



Process of ‘Set aside Prayer’

Generally, 12 steps are followed for the Set Aside Prayer consistent with the big book taken into account because the Bible of the Set Aside Prayer. These are,

Step 1:

- Please help me see the reality about my physical craving after I start to overeat compulsively.
- Please help me see the reality about my mental obsession before I start to overeat compulsively.
- Please help me see the reality about the unmanageability of my life.

Step 2:

Please help me see the reality about my got to come to believe an influence greater than myself, which you're either everything or nothing.

Step 3:

Please help me see the reality about the failure of my life run on self-will and my decision to show my will and my life over to the care of God.

Step 4:

Please help me face and be obviated the items in myself that block me from you, people and myself.

Step 5:

- Please help me see the reality about my got to have the integrity to admit to you, another person, and myself the precise nature of my wrongs.
- Please help me possess the integrity to admit to you, another person, and myself the precise nature of my wrongs.

Step 6:

- Please help me see the reality of character defects, which block me far away from you and are an obstacle to my recovery. [People. Place or Thing].
- Please help me to be entirely willing/ready to possess you to remove all my defects of character.

Step 7:

Please help me see the reality about my having the humility to ask you to get rid of my shortcomings. Holding nothing back.

Step 8:

Please remove my fears and show me the path of Truth. Please show me all the harms that I even have caused with my behavior and make me willing to form amends to all of them.

Step 9:

Please remove my fear and provides me the strength, courage, and direction to try to do the proper thing, regardless of what the private consequences could also be.

Step 10:

- Please help me face and be obviated the items in myself that block me from You, people and myself. Once I am wrong, please help me admit my mistakes and promptly make amends for any harm.
- Please help me to think less for myself and more often for others. Please show me how you'd have me be.

Step 11:

Please, grant me the discipline to still seek your will through prayer and meditation, and grant me the facility to hold it out. May I hear the still quiet voice inside and seek only to grow in understanding and effectiveness.

Step 12:

Please help me to hold the message of Truth and principled living to others, especially other addicts, and to practice these principles altogether my affairs.

Try to adapt and make your own personal Set Aside Prayer that's meaningful to you! As with everything, take what you would like and leave the remainder behind.