

RECOVERY CHECKLIST

Now	BAL	CLC	Item
1	1		Are you obsessed with food, diets, calories and weight?
16	2		Are you using laxatives, purging, compulsive exercise or other means to control your weight?
5	3		Are you rationalizing the eating of foods and/or quantities that were once questionable? Are you having frequent slips?
15	4		Are you uncomfortable about your weight and/or weight gain or loss?
13	5		Are you finding reasons not to attend as many meetings as you once felt you needed? Are you isolating when you attend meetings?
7	6		Are you trying to work the program alone? Are you reaching out to others and working with a sponsor?
8	7		Have you worked all the Steps? Are you working them now, or do you think once was enough?
14	8		Are you forgetting to practice slogans such as "One day at a time" or "Easy does it"?
3	9		Do you accept that compulsive overeating, <u>undereating</u> or other compulsive food behavior is a disease, and that you are powerless over food? Is your life unmanageable? Do you think the perfect weight will fix it?
12	10		Are you reluctant to surrender your old ideas?
4	11		Do you feel "burned out", or are you rebelling against the program? What action can you take to revitalize your commitment?
18	12		Are you focusing on the negative? Are you being judgmental?
17	13		Do you feel and accept your feelings, or are you living in denial?
19	14		Are you accepting other people--and life in general--as they are? Are you frustrated because you can't have your way?
6	15		Are you concentrating on the spiritual and emotional aspects of the program as well as the physical?
9	16		Are you clinging to a concept of a Higher Power that no longer works for you?
11	17		Do you use prayer, meditation or quiet time on a daily basis?
10	18		Are you making an effort to maintain conscious contact with your Higher Power, or have you drifted away from that practice?
20	19		Are you reluctant to ask for help?
21	20		Can you accept, love, and forgive yourself?
2	21		Are other things in your life more important than your recovery? Are you willing to go to any lengths in order to recover?

Elig cell

917-602-0813