

Step 7 – Humbly asked God to remove our shortcomings

7J Shortcomings – Gluttony / Anorexia

A “shortcoming” means that there is something better that we are missing. In step 7, we ask that a deformed part of our character be transformed into a better character trait. Part of working this step is to get a vision of what life would be like with that better trait.

Both gluttony and anorexia have a confusion of self with consumption. Both are harsh towards the body. The human instinct behind both is about meeting our basic needs. Redirecting that instinct towards others provides leadership in providing for the basic needs of others.

What kinds of hurts do I cause when I indulge in this character defect?

What might be appropriate amends for those hurts?

How can I turn my sense of self, my relationships, and how I react to my shortcomings over to a higher power?

How can I benefit from eating together with the group to find a new expression of this need? How can that ease the fears that I won't be provided for?

What would it be like to ask a higher power for compassion in this area?