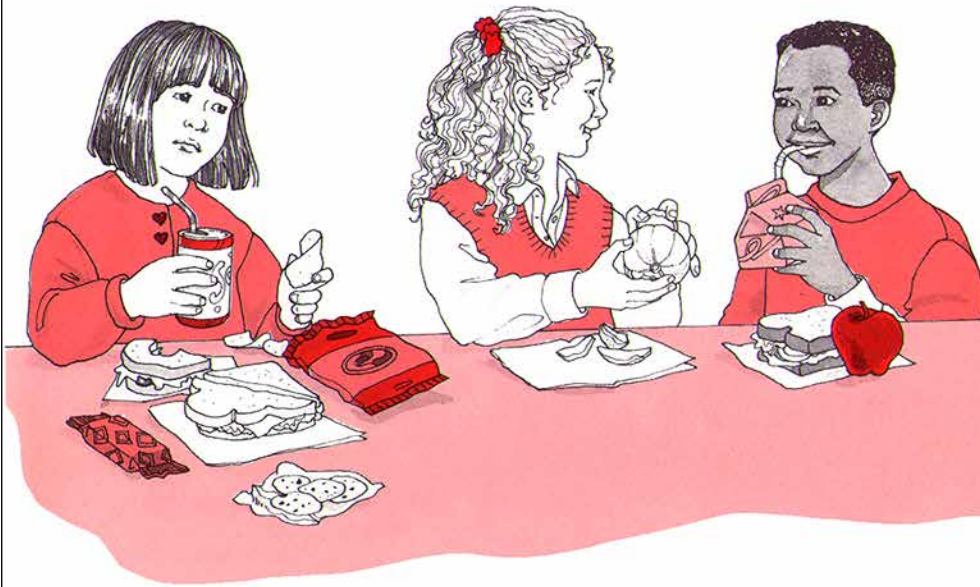


Maybe one day you can share what you learned about the OA program with someone who also has trouble with food so he or she can learn to be happier too.

STEP ONE

We told ourselves that we didn't eat like other boys and girls and that we could not stop eating when we wanted. We felt different.

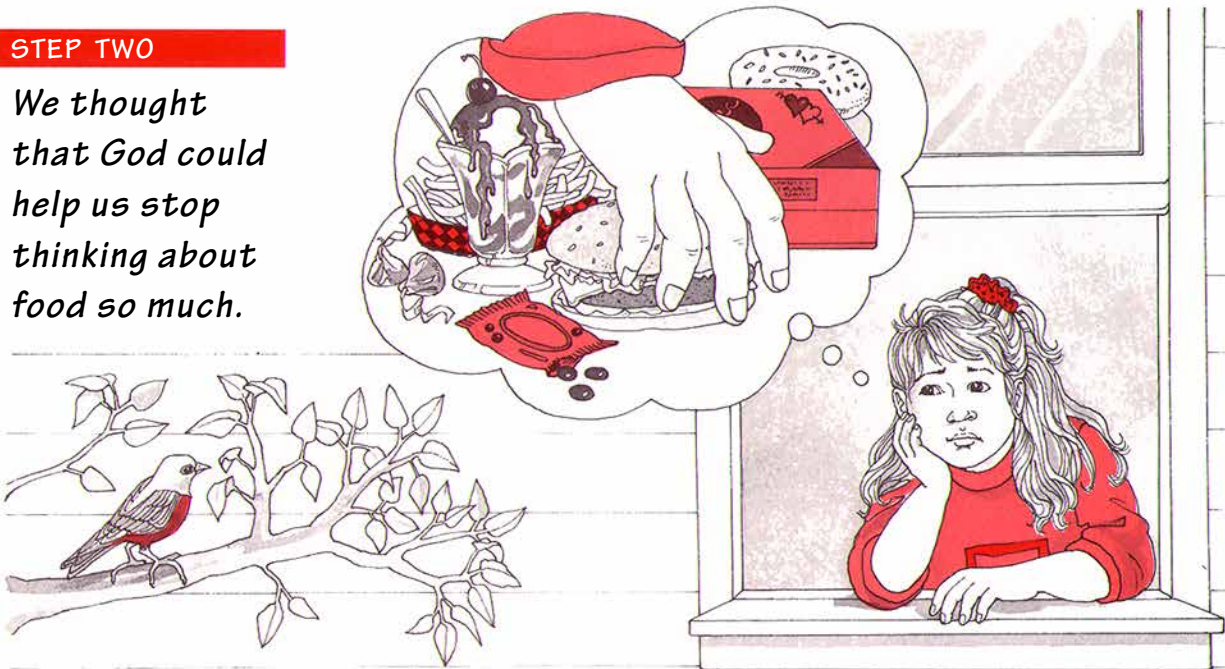


Step One ~ We admitted we were powerless over food—that our lives had become unmanageable.

3

STEP TWO

We thought that God could help us stop thinking about food so much.



Step Two ~ Came to believe that a Power greater than ourselves could restore us to sanity.

4



STEP THREE

We decided to stop worrying about food and let God help us with our problems. (Some people use the words Higher Power instead of God.)

Step Three ~ Made a decision to turn our will and our lives over to the care of God as we understood Him.

5

STEP FOUR

We wrote down everything we ever did that bothered us.



Step Four ~ Made a searching and fearless moral inventory of ourselves.

6



STEP FIVE

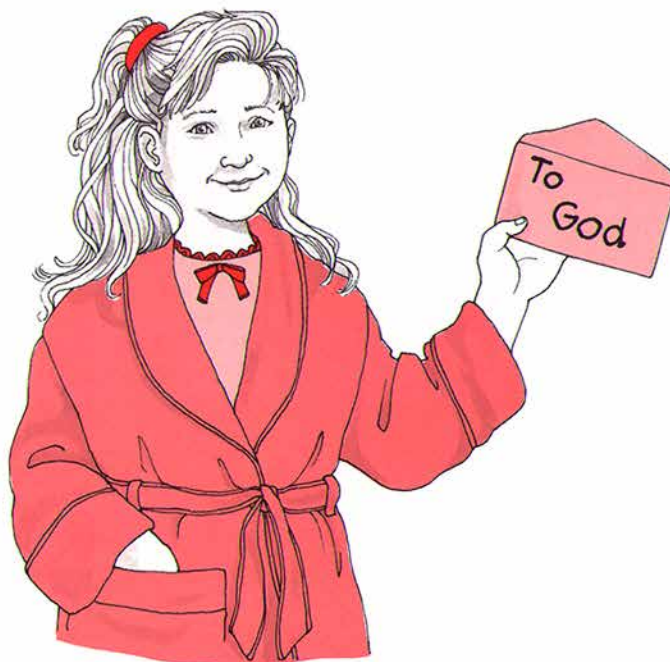
We read our list to God (Higher Power), then to a person who cares about us.

Step Five ~ Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

7

STEP SIX

We felt ready for God to take away the sad or upsetting things we do.



Step Six ~ Were entirely ready to have God remove all these defects of character.

8



STEP SEVEN

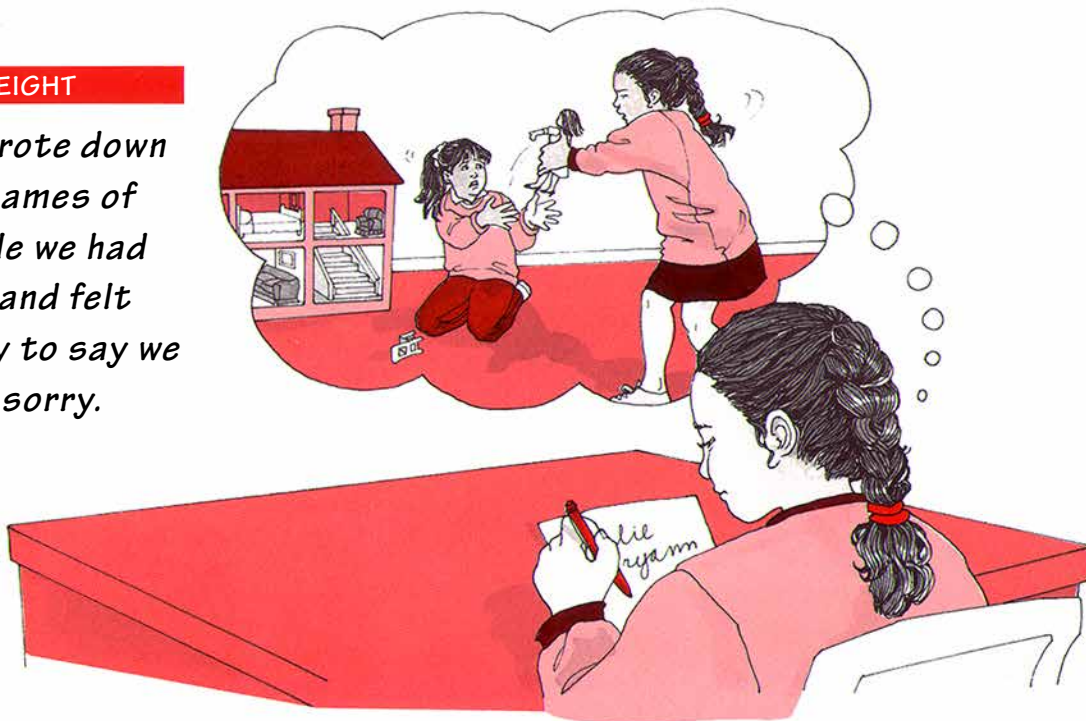
We honestly asked our Higher Power to take away the sad or upsetting things we do.

Step Seven ~ Humbly asked Him to remove our shortcomings.

9

STEP EIGHT

We wrote down the names of people we had hurt and felt ready to say we were sorry.



Step Eight ~ Made a list of all persons we had harmed, and became willing to make amends to them all.

10



STEP NINE

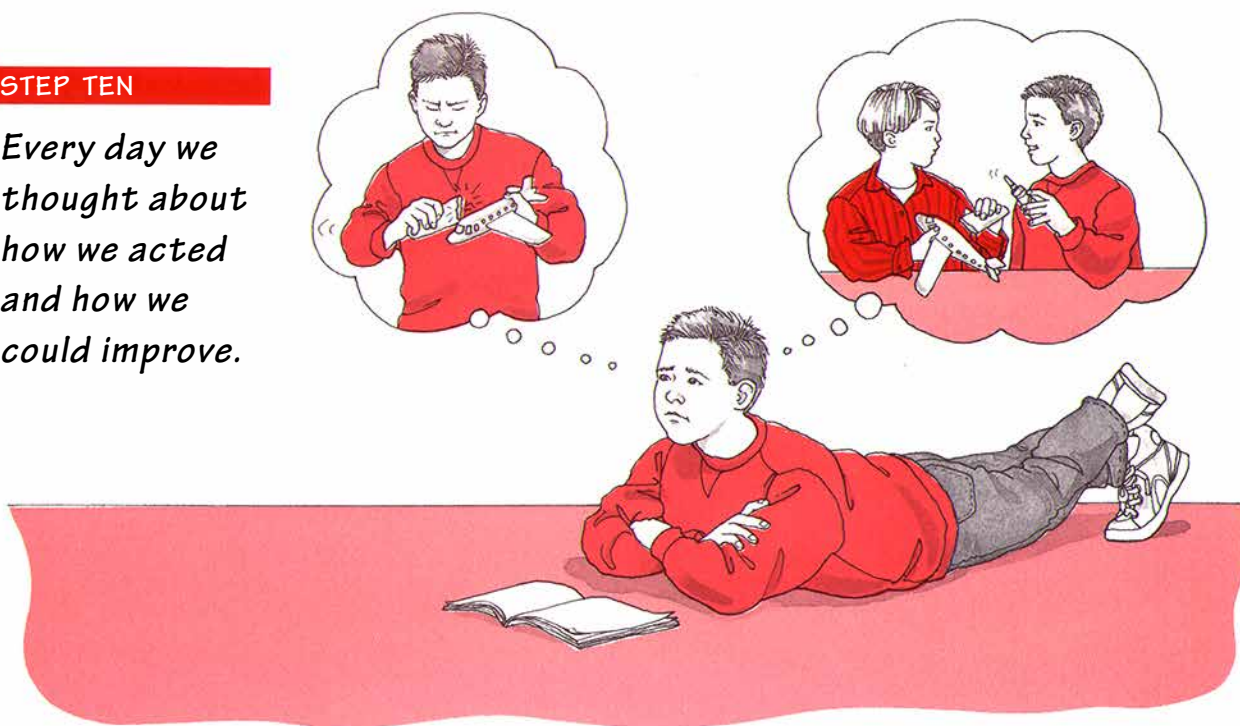
We told these people that we were sorry, unless it would hurt them or others. We tried to make up for what we had done.

Step Nine ~ Made direct amends to such people wherever possible, except when to do so would injure them or others.

11

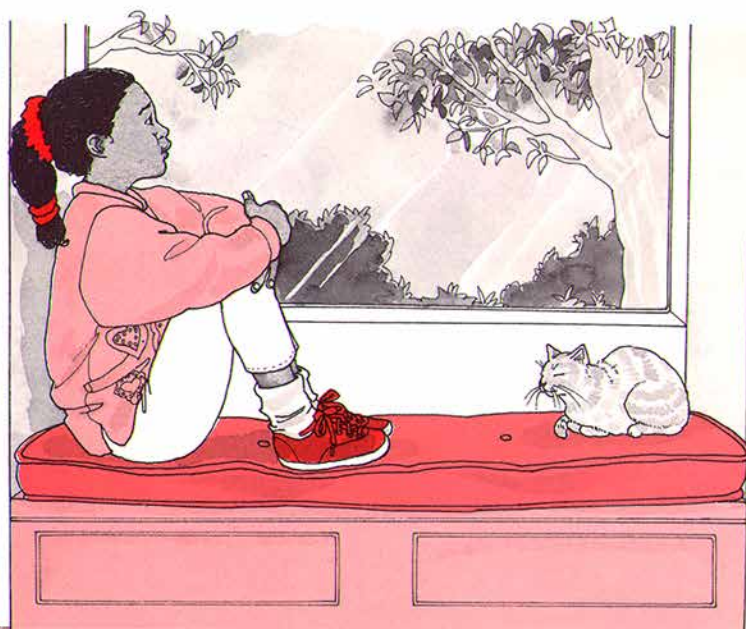
STEP TEN

Every day we thought about how we acted and how we could improve.



Step Ten ~ Continued to take personal inventory and when we were wrong, promptly admitted it.

12



STEP ELEVEN

*We asked God
what to do
and for help
to do it.*

Step Eleven ~ Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

13

STEP TWELVE

*Because it had
helped us, we
told people
about OA and
The Twelve
Steps when
they asked. We
kept using the
Steps everyday.*



Step Twelve ~ Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

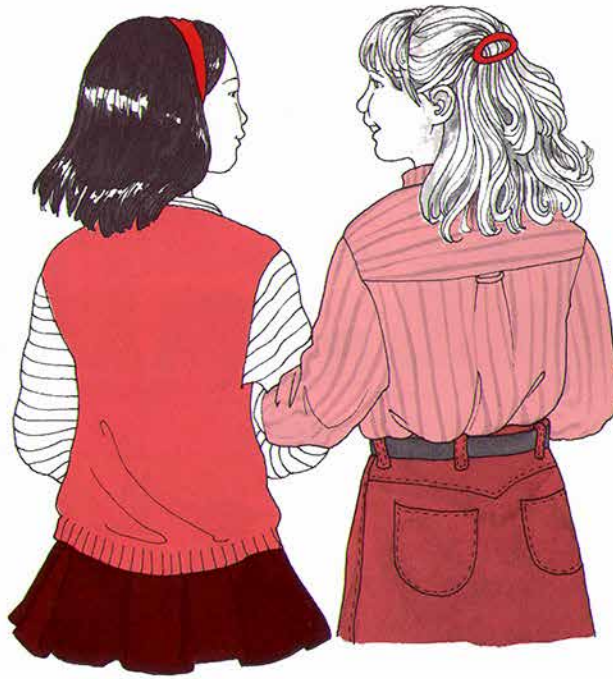
14

*To be happier,
we need to work
together in OA.*

To be happy
we need
to be together

TRADITION TWO

*In our group,
God is in charge
and helps us
help each
other. There
is no boss.*



Tradition Two ∞ For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.



TRADITION THREE

*To be an OA
member, all you
have to do is
want to stop
hurting yourself
with food.*

Tradition Three ∞ The only requirement for OA membership is a desire to stop eating compulsively.

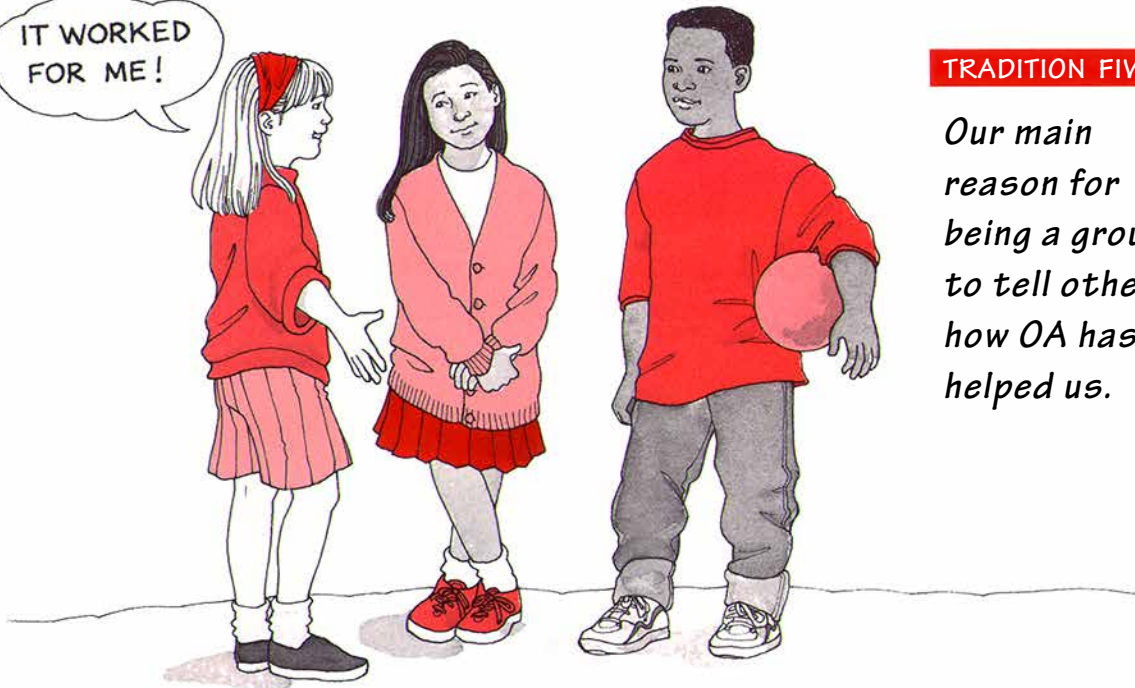
TRADITION FOUR

Every OA group makes its own decisions, but our decisions must not hurt other OA groups.



Tradition Four ~ Each group should be autonomous except in matters affecting other groups or OA as a whole.

IT WORKED FOR ME!



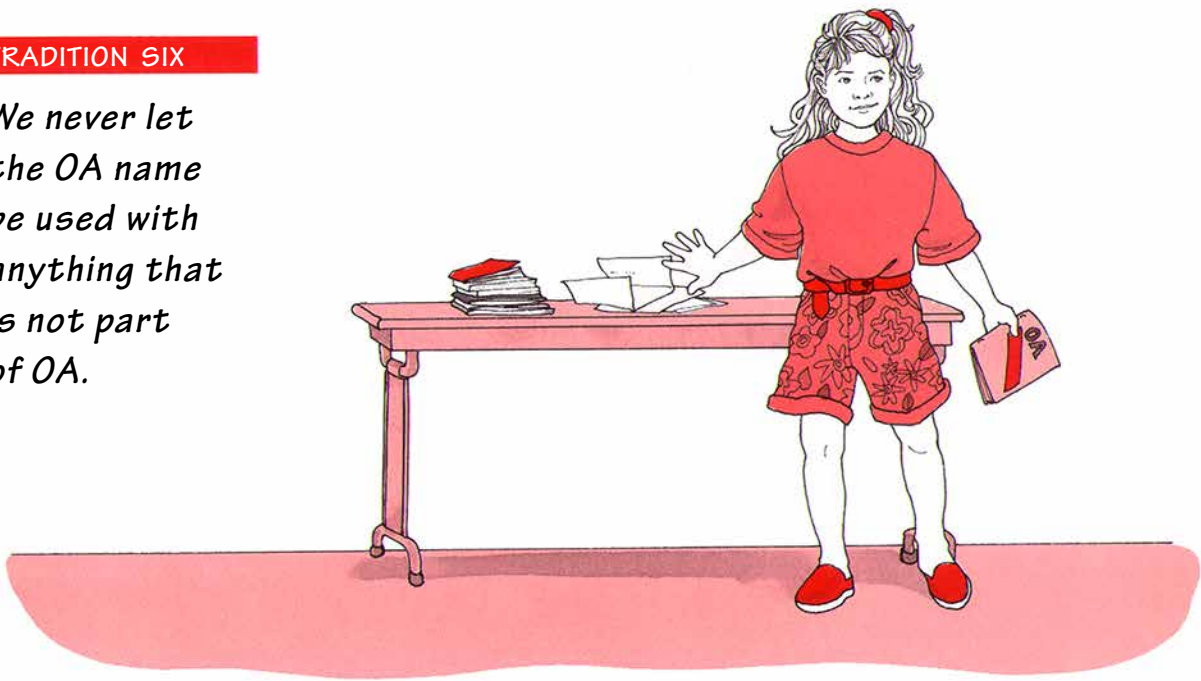
TRADITION FIVE

Our main reason for being a group is to tell others how OA has helped us.

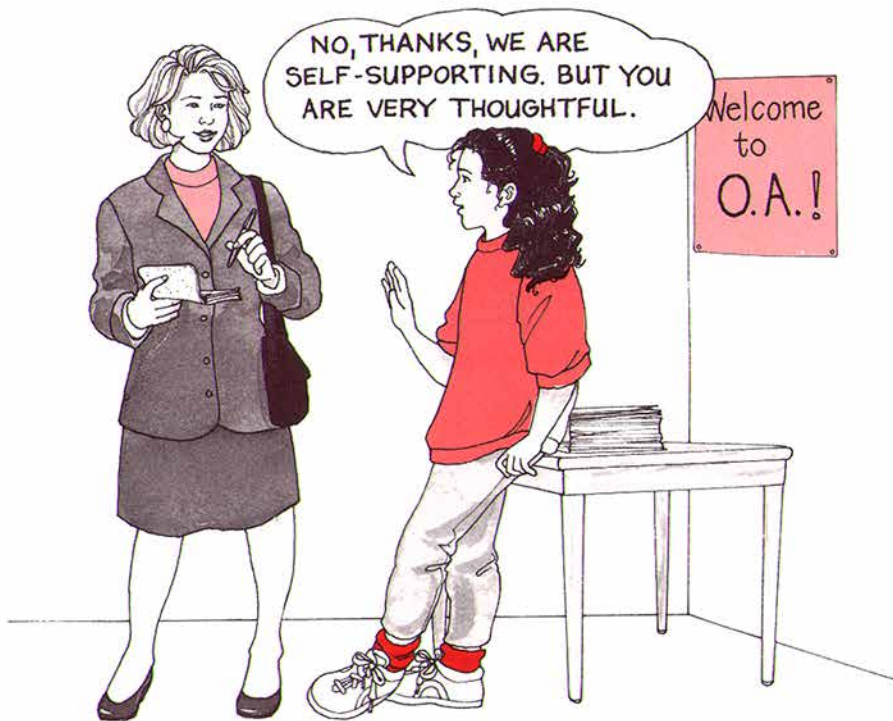
Tradition Five ~ Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

TRADITION SIX

We never let the OA name be used with anything that is not part of OA.



Tradition Six ~ An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.



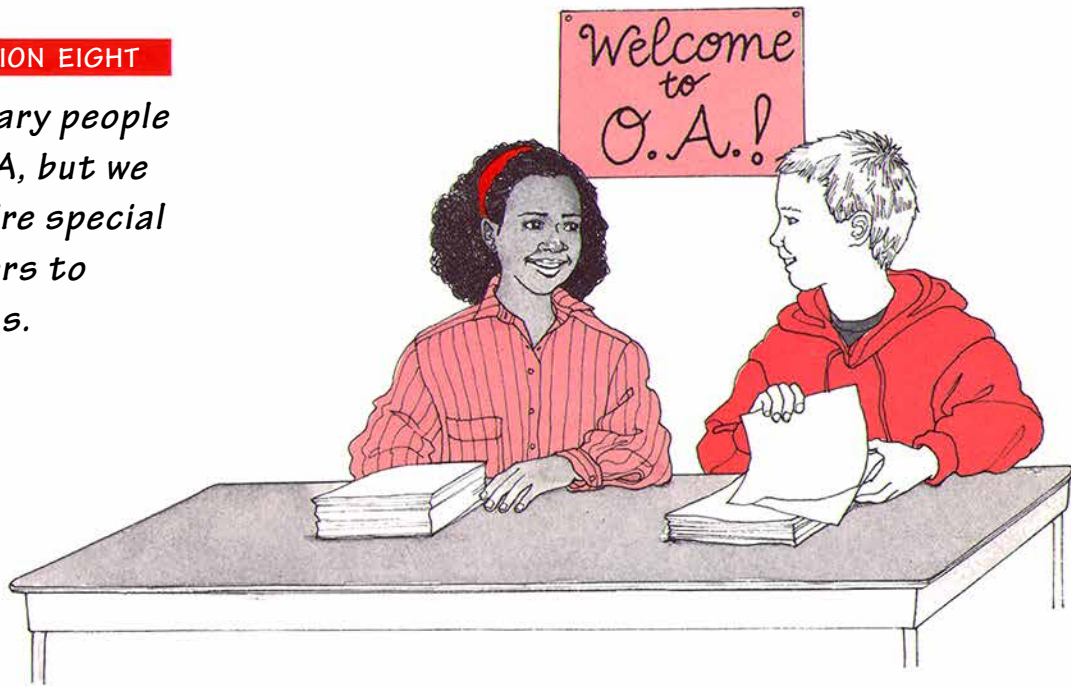
TRADITION SEVEN

OA groups don't take money from someone not in OA. We do support ourselves by taking a collection at the meeting.

Tradition Seven ~ Every OA group ought to be fully self-supporting, declining outside contributions.

TRADITION EIGHT

Ordinary people run OA, but we can hire special workers to help us.



Tradition Eight ~ Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.



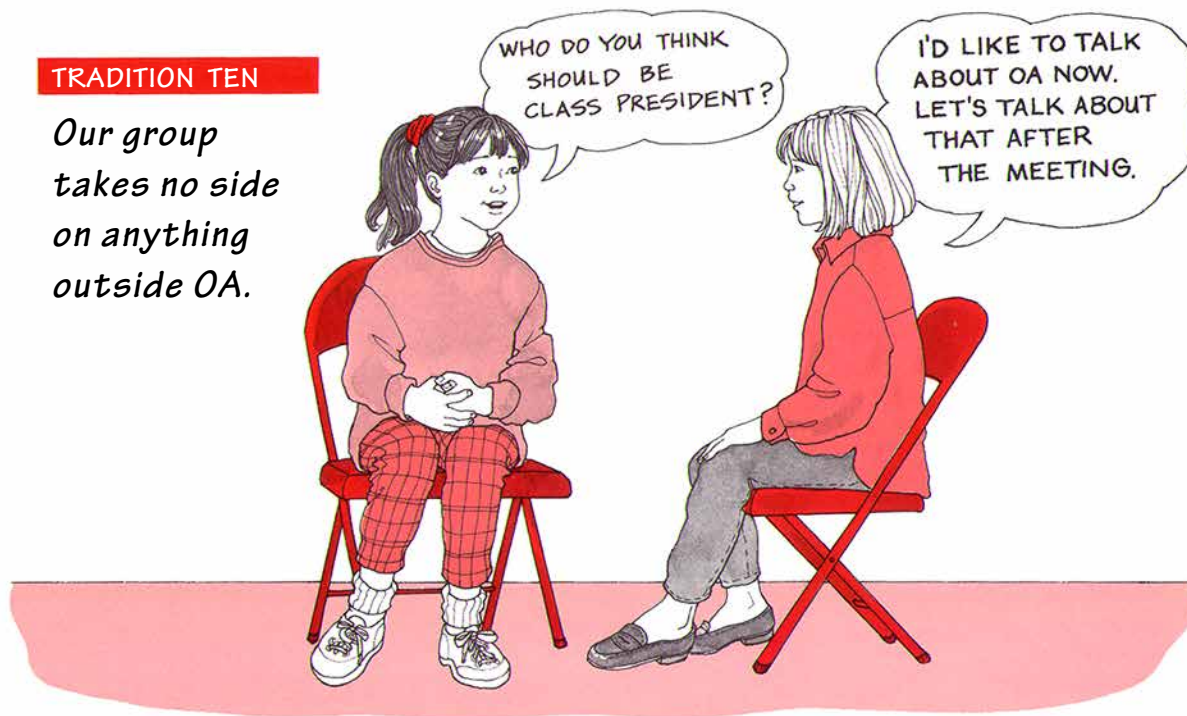
TRADITION NINE

In OA we do not have lots of rules. We can work together to help each other.

Tradition Nine ~ OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

TRADITION TEN

Our group takes no side on anything outside OA.



Tradition Ten ~ Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

26



TRADITION ELEVEN

When people see how much better our lives get, they will come to our group. We don't have to push them or brag.

Tradition Eleven ~ Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

27

TRADITION TWELVE

*We can talk
about our
feelings and
ideas, but
not about
other people.*



Tradition Twelve ~ Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

NOTES



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