


# Voices of Recovery Date Index

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**path of** Jan-5, Jan-19, Apr-14, Jun-5, Oct-20

**See also abstinence; miracle of recovery**

**rejection** Mar-27, Nov-9

**relapses** Mar-1, Apr-2, May-8, Jul-4, Jul-12, Jul-22, Jul-31, Aug-19, Sep-4, Dec-18

**conditions leading to** Feb-9, Feb-16, Aug-25, Dec-22, Dec-25

**recovery from** Apr-7, May-3, Jun-27, Sep-3

**relations with others** Feb-21, May-7, May-31, Jun-19, Nov-29, Dec-23

**religiousness** Jan-28, Feb-17, Feb-22, Aug-17, Oct-3

**vs. spirituality** Feb-13, Feb-26, Apr-3, Nov-12, Nov-28

**remorse** Mar-8, Nov-24

**repetition in recovery** Apr-2

**resentment** Jun-6, Jul-20, Aug-1, Aug-11, Sep-1, Oct-17

**respect** Feb-27, Aug-5

**responsibility** Jun-2, Sep-8, Nov-19, Nov-26

**to take action** Apr-5, Jun-6, Jun-7, Nov-3, Dec-5

**Responsibility Pledge** Mar-3

**risks** Dec-2

**Sacred Awe** Jun-13

**sanity** Feb-5, Jul-21, Nov-16

**secret of recovery** Dec-7

**secret of success** Feb-28, Mar-2, Mar-18

**secrets, shared** Apr-22

**self-acceptance** Jan-15, Feb-28

**self-awareness** Apr-27

**vs. self-examination** May-28

**self-blame** Sep-7, Dec-10

**self-concept** Jan-2, Jan-22, Nov-17

**self-condemnation** Nov-24

**self-destruction** Jun-10

**self-discipline** Jan-22, Jan-31, Oct-27

**self-esteem** Feb-18, Jul-15, Aug-5, Sep-21, Dec-2

**self-examination** May-28, Oct-28

**self-fulfillment** Aug-3

**self-hate** Jan-2, Aug-24, Dec-10

**self-judgment** Sep-21

**self-love** Feb-28, May-20, May-21, Jul-31, Aug-16, Aug-29, Oct-18, Nov-29, Dec-24

**self-pity** Jan-11, Feb-5, Feb-20, Feb-21, Sep-18, Dec-9

**self-reliance** Feb-5, Feb-8

**self-seeking** Dec-9

**self-will** Feb-9, Jun-20, Jul-25, Aug-11, Sep-25, Nov-1, Nov-25

**vs. God's will** Apr-8, May-26, Jul-17, Nov-5, Nov-29

**sense of humor** Jan-20, Oct-9

**serenity** Jan-4, Jan-23, Mar-2, Jul-5, Aug-6, Aug-12, Oct-2, Nov-25

**See also peace**

**Serenity Prayer** Jul-5, Dec-30

**service** Feb-8, Mar-30, Aug-14, Sep-8

**involvement in** Feb-3, Apr-21, Oct-10, Dec-13

**rewards of** Nov-23, Dec-21, Dec-23

**shame** Feb-21, Mar-18, Mar-20, Jun-6, Jul-2, Sep-1, Sep-26, Dec-10

**shortcomings. See character defects**

**silence** Oct-17

**simplicity** Jun-19, Jul-16, Dec-16

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**social situations and eating** Jun-9, Nov-27, Dec-13

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**spirituality** Feb-16, Feb-23, May-27, Aug-10, Sep-1, Oct-4, Oct-16, Oct-25, Dec-9, Dec-31

**awakening of** Feb-3, Mar-15, Mar-19, Mar-28, Sep-20, Nov-4, Dec-1

**development of** Feb-14, Mar-12, Mar-25, Nov-30, Dec-7

**openness to** Jan-28, Oct-12, Nov-10

**of program** Feb-12, Jul-29, Aug-26  
**vs. religiousness** Feb-13, Feb-26, Apr-3, Nov-12, Nov-28  
**spiritual power** Jan-18, Jan-27  
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**sponsors, studying Twelve Steps with** Dec-21  
**sponsors** Feb-29, Jul-30, Aug-25, Aug-29, Sep-24, Nov-21  
**selection of** Feb-3, Apr-19, Sep-20  
**talking to** Jan-13, Jan-14, Jan-21, Mar-31, May-17, Dec-4, Dec-15  
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**Step one** Jan-1, Jan-6, Mar-11, Mar-24, Apr-10, May-29, Sep-12, Dec-12  
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**Step Two** Jan-6, Feb-5, Mar-25, May-8, Oct-6  
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**willingness to act on faith** Jan-9, Jan-10, Jan-18  
**Step Three** Jan-6, Mar-1, Mar-2, Mar-7, Apr-12, Aug-10, Sep-9, Nov-8, Nov-25  
**leading to recovery** Apr-10, Jul-13, Aug-23  
**true meaning of** May-17, May-24, Dec-19  
**turning problems over to a Higher Power** Mar-12, Aug-30, Nov-2, Nov-19  
**Step Four** Jan-13, Jan-22, Mar-31, Apr-1, Apr-10, Apr-15, May-17, Dec-20  
**Step Five** Jan-13, Mar-20, Apr-15, May-17, May-30, Jun-10, Jul-30, Nov-9, Dec-22  
**Step Six** Jan-15, Feb-28, Jun-1, Jun-12, Aug-3, Aug-4, Sep-19, Oct-8, Oct-30  
**Step Seven** Feb-28, Jun-23, Jul-1, Jul-2, Jul-3, Jul-7, Jul-10, Oct-7, Oct-8, Nov-26  
**Step Eight** Jul-20, Aug-1  
**Step Nine** Mar-8, Mar-28, Jul-20, Aug-1, Sep-1, Sep-2  
**Step Ten** Jan-21, Jan-22, Apr-7, Apr-10, May-28, Sep-30, Oct-6, Dec-10  
**Step Eleven** Jan-20, Jan-21, Jan-22, Jan-23, May-15, Jul-16, Jul-17, Aug-17, Aug-18, Sep-29, Nov-1, Nov-4, Nov-30, Dec-4  
**and contact with a Higher Power** Jan-11, Feb-10, Jun-8, Nov-8  
**as a habit** Feb-23, Apr-6, Oct-14, Nov-25, Dec-9  
**turning problems over to a Higher Power** Mar-12, Aug-30, Nov-2, Nov-19  
**See also meditation; prayer**  
**step Twelve** Jan-16, Feb-14, Mar-6, Mar-30, Apr-14, Apr-20, Aug-14, Nov-6, Dec-1  
**carrying the message** Feb-29, May-9, May-10, Aug-9, Dec-17  
**Steps. See Twelve Steps**  
**stories** Dec-17  
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**strength, sharing** Nov-23  
**struggles. See problems**  
**stubbornness** Apr-7  
**success secret of** Feb-28, Mar-2, Mar-18  
**suicide** Jun-10, Jun-27, Jul-15  
**support** May-5  
**surrender** Feb-15, Feb-28, Mar-24, Jul-4, Aug-6, Sep-23, Sep-25, Dec-3  
**to a Higher Power** Jan-20, Jan-26, Apr-7, May-26, Aug-10  
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**teachability** Jan-28, Apr-11, Jun-14, Jun-26, Jul-11, Aug-3, Aug-31, Oct-15, Oct-27, Nov-10, Nov-14  
**teamwork** Nov-23, Dec-23  
**telephone calls** Feb-12, Mar-3, Mar-31, Oct-1, Oct-25, Nov-27  
**therapy, professional** Aug-18  
**thoughts about food** Feb-6  
**three A's, the** Apr-10  
**three-fold nature**  
**of abstinence** Mar-5, Aug-21  
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**three-part processes**  
**self-examination, mediation and prayer** May-28, Aug-21  
**think, pray, act** Apr-16  
**three As, the** Apr-10  
**tiny God syndrome** Feb-22  
**today, living in. See just for today**  
**tools** Jan-24, Mar-3, Mar-31, Apr-2, Apr-16, Apr-23, May-14, Jun-18, Aug-26, Sep-24, Nov-24, Dec-12, Dec-18, Dec-25  
**See also specific tools**  
**Tradition One** Jan-5  
**Tradition Two** Feb-17, Feb-27, Jul-11, Dec-23  
**Tradition Three** May-4, Jun-25, Dec-8  
**Tradition Five** May-3, May-9, May-13  
**Tradition Seven** Feb-8, Sep-8, Nov-26  
**Tradition Eight** Dec-23  
**Tradition Eleven** Nov-15  
**Tradition Twelve** Nov-14, Dec-27  
**Traditions. See Twelve Traditions**  
**triggers** Nov-21  
**trust** Jan-18, Apr-22, Jun-16, Jul-1, Jul-13, Aug-2, Aug-25, Aug-27, Nov-12, Dec-5, Dec-17  
**See also hope**  
  
**trustworthiness** Jan-20, Feb-10  
**truth** Mar-29, Apr-28, May-1, Aug-18, Sep-16  
**denial of** Dec-22  
**See also honesty**  
**truthfulness** Feb-10  
**Twelve steps** Jan-8, Jan-24, Feb-24, Mar-15, Apr-8, Apr-17, Aug-8, Sep-6, Oct-24, Nov-13, Nov-16, Dec-3, Dec-21  
**as a road to recovery** Jan-2, Apr-9, Dec-11, Dec-12  
**See also Fellowship of Overeaters Anonymous; Overeaters Anonymous; working the Steps; specific Steps**  
**Twelve-Step-Within Committee** Apr-20  
**Twelve Traditions** Jan-8, Apr-9, May-31, Nov-13  
**See also specific Traditions**  
  
**unconditional love** Jan-15, Apr-22, May-5, Jun-20  
**See also acceptance**  
**unconscious mind** Feb-15, May-29  
**understanding** Jan-19  
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**victimization** Jun-6, Jun-7, Aug-18, Nov-29  
  
**wants vs. needs** Jan-9  
**weakness** Mar-18, Sep-12  
**See also character defects**  
**weight** Feb-16, Mar-29, Apr-5, Jul-6, Jul-22, Aug-16, Aug-21, Sep-22, Oct-12, Nov-5, Nov-7  
**weight loss** Mar-12, May-4, Jun-30, Jul-24, Sep-14, Nov-2, Nov-13, Nov-16, Dec-24  
**Welcome Home** Jun-27  
**willingness** Jan-10, Feb-15, Feb-18, Mar-25, Aug-2, Oct-30, Dec-18  
**to accept** Dec-30  
**achieving** Aug-24, Sep-17, Sep-27  
**to acknowledge character defects** Mar-20  
**to go to any lengths** Feb-4, Nov-16  
**praying for** Jan-10, Feb-15, Feb-18, Dec-18  
**to recover** Sep-12, Sep-24, Oct-17, Oct-21  
**to surrender** Feb-28, Mar-10  
**to use the tools** Feb-14  
**willpower** Mar-11, Mar-24, Sep-17  
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**wishful thinking** Oct-2  
**working the Steps** Jan-5, Jan-29, Mar-11, Apr-2, Apr-19, Jun-17, Jun-18, Jul-23, Jul-27, Sep-26, Oct-19, Dec-3, Dec-10, Dec-31  
**to the best of one's ability** Jun-15, Jul-2, Aug-19, Aug-23, Dec-1  
**commitment to** May-10, Dec-13  
**as a habit** Apr-5, Aug-26, Sep-14  
**leading to recovery** Jan-2, Jan-10, Jan-19, Mar-28, Apr-1, Nov-7  
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**workshops, facilitation of** Nov-23, Dec-23  
**writing** Jan-21, Jan-28, Feb-12, Mar-5, Mar-31, Jul-14, Oct-13  
**to clarify emotions** Apr-30, Aug-21, Oct-1, Oct-13, Dec-15  
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