

# The 12 STEP GAZE™

Recovery Magazine for California

## *No PAIN, No GAIN?* **GROWING PAINS**

**Plus**  
\* Sugar, Junk Food, and Addictive Drugs  
\* I'm a Compulsive Gambler in Recovery  
\* The Hardest One to Get



## **REGULAR CONTRIBUTORS**

**NEW** Dr. Keerthy Sunder **SUNDERSTANDING Addiction**

**NEW** **Travel Sober with Bob K**

**DR. JUDI HOLLIS**  
REGARDING **FOOD OBSESSION**

**Darlene Lancer** ON **CO-DEPENDENCY**

**Dan Griffin** - *Real Men, Real Recovery*

*Dear Petra* - Expert Help with Hep-C

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# Dr. Judi Hollis

## Experience, Strength, and Hope For People Struggling with Food Obsession

**Dr.** Judi Hollis graciously agreed to meet with me and talk about her 40 years of personal and professional experience in recovery. She is not only a well-educated psychologist, articulate and thoughtful with her message of hope and encouragement, she is beautiful, down-to-earth, and visibly comfortable in her own skin.

One of the things we talked about while sitting together in her Palm Springs office, was the challenge many of us face adjusting our mindset to match our changing bodies. Whether we have lived in bodies too large, or in bodies too small, they are our bodies – part of who we are as individuals. When those bodies begin to change size and shape, it takes time for our “internal identity” to catch up (or let go). We gravitate to the clothing racks where we’ve “always” shopped and we’re genuinely surprised when the clothes in that size no longer fit!

While talking about this “gorge” between mental image and actual physique, Judi candidly shared her story, her experience, and her hope:

“For years, I would buy size 12 pants and take them to the tailor to be altered. Then someone suggested trying on the 10s! In my upbringing, 10 was a THIN person and 12 was a NORMAL person. Marilyn Monroe was a size 12. So this suggestion was just crazy! I had to take an OA person to the store with me to convince me to try on the 10s. And it was devastating for me because it messes with who you think you are.

“We have the largest recidivism rate of any illness. People don’t talk enough about that. Having people compliment us

feels like a boundary has been crossed. We want to push them away.

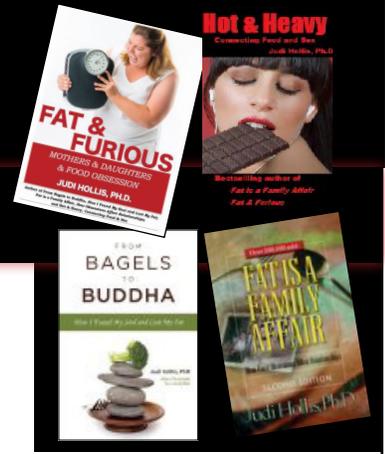
“At a party during my freshman year in college, some guy mentioned me from another party and described me as a ‘sexy girl.’ I was horrified. I could not fathom a guy saying that about me. I was usually referred to as ‘the fat girl!’ I immediately went out and regained 70 lbs.

“Changing body image is also an issue with men. A lot of men I have treated were very big guys -- they would walk into a room with all that stature and people would stand back. There was power in that – and these guys liked it. When they became relatively normal people who didn’t stand out in a crowd, nobody stood back and made room for them anymore and these men were very resentful -- they wanted that power back.”

These incongruities between mind and body are destructive. We need to allow ourselves the time, space, attention and help to bridge the gap between our minds image and the mirrors image.

“Working the steps and doing what’s needed in the steps will get you right-sized in your ego and in your body. So when you start behaving as the person you are supposed to be, your body can assume the proportions it’s supposed to have.” And in short-order, the identity begins to synch up and settle in based on the reality of who you are inside and out.

*(K. VanDenBerg based on interview 12-5-2014)*



(c) 2014. Dr. Judi Hollis is a Licensed Family Therapist, author of several books and educational materials, motivational speaker, radio and television expert. Judi would love to hear from you! You can ask Judi questions and access her materials, at [www.judihollis.com](http://www.judihollis.com) or call 1-800-8-ENOUGH

## Step six states

that, “We became entirely ready to have God remove these defects of character.” The spiritual principle behind Step Six is readiness or willingness. But what do we mean by readiness? The dictionary defines readiness as being “prepared mentally or physically for some experience or action.”

Readiness, as it relates to Step Six, is a state of body, mind, and spirit in which we are prepared to have God remove our defects of character. In order for us to be prepared to have our character defects removed, we must first be aware that we have them, second, acknowledge the pain that they have caused, and finally, be unwilling to cause this pain in the future. Simply put, people approach readiness, when the pain of staying the same outweighs the pain of making a change.

Being aware of our defects of character and acknowledging the pain they have caused, are the first part becoming entirely ready. The second part is coming to believe that God can remove these defects of character. It starts with hope in a better future, evidenced by the transformed lives we see in the fellowship. It is followed by trust, that the same God that transformed their lives, can also transform ours. It is completed by courage: courage to live our lives differently, in a transformed way. Step Six is much like taking the First and Second Step all over again. We become ready to have God remove our defects of

# READINESS

*by Samuel Hanna*

character by admitting we have a problem and that is causing unmanageability in our lives and the lives of others. Then we come to believe that a Power greater than ourselves can transform us or restore us to a state of being where we are no longer causing that pain.

**WHEN THE PAIN OF STAYING THE SAME  
OUTWEIGHS THE PAIN OF MAKING A CHANGE**