



## **THE SPIRITUAL PRINCIPLES OF THE OA PROGRAM**

The Overeaters Anonymous Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service have principles related to them. They are listed here:

### **The Principles in the Twelve Steps (as listed in Step Twelve of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*)**

Step One:	Honesty
Step Two:	Hope
Step Three:	Faith
Step Four:	Courage
Step Five:	Integrity
Step Six:	Willingness
Step Seven:	Humility
Step Eight:	Self-discipline
Step Nine:	Love for others
Step Ten:	Perseverance
Step Eleven:	Spiritual Awareness
Step Twelve:	Service

### **The Principles in the Twelve Traditions (as listed in the *Service, Traditions and Concepts Workshop Manual*)**

Tradition One:	Unity
Tradition Two:	Trust
Tradition Three:	Identity
Tradition Four:	Autonomy
Tradition Five:	Purpose
Tradition Six:	Solidarity
Tradition Seven:	Responsibility
Tradition Eight:	Fellowship
Tradition Nine:	Structure
Tradition Ten:	Neutrality
Tradition Eleven:	Anonymity
Tradition Twelve:	Spirituality

**The Principles in the Twelve Concepts of OA Service**  
(as listed in *The Twelve Concepts of OA Service* pamphlet)

Concept One:	Unity
Concept Two:	Conscience
Concept Three:	Trust
Concept Four:	Equality
Concept Five:	Consideration
Concept Six:	Responsibility
Concept Seven:	Balance
Concept Eight:	Delegation
Concept Nine:	Ability
Concept Ten:	Clarity
Concept Eleven:	Humility
Concept Twelve:	Guidelines
	(a) Selflessness
	(b) Realism
	(c) Representation
	(d) Dialogue
	(e) Compassion
	(f) Respect