harm you've done them.

Third, using the three kinds of direct amends and living amends as a guide, you work out what kind of amends you could possibly make to make up for the harm done.

**STEP EIGHT AND NINE LIST**

*This form is not taken in its entirety from the Big Book, but is a useful guide. Fill out the form directly from the saved copies of your Inventory worksheets. Complete all Amends marked in the "Now?" column. When done, move the items from the "Sometime?" column and the "Never!" items to "Sometime?" You'll find that the Nevers have turned into Sometimes, and the Sometimes into Nows. Continue the process until you complete all items on your Ninth Step.*

Name of person harmed:	Harm done to that person:	Possible Amend(s) for that harm (Apology, Restitution, Public Acknowledgement, Living)

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Fourth, you ask yourself whether making those kinds of amends would injure other people, including the person you've harmed. If the answer is yes, you don't make the amend; but perhaps you can think of alternative amends that might be made that could at least mend some harm. If the answer is no, that making those amends would not harm others, then you should make the amend.

Although not in the Big Book, the form also contains those well-known OA/AA columns of "Now, Sometimes, Never", so you can figure out a priority for making the various amends you have to make. If you do the amends in the "Now" column, you will find it so fulfilling that the amends in the "sometimes" column end up in the "now" column and the amends in the "never" column end up in the "sometimes" column. And so on.

Will this Amend harm that person or anyone else?		Ready to do the Amend(s)...		
		Now?	Some-time?	Never!
Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Steps 8 – [Pages 47 - 53](#) and Video [Session H](#)  
 Big Book ["Into Action,"](#) pages 76 to 84

Clear Data

### STEP EIGHT AND NINE LIST

This form is not taken in its entirety from the Big Book, but is a useful guide. Fill out the form directly from the saved copies of your Fourth Step Inventory worksheets. Complete all Amends marked in the "Now?" column. When done, move the items from the "Sometime?" column to "Now?" and the "Never!" items to "Sometime?" You'll find that the Nevers have turned into Sometimes, and the Sometimes into Nows. Continue this process until you complete all items on your Ninth Step.

Ready to do the Amend(s)...

Name of person harmed:	Harm done to that person:	Possible Amend(s) for that harm (Apology, Restitution, Public Acknowledgement, Living)	Will this Amend harm that person or anyone else?	Ready to do the Amend(s)...		
				Now?	Sometime?	Never!
Ex Lover and his wife	Gave a stranger his number & her name for spite.	Living Amends – I will NEVER intentionally try to ruin a marriage.	Yes <input type="radio"/> No <input checked="" type="radio"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stranger I gave the wrong info	Deceived him and possibly put him in an awkward position.	Living Amends - If the opportunity is presented, I will do a face to face.	Yes <input type="radio"/> No <input checked="" type="radio"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Older Sister	Gossip and lying to others about her behavior (as revenge to an argument)	Living Amends – Because she does not know I did it, it will hurt her.	Yes <input type="radio"/> No <input checked="" type="radio"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step Eight Prayers:

The Big Book gives us Step Eight prayers.

If we're not willing to go to others and make amends, the Big Book suggests on page 76 : "If we haven't the will to do this, we ask until it comes."

And on page 79:

***Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.***

So our prayers are clear: “God, give me the will to do this. God, please give me the strength and direction to do the right thing, no matter what the personal consequences may be.”

The Big Book tells us, at page 83, what our attitude must be:  
***We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.***



## Amends to myself?

Note, by the way, that neither the Big Book nor the steps themselves ever talks about making amends to ourselves, which is often said in OA meetings. The only amends we make to ourselves is to have our higher power remove those character defects which stand in the way of our usefulness to our higher power and to our fellows. That's the "only" amends—but it's a huge one. To have those character defects removed is to place us in direct relationship with our higher power. There is no greater amends.

## The Promises:

*If we are painstaking about this phase of our development, we will be amazed before we are half way through.*

*[1] We are going to know a new freedom and a new happiness.*

*[2] We will not regret the past nor wish to shut the door on it.*

*[3] We will comprehend the word serenity and we will know peace.*

*[4] No matter how far down the scale we have gone, we will see how our experience can benefit others.*

*[5] That feeling of uselessness and selfpity will disappear.*

*[6] We will lose interest in selfish things and gain*

*interest in our fellows.*

*[7] Self-seeking will slip away.*

*[8] Our whole attitude and outlook upon life will change.*

*[9] Fear of people and of economic insecurity will leave us.*

*[10] We will intuitively know how to handle situations which used to baffle us.*

*[11] We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.*

*[12] They will always materialize if we work for them.*

## The “Hidden” Promises:

Now, with the promise of a spiritual awakening halfway through Step Nine comes the fulfillment of the promise made to the compulsive eater in Step Two—that the miracle will happen and our trigger foods and eating behaviors will no longer tempt us. Here are the Hidden Promises, found on pages 84 and 85:

***And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new***

***attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality - safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience.***

This is what we’ve been waiting for! This is why we joined OA in the first place. The mental obsession/insanity has been released from us. We’re finally sane!

### Protected: Work the Steps using a "Study Guide for Overeaters"

This step study uses [A Study Guide for Overeaters](#) (available free from [oabigbook.info](#)).

*This guide is one compulsive overeater's interpretation of the Big Book's direction for working the steps.*

**\*Important Notice:** This study will be recorded in video/audio format and will be made available on the Surrender School website. To preserve the anonymity of the speaker at the public media level, please do not share the URL of this video on social media.

**Need Zoom Instructions for this Step Study – [Click Here](#).**

Join our Homework Group: [Register Here](#). You will get Zoom Instructions Immediately.

LINK:

<https://surrenderschool.org/wt-s-usingastudyguide/>

Password: **Surrender2023!**

#### Session I: Steps Ten and Eleven

Optional: Complete the [Step Eight and Nine List](#)

1. Read the [Study Guide, \(Steps Ten and Eleven\)](#), pages 54-60

2. Optional Homework:

1. Read: *Big Book "Into Action,"* pages middle 84-88
2. Listen to these *OA Podcasts on Step Ten*.
  - [Step 10](#) by Marcela M. from *A Design for Living*
  - [Step Ten](#) from *Overeaters Anonymous: "The Importance of Working All Twelve Steps"* podcast series
3. Listen to these *OA podcasts on Step Eleven*
  - [Step Eleven](#) from *Overeaters Anonymous: "The Importance of Working All Twelve Steps"* podcast series
4. [Step Eleven](#) by Wendy F. from *Choose Your Own Conception: OA Big Book Study*
5. Watch [video for Session I](#)

#### Prior to Session J: Step Twelve:

1. Download and Read the [11th Step form](#)

2. Read the [Study Guide, \(Step Twelve\)](#), pages 61-68

3. Optional Homework:

1. Watch the video of [Step 12 Session J: Homework](#) and [view the slide show](#)
2. Read: *Big Book "Working with Others"*

4. Watch [video for Session J](#)

# SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.