

## Steps to Peace

Nighttime brought anxiety and guilt over past mistakes, for which I relived events and feelings. Peace of mind eluded me until I thoroughly worked Steps Four through Nine.

In Step Four, I identified troubling incidents and character traits that contributed to them. In Step Five, I owned the mistakes of my past, shared them with my sponsor, and offered them to God. In Steps Six and Seven, I became ready to let go of old behaviors. And in Steps Eight and Nine, I made amends for my wrongs. I cleaned house and it was done.

Then the miracle happened. One night the old memories returned, but I didn't ruminate or torture myself with guilt. I was free. Anxiety no longer accompanied them, because I knew I had done everything I could to bring peace to the situations.

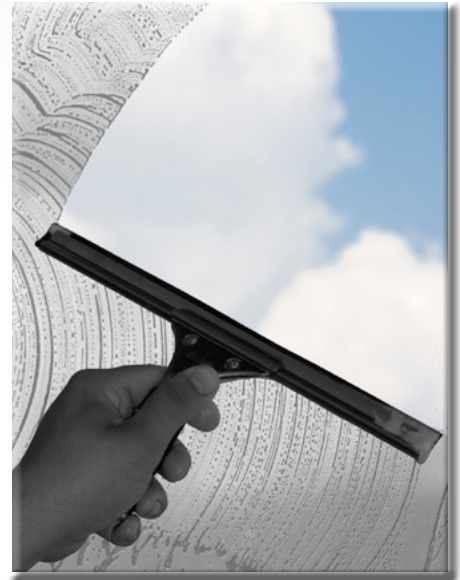
Soon the troubling memories stopped. What a relief. I experienced the freedom promised on page 75 of our *Twelve and Twelve*: "This step has freed us from the shackles of our past mistakes in a miraculous way. Our lives are changed, our broken relationships mended, and the ill will which

poisoned our hearts for years is washed away" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*).

Through daily practice of Step Ten, I no longer accumulate guilt and shame. When I behave badly toward someone, I soon realize the need to apologize. If I treat myself badly, I make amends by recognizing it and taking action to nurture myself. Living this way frees me of the need to abuse food because I am at peace with others, God, and myself.

— Lifeline, June 2006

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



## Inspiration

God doesn't hold grudges. He helps me forgive myself so I can have this day with peace, serenity, and freedom from my compulsion.

— Lifeline,  
September 1979



Substantial revisions to the OA Handbook were approved by WSBG 2015 delegates. Get the new, Conference-approved handbook now at [bookstore.aa.org/](http://bookstore.aa.org/)

## A Call To Service

N.W. from Fairfax, Virginia USA, says, "Service has been a major Tool in my recovery. It has helped rid me of my character defects and has helped many of the promises come true in my life."

*How will you serve this week?*

Want to read more?

Subscribe to e-Lifeline!

Subscriber Login

or

Sign Up!

Already a subscriber? Pass Lifeline Weekly on to OA friends and encourage them to subscribe!