

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. We need to change both the expression and who that instinct is directed towards. 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 can I change my expression of “meeting my needs” to? For Gluttony, that might mean learning how to share with others who have needs. For Anorexia, that may mean allowing ourselves to love our self while eating, spending, and doing basic care.

Often, these need “living amends” where we change our life styles. What might be appropriate amends in my case?

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

Often, this is where our interactions with the group are part of the process. This could mean eating together with the group, going shopping with group members, or learning new ways for self-care or caring for others. Which would help me change the most?

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