

Twelve Steps of a Relapse

1. I decided I could handle my food if other people would just quit trying to run my life.
2. I firmly believe that there is no greater power than myself and anyone who says differently is insane.
3. I made a decision to remove my will and my life from God, who didn't understand me anyhow.
4. I made a searching and fearless moral inventory of everyone I know, so they couldn't take advantage of my good nature.
5. I sought these people out and tried to get them to admit to me, by God, the nature of their wrongs.
6. I became willing to help these people to get rid of their defects of character.
7. I was humble enough to ask these people to remove their shortcomings.
8. I kept a list of all the people who had harmed me and waited patiently for a change to get even.
9. I got even with these people whenever possible except when to do so would get me into trouble.
10. I continue to take everyone else's inventory and when they are wrong, which is most of the time, I promptly make them admit it.
11. Sought through the concentration of my will power to get God, who didn't understand me anyhow, to see that my ideas were best and he ought to give me the power to carry them out.
12. Having maintained my eating disorder with these steps, I can thoroughly recommend them to others who don't want to lose their hard earned status, but which to be left along to practice their food compulsion in everything they do for the rest of their days.