



Northern Virginia Intergroup of Overeaters Anonymous



### STEP TEN INVENTORY



How many times in the rooms I have heard of an apology made "to avoid adding another name to my Step Eight list."

Unfortunately, I too often miss the impact of this step in my life. Usually it is one of my character defects come back to bite me. My anger or need to control the situation is at play. I need to return to my Step 4 list and determine which character defect is at work.

Just when I thought that I had overcome it, the character defect has reappeared. If I detect a pattern, I need to return to my surrender to Step Three. This is the personal inventory called for the first part of this step.

I go back to my Step 4 list of character defects and do a daily written inventory of the previous day. For me, it is anger and a feeling of loss of control. I've found that the experience of a written inventory is essential, without it, my character defects creep in again.

By Anonymous



### SPIRITUAL PRINCIPLE: Perseverance



The definition of perseverance: "persistence in doing something despite difficulty or delay in achieving success."



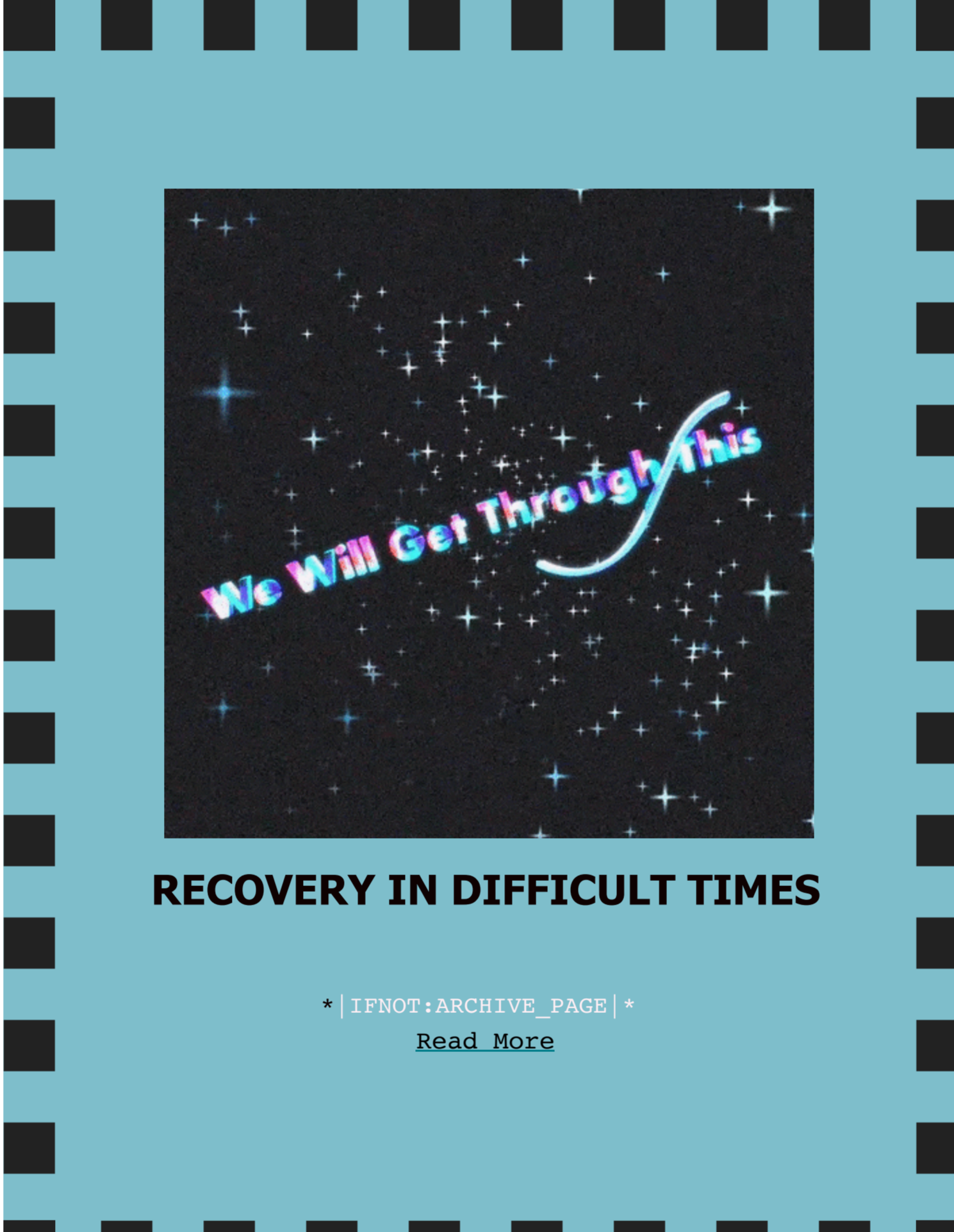
What the definition doesn't include is explaining how we persist.

Before program, every time I started a diet to lose weight, the "tools" I used to help myself were negative self-talk and shame, both stemming from the core belief that I only deserved to feel good when I had reached the perfect weight. I only felt good about myself when I was losing weight, and I felt shame when I was gaining weight. This happened for years. My sole focus was on achieving and maintaining my perfect weight, because then I would be happy, and then I would good enough.

Early on in program, I learned that perseverance was a necessary trait in my journey to sanity around food. I became abstinent quickly, but my negative self-talk and feelings of shame did not lessen, and the food continued to call to me. I have had countless slips, and experienced several relapses.

With the help of my fellows, my sponsor and my Higher Power, I am able to see that my core beliefs have changed. I no longer believe that being a certain weight will make me good or deserving. I know now that instead of perseverance through harsh words and shaming, I can encourage myself through love and kindness. I am good enough now, and it's okay for me to be happy now. This understanding does not always come easily. It takes perseverance, and for this and countless other reasons, I will keep coming back.

By Kirsten H.



I have been thinking about the importance of recovery during difficult times like the ones we live in right now. I am powerless over many things happening on a daily basis and there are moments when it is tempting to just say, "What the heck, I am going to numb myself with food."

But the truth is that an extra serving, an extra meal, an extra snack, even an extra bite changes nothing on the outside, damages me on the inside, and makes it much more likely that I will inflict damage on others. My ability to function in a scary world is completely dependent upon my maintaining my recovery--not just being abstinent, but also practicing the principles from moment to moment.

Living the principles protects me from increased anxiety, self-hate, and fear. They help me maintain healthy relationships at a time I especially need to be in connection with others.

I continue to be so grateful that I am in recovery.

By Barbara E.



### UPCOMING EVENTS



### THANK-YOU!!!

to all of you for the articles you've contributed and the time you've spent proofing and giving moral support. You know who you all are!

It takes a village to produce a newsletter.

Do you have some useful feedback or something you'd like to share with fellow OA members in Northern Virginia? Send us your thoughts, jokes, pictures, articles, artwork, poetry-- anything that reflects your experience, strength and hope to novations@oanova.org.

November topic: Step Eleven; Spiritual Awareness To be included in the November issue, please send items by midnight, November 20.

Edited by Marie L.

