

Goal 1 Problem	Goal 2 Solution	Goal 3 Recovery
Big Book Chapter 1 “Doctor’s Opinion” 1. “Bill’s Story”	Big Book Chapters 2, 3 and 4 2. “There Is A Solution” 3. “More About Alcoholism” 4. “We Agnostics”	Big Book Chapters 5, 6 and 7 5. “How It Works” 6. “Into Action” 7. “Working With Others”
Step 1	Step 2	Steps 3 4 5 6 7 8 9 10 11 12

Concept of Disease of Compulsive Overeating

Physical Allergy Mental Obsession Problem

Physical Allergy
 One who does not overeat safely
 Or he is at DIS-EASE

Normal Ones Overeat Safely
 They are AT EASE

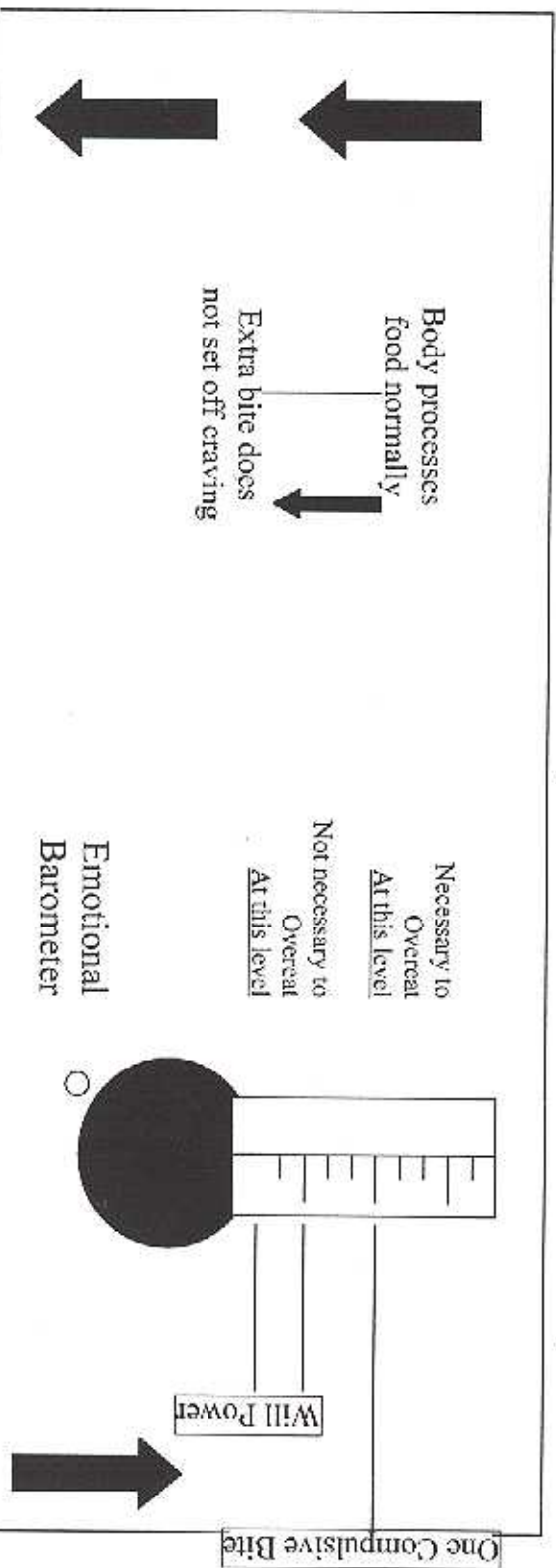
Can't Overeat Allergy

Body does not Process binge food Normally

One compulsive bite
 Sets off craving
 2 bites 2 craving
 3 bites 3 craving



Can't Quit Obsession

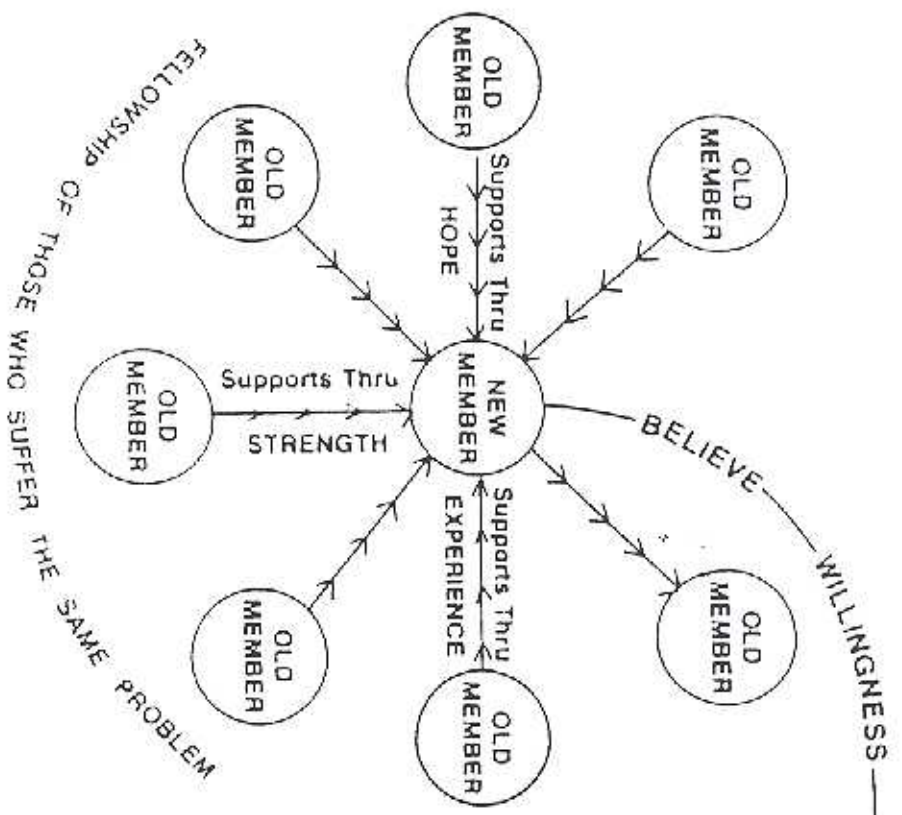


Well Known Binge

Emerges Restless Irritable Discontented
 Filled with Guilt Remorse Resentment Self-Pity Fear

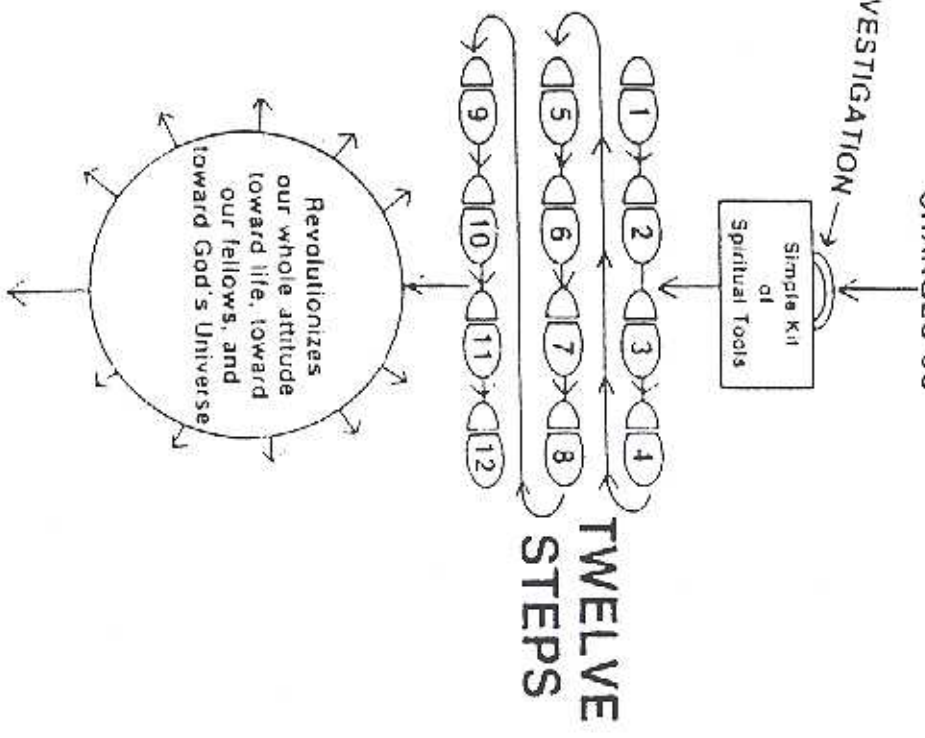
Powerless Over Excess Food

FELLOWSHIP
SUPPORTS US



WHAT IS THE SOLUTION?

SPIRITUAL EXPERIENCE OR
SPIRITUAL AWAKENING
CHANGES US



Compulsive Overeating

Spiritual Experience

Spiritual Awakening

Spiritual Progress

Desperation
Hopelessness
Terror
Surrender

Willingness
Believe
Decisions
Actions

Result

Result

Spiritual Experience

Spiritual Awakening

Sudden
Overwhelming
God-Consciousness,
Followed at Once
By a Vast Change in
Feeling and Outlook

Vast Change
In Feeling and
Outlook
Develops Slowly,
Over a Period
Of Time

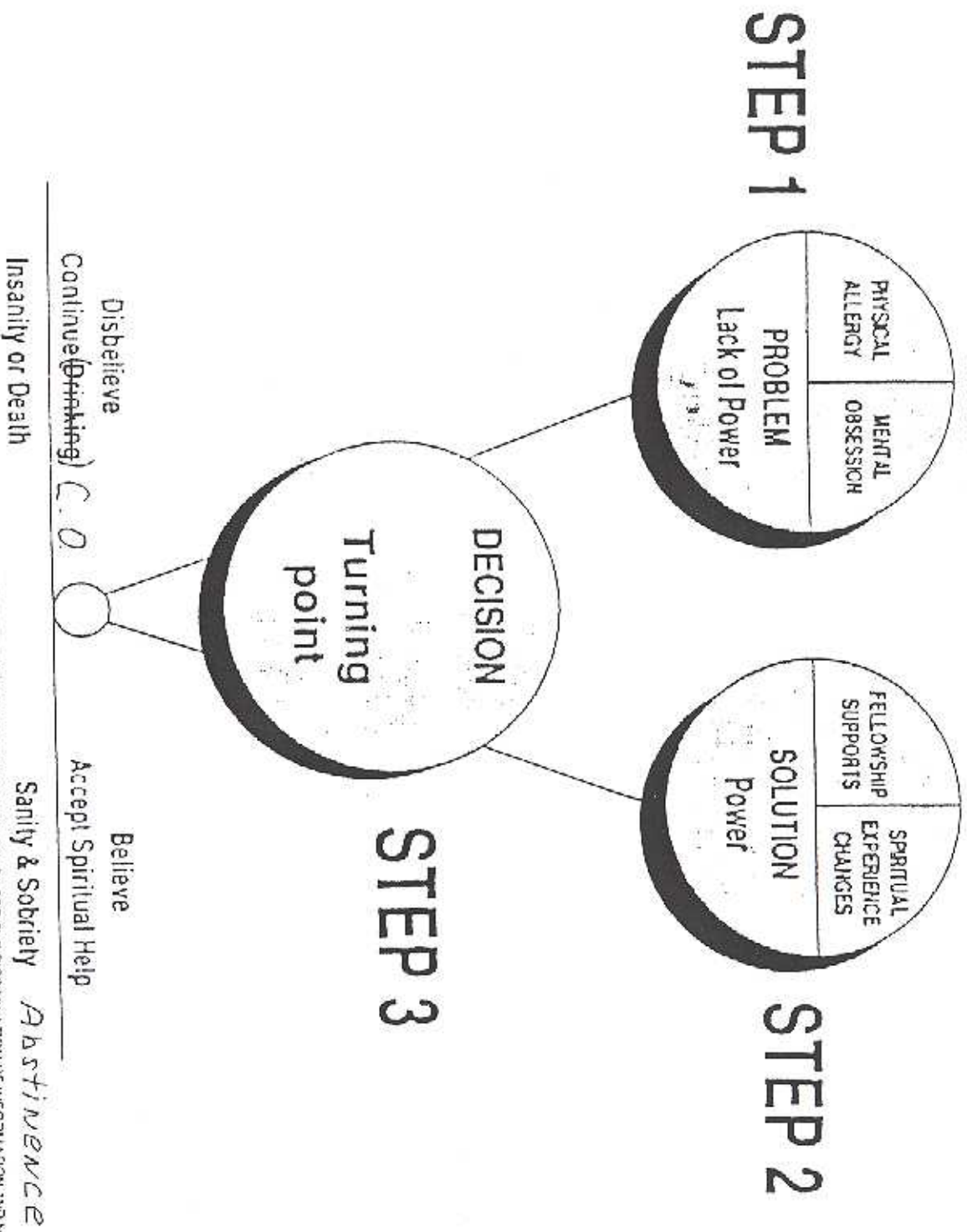
Result

Result

Personality Change
Sufficient to Bring
About Recovery.

Personality Change
Sufficient to Bring
About Recovery.

ROAD CHART TO DECISION



COPYRIGHT© 1989, KELLY FOUNDATION, INC. ALL RIGHTS RESERVED. PERMISSION TO REPRODUCE IS GRANTED BY THE KELLY FOUNDATION, INC. SOLELY FOR THE DISSEMINATION OF INFORMATION AND NOT FOR PROFIT.