

10th Step Buddies

The 10th step takes two people to make work.

Person 1: The person needing to “do” the step.

Person 2: The person “taking” the step.

Person 1: The person needing to “do” and 10th Step

- Remember, we have agreed that we would go to any lengths to recover from compulsive eating (BB Pg 76)
- Break the isolation.
- We let God discipline us (pg 88)
- Continue, continue, continue.
- Watch for Selfishness, dishonesty, resentment, and fear, or other character defects.
- WHEN these crop up, we need to do a 10th Step.
- 10th Step promise: pgs 84-85

“And we have ceased fighting anything or anyone—even [food]. For by this time, sanity will have returned. We will seldom be interested in [alcoholic food]. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward [food] has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react as long as we keep in fit spiritual condition.”

We need to reach out and make the call. That is where our 10th Step buddy comes in.

Person 2: The Buddy

- Role is to be God with Skin On for our OA friend.
- We do Not try and fix, give advice, take their side and add fuel to the flame.
- Remember, we have entered the world of the spirit. Thy Will Be Done
- When you receive a call, you get to practice Step 12. Pg 89

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

Facilitating a 10th Step: Seven questions and a prayer (Pg 84):

1. What is the headline? (in 19 words or less)
2. Where were you selfish?
3. Where were you dishonest?
4. Do you have a resentment?
5. Are you afraid? (of losing something, of being found out, of what?)

Let's pray to have God remove the selfishness, dishonesty, resentment, or fear...

Here, you can help the 10th Stepper to improvise a prayer, or suggest prayers from the AA big Book:

- a. Sick man's prayer, page 67
 - b. Fear prayer, page 68
 - c. Relationship prayer, pgs 69-70
 - d. Third Step prayer, pg 63
 - e. Seventh Step prayer, pg 76
6. Do you own an amends?
 7. What can you do to be of service now, to get you out of yourself?

10th Step Buddy Agreement:

This call is not necessarily an exchange of 10th Steps unless it is an agreed upon arrangement. If the 10th Stepper can be of service to you as a 10th Step buddy, that is ok. Be mindful of the time constraints the caller may have, such as having to return to work, etc.

The Process:

Set up a group text with 2 or 3 friends you feel comfortable with and have agreed with you to be a 10th Step buddy, to either call to give a 10th Step, or to receive a 10th Step.

Set up a group text to ask, “Is anyone available for a 10th Step call right now?” when you need to do a 10th Step.

Text back “I am” if you are available.

Then Person 1 makes the call.

Person 2: Quickly says a prayer to put yourself in a frame of mind to let God work through you. Set aside any judgement, need to fix, advice giving, and or other selfish needs. Create a safe space for Person 1 to share honestly and openly.

My 10th Step Buddies:

1. _____ Phone: _____

2. _____ Phone: _____

3. _____ Phone: _____