

like, some low-calorie foods, most likely salads, vegetables. You really don't like that stuff. What you really like is the other stuff, but you don't like what it's doing to you. As you work against your self, as you stop eating what you want to eat and start eating what you don't want to eat, you're going to see some changes in your body.

As your body begins to change and you start losing weight, you think better about yourself. Your self-esteem goes up, you can do things you couldn't do before, you have different relationships—your life is really beginning to change as a result of this. Then it's very interesting; people tell me that food they didn't like—the low-calorie stuff—they begin to like. They don't even want the things they used to anymore. Those new foods have become a part of their way of life.

The same thing happens in the human personality. We get rid of the old things and start practicing the new. With these new things—more love, tolerance, patience—we begin to have more people in our lives and fewer and fewer problems with people. As we receive more courage, we can do things we couldn't do before. Our self-esteem grows. We feel better about ourselves. As we practice the Steps, we see powerful changes taking place in our lives.

I look at the battles that go on in life, and I look at the resentments and fears, guilt and remorse, and how these things block us from God and shackle us to the self. Then I look at love, tolerance, patience, courage, and wisdom. These qualities have come from God, and they are always within us. In our outer and inner conflicts, we can see the powers of self combatting the powers of God. We look at those things—the powers of God we have within us—and recognize that they are powerful tools. We have not been using them because we were traveling on resentments, we were traveling on fears, we were traveling on guilt and remorse. Yet all people have these powers from God, powers for good, in their personalities. God put these in each person. These powers, these awesome forces are right within us. We haven't been using them because we have been blocked from them by clinging to our selfish, dishonest, self-seeking, fearful, inconsiderate characters. As we begin to let go of these traits, we

## PERSONALITY CHART

