

Twelve Steps for the Holidays

1. Admitted that the holiday season has deeper meanings attached to it than the devouring of food, alcohol, drugs, shopping, etc.
2. Came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. Came to believe that our Higher Power could help us appreciate the joyfulness of the season as we understood it.
4. Made a searching and thorough examination of our relationship with food, alcohol, drugs, shopping, etc. in connection with the holidays as well as all the other things we have enjoyed about the season.
5. Admitted to our Higher Power the exact nature of our food, alcohol, drug and shopping habits in holiday seasons past
6. Became entirely ready to allow our Higher Power to remove our attachment to food, alcohol, drugs, shopping, etc. as an unavoidable necessity of the holidays.
7. Humbly asked Him to remove our desire to partake of holiday treats, drinks, drugs and excessive shopping.
8. Made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. Made plans to spend time with those people wherever possible, except when to do so would remove us from our primary purpose of abstinence.
10. Continued to enjoy the company of our friends and family as well as all of the other enjoyable no-food aspects of the season.
11. Sought through prayer and meditation to improve our appreciation of the season praying for knowledge of the meaning of the season and the joy we feel at that time.
12. Having realized that sharing with others the joy of the season far outlasts the fleeting good feeling of food, alcohol, shopping, etc., we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention, love, acceptance, and appreciation.