

*1. We admitted we were powerless over alcohol; that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God as we understood Him. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*



## The Twelve Steps of CEA-HOW

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1. We admitted we were powerless over food and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.

*1. Our common welfare should come first; personal recovery depends upon AA unity. 2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for AA membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or AA as a whole. 5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers. 6. An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every AA group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.*



## The Twelve Traditions

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1. Our common welfare should come first; personal recovery depends upon CEA-HOW unity.
2. For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our Group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CEA-HOW membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other Groups or CEA-HOW as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive eater who still suffers.
6. A CEA-HOW group ought never endorse, finance, or lend the CEA-HOW name to any related facility or outside interest, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every CEA-HOW group ought to be fully self-supporting, declining outside contributions.
8. Compulsive Eaters Anonymous - HOW should remain forever nonprofessional, but our service centers may employ special workers.
9. CEA-HOW, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Compulsive Eaters Anonymous - HOW has no opinion on outside issues; hence the CEA-HOW name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.



## The CEA-HOW Concept

The Compulsive Eaters Anonymous-HOW Concept has been formed to offer the compulsive eater who accepts the Twelve Steps and Twelve Traditions as a program of recovery a disciplined and structured approach. The CEA-HOW Groups have been formed in the belief that our disease is absolute and therefore only absolute acceptance of the CEA-HOW Concept will offer any sustained abstinence to those of us whose compulsion has reached a critical level.

Therefore, the CEA-HOW plan of eating, steps, traditions and tools of recovery are not suggested. Rather, we accept them as requirements for our recovery.

Meetings are dedicated to the concept of remaining Honest, Open-minded, and Willing to listen, this is the HOW of the program. We pray that the collective group conscience and love that these ideals offer us will promote a strong sense of security that will enable us to experience a new unity and wholeness with all those around us and that the CEA-HOW ideal will help us to progress in our program of recovery on a daily basis.

To be certain, much of our strength is found in the structure of meetings and in the daily adherence to the program as it is written in our literature.

Each Group also firmly understands that after our recovery has begun through abstinence and the taking of the first three steps, our further surrender to the additional steps of recovery offers us a promise of happiness, contentment, and achievement in all areas of our lives.

We ensure our continued and sustained abstinence from compulsive eating by being forever aware that God is doing for us what we have never been able to do for ourselves.

May God, as each of us understands Him, open our minds and hearts to the love which is manifest in this room.

Amen



## The Seven Tools of CEA-HOW

The primary purpose of Compulsive Eaters Anonymous-HOW is "...to abstain from compulsive eating and to carry the message of recovery to those who still suffer." The tools help us to recover on all three levels - physical, emotional, and spiritual. The following tools are used to enhance our program of recovery through working the twelve steps of CEA-HOW.

1. **CEA-HOW ABSTINENCE FOOD PLAN:** Three meals daily, weighed and measured, with nothing in between except sugar-free soda, no-calorie beverages, and sugar free gum. Food is written down, called in, and committed, so we can get on with our recovery and "out" of the food. It is recommended that you obtain your physician's or health care professional's approval before beginning your abstinence using the CEA-HOW food plan. Any recommendations your physician or health care professional makes will be accepted.
2. **LITERATURE & WRITING:** We use Alcoholics Anonymous' "The Big Book" and A.A.'s "Twelve Steps and Twelve Traditions" as tools of examination and release. Our writing assignments for the first 30 days are taken from them. When we substitute the words "compulsive eater" for "alcoholic" and "food" for "alcohol", we feel we identify absolutely. We believe that negative thinking is a large part of our disease, so we are learning, one day at a time, to abstain from negative thinking.
3. **ANONYMITY:** Who you see here, what you hear here, when you leave here, let it stay here. When we meet another member in the outside world, we do not mention that they are members of CEA-HOW.
4. **TELEPHONE CALLS:** We are required to make four calls a day-one to our sponsor and three to other CEA-HOW members. The phone is like a lifeline; we need the contact; it can be like a mini-meeting.
5. **MEETINGS:** We must attend three meetings a week. Those members who have at least 30 days of continuous CEA-HOW abstinence may pitch. Those members who have at least seven days of continuous CEA-HOW abstinence may pitch if their pitching has been discussed with their sponsor.
6. **SERVICE:** Service is abstinence-the greatest service to ourselves. Service is coming to meetings on time; being a leader or speaker; volunteering to be a service person such as a program chairperson, coffee person, treasurer, secretary, literature person, intergroup representative, etc. Service is CEA-HOW. Service is putting away chairs when necessary, picking up after the meeting, being quiet when a member is sharing. Service is one way to get involved in the program. Service is needed at all levels and at every meeting. Service is giving of ourselves to help CEA-HOW continue to function. Let's all get involved to help CEA-HOW, because we all know that: Service is freedom from bondage of self.
7. **SPONSORSHIP:** A sponsor is a compulsive eater who--thank God-- has 30 days of back-to-back CEA-HOW abstinence. A sponsor will help you work through the 12 Steps. Everyone in CEA-HOW is sponsored according to the same guidelines. Sponsors MUST have 30 days of abstinence, have completed 30 days of questions, and have taken the first three steps.

Will all sponsors please stand, introduce yourselves, qualify as to the length of your abstinence, weight loss, and kind of sponsor that you are (food, inventory, step and /or maintenance), and whether you are available. To save time, we ask that you please HOLD all applause until the last sponsor has qualified.

## A Vision For You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us.

Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.

Alcoholics Anonymous  
Chapter 11 – “A Vision For You”  
p. 164

## The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Alcoholics Anonymous  
Chapter 6 – “Into Action”  
pp. 82-83



## Just For Today

**Just for Today:** I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

**Just for Today:** I will be happy. This assumes to be true what Abraham Lincoln said, that, "Most folks are as happy as they make up their minds to be."

**Just for Today:** I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

**Just for Today:** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

**Just for Today:** I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do--just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

**Just for Today:** I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

**Just for Today:** I will have a program. I may not follow it exactly but I will have it. I will save myself from two pests: hurry and indecision.

**Just for Today:** I will have a quiet half hour all by myself and relax. During this half hour, some time, I will try to get a better perspective of my life.

**Just for Today:** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me."