A Big Book Checklist of Promises
(What step are you on?)

Steps One and Two:
► Is it clear to me that I am a compulsive overeater and cannot manage my own life?
► Is it clear that no human power can relieve my compulsive overeating?
► Is it clear that God can and will relieve my compulsive overeating if I seek God?

After Step Three:
► Was an effect, even a very great one, felt at once?

After Step Four:
► Have I written down a lot?
► Have I listed and analyzed my resentments?
► Have I begun to comprehend the futility and fatality of my resentments?
► Have I begun to learn tolerance, patience, and good will toward all men, even my enemies?
► Do I look on my enemies as sick people?
► Have I listed the people I hurt by my conduct and am I willing to straighten out the past if I can?
► Am I convinced that God can remove whatever self-will has blocked me off from Him?
► Have I swallowed and digested some big chunks of truth about myself?

Before half-way through Step Nine (the Promises):
► Do I know a new freedom and a new happiness?
► Do I not regret the past nor wish to shut the door on it?
► Do I comprehend the word serenity and do I know peace?
► Do I see how my experience can benefit others, no matter how far down the scale I have gone?
► Has that feeling of uselessness and self-pity disappeared?
► Have I lost interest in selfish things and gained interested in my fellows?
► Has self-seeking slipped away?
► Has my whole attitude and outlook upon life changed?
► Has fear of people and of economic insecurity left me?
► Do I intuitively know how to handle situations which used to baffle me?
► Have I suddenly realized that God is doing for me what I could not do for myself?
After Step Nine:
► Have I ceased fighting anything or any one—even food?
► Has sanity returned?
► Am I seldom interested in food?
► If tempted by food, do I recoil from it as from a hot flame.
► Am I reacting sanely and normally, and has this happened automatically?
► Do I feel as though I had been placed in a position of neutrality, safe and protected?
► Has the problem been removed? Has it ceased to exist for me?
► Am I neither cocky nor afraid?

After Step Ten:
► Have I begun to sense the flow of His Spirit into me?
► Have I to some extent become God conscious? Have I begun to develop this vital sixth sense?

After Step Eleven:
► Am I surprised how the right answers have come when I have tried to relax, take it easy, and wait for God's inspiration, intuitive thought, or decision.
► Has what used to be the hunch or the occasional inspiration gradually become a working part of the mind?
► As time passes, is my thinking more and more on the plane of inspiration?
► Am I in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions?
► Have I become much more efficient?
► Do I not tire so easily?

After Step Twelve
► Has life taken on a new meaning?
► Do I not want to miss the opportunity 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?
► Have remarkable things happened?
► Am I presently living in a new and wonderful world, no matter what my present circumstances?
► Can I do all sorts of things compulsive eaters are not supposed to do?
► Can I go where my killer-food is served; can I have my killer-food in my home; do I see friends who eat my killer-food; do I watch movies or television which show scenes of eating my killer-food; do I go to restaurants which serve my killer-food; do my friends no longer have to hide their stores of killer-food when I visit them; can I be reminded of my killer-food?
► Have I found release from care, boredom and worry?
► Has my imagination been fired?
► Does life mean something at last?
► Do I know what it means to give of myself that others may survive and rediscover life?
► Have I learned the full meaning of "Love thy neighbor as thyself"?
► Has God shown me how to create the fellowship I crave?
► Have great events come to pass for me and countless others?