

PAGE FOUR: What actions do I take to make "Abstinence 1st without exception"?

What are my daily prayer and meditation actions?

- E.g. Have at least one period of prayer and meditation every day
- E.g. Talk to God about specific food items and/or personal food behaviors

What actions do I take to live Step 10?

- E.g. Daily commit to list personal "did well"/positive attributes
- E.g. Daily examine where have I been resentful, selfish, dishonest or frightened?

What actions underlie my plan of eating?

- E.g. Get input from a health care professional to establish my SPECIFIC written plan of eating
- E.g. Specify what foods will I eat, and when will I eat them.

What are my TRIGGER FOODS that if I eat a little, I will crave more?

- E.g. Maintain a written list of "trigger" foods.
- E.g. Do not keep trigger foods near / visible

Do I maintain a Specific Written List of Eating Behaviors that I will participate in?

- E.g. Will have at least (x) hours between meals
- E.g. Will always communicate with sponsor before making changes in my food plan

Do I maintain a Specific Written List of Eating Behaviors that I will NOT participate in?

- E.g. Will not eat in car
- E.g. Will not eat/taste/sample anything while in cooking process