

INDEX

NOTE: This index is based on the 2011 edition of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. For earlier editions of the book, a few page references may vary by one or two pages.

A

abstinence, 20–23

- carrying the message and, 101
- celebrating, 202
- continuing guidance from HP and, 23
- defining, 21
- differing approaches to, 115
- group membership and, 130–131
- honeymoon period and, 20–21
- for leaders and officers, 140–141
- sponsor's help with, 22
- voting rights and, 121
- willpower and, 3
- writing inventory and, 31, 50

abuse

- feeling deserved, 12
- in Step Four questions, 39, 41
- trust and, 50

acceptance

- humility and, 60–61
- unconditionally at meetings, 13

accomplishments, acknowledging in inventories, 33–34

act as if, 14, 16

acting on life, 19–20

action plan, as tool, 24

actions, role of resentment/fear in damaging, 49–50

admissions

- of powerlessness over food, 1–7
- of unmanageability of life, 3–5, 6–7
- of wrongs, 45–52

agnostics, 13–16

Alcoholics Anonymous (AA)

- acknowledgement of, 209
- books at meetings, 188 (footnote 2)
- inventory form, 32–33
- Twelve Steps of, 209–210
- Twelve Traditions of, 210–211, 215

ambitions, letting go of, 196, 199

amends, making, 67–73

- anonymously, 80
- as change, 67–68, 78–79
- closeness to HP after, 80–81
- direct, 75–81
- examples of inappropriate, 80
- forgiveness and, 67, 71
- help of sponsors, 70–71, 72, 76
- living, 78–79
- procrastinating, 75
- promptness of, 87–88
- quicker with self-discipline, 105
- restitution and, 78
- using lists of people harmed, 69–70
- wording of, 77–78

analysis

- daily inventory, 86–87
- negative aspects of, 32
- on-the-spot, 85

anger

- acknowledging in inventories, 38–42
- with God, 95
- outbursts and control over others, 54
- unmanageability of life and, 4, 5, 38

anonymity

- of individuals toward public media, 193–198
- making amends and, 80
- spiritual foundation of Traditions, 199–207
- as tool, 24

anxiety

- “ate to sate,” 5
- key role, 37
- living in, 12

apologies. See amends, making

assets, acknowledging in inventories, 33–34

atheists, 13, 15–16
attraction rather than promotion,
193–198
authority, God as ultimate OA,
119–127, 178
autonomy, 131–133, 137–144
awareness, 50

B

Big Book. *See* **Alcoholics**

Anonymous (AA)

body

changes to, 102
image, a new attitude about, 20
“perfect,” 20
size, 100

bottom, need to hit, 57

boundaries, setting, 143

business meetings, 120

C

change

dedication to, 56
honesty and, 30
making amends and, 68, 78–79
power to deal with life and, 58
transformation, 30
willingness to, 57

character defects

comfortable with, 53–54
examining, 56–57
imagining selves without, 89
in inventories, 34–43
powerlessness over, 55–56, 57
removal by God of, 53–58
return of, 61
usefulness of, 56–57

character traits

examining, in inventories,
34–37
importance of perseverance, 84
shortcomings as misapplied, 65
transformed by God, 65–66

clearing off our side of the street, 77

commitment

common welfare and, 109–117
inventories and, 29
maintaining, 24, 27, 31–32
power from, 58
total required, 55

communications media, policy,
193–198

compulsive eating

acceptance of help from HP, 15, 20
actions resulting from, 2, 9–10, 12
as bond among members, ix
denial of disease of, 3, 6
desire to stop as only membership
requirement, 129–135
effective relationships and, 67
freedom from, 2–3, 19, 26, 100
nature of disease of, 1–2
other programs for overcoming,
20, 187–188
permanent freedom from, 23–24
reprieves from, 20–21
sanity and, 9–12
self-esteem and, 59–60
willpower and, 1

confrontations at meetings, 131

**conscience of group, arriving at
informed**, 120–121

control

admission of powerlessness over
food and, 1–7, 19
attempts at, 5
by defects, 55
losing, 10, 16
new attitude about weight, 20
over other people, 5, 34, 49, 54, 106

courage

in facing character defects, 104
principle of, 104

D

daily inventories, 83–91

deception

toward others, 42
toward self, 30, 42

decisions

arriving at, 26, 120–121
by compulsive eaters, 121
disagreeing with, 121–122
forgetting, 85
gaining a clearer perspective, 97–98
to give up self-will, 19
God will help with every, 15, 19, 23
of group, 19–27, 111, 120–127
 donor influence on, 162
as HP's will, 119
life-changing, 26
living out, 22, 27
“made a decision,” 19–27
making important, 25, 97
spiritual awakening and, 99
to trust God's guidance, 24–25, 104
writing inventory in support of, 31

delay

“just to do it,” 31
of new jobs or careers, 37
perfectionism and, 55
starting things, 40

denial

of having this disease, 3
of the need to change, 30
of the truth, 6

depression

an atmosphere of, 4
excitement vs., 12

diets

OA and, 20
obsession with, 10

direct amends, making, 75–81

anonymously, 80
closeness to HP after, 80–81
discussion with sponsors about, 76
examples of inappropriate, 80
restitution and, 78
wording of, 77–78

See also **amends, making**

disease

acceptance of help from Higher Power, 15–16, 19–20
actions resulting from, 9–10

of compulsive eating, 58
of compulsive overeating, ix
debilitating and fatal, 6
denial of, 3, 6
effective relationships and, 67
falling back into, 31
incurable, 6
isolation of, 16
killing, 19
manifestations of, 38, 84
membership and, ix, 129–135
nature of, 1–2
other programs for overcoming, 187–188
overcoming, 23–24, 100
progression, 59
relieves from, 20–21
self-esteem and, 59–60
struggling with, 21

donations, 162

dues, none, 162

E

eating. See compulsive eating; food

emotions

bringing pain, 84
(in)sanity and, 9–12
role of fear in damaging, 49–50
writing to clarify, 33–34, 71–72

endorsements, 153–59, 196–197

expectations

letting go of, 76–77
service and, 103

expulsion from group, 130

F

faith

HP and, 13–14, 104
newfound, 19
in no one, 41
principle of, 104
willingness to act on, 16–17

fears

acknowledging in inventories, 37–38

“ate to sate,” 5

better than nursing of, 90

buried in false cheerfulness, 4

of change, 57

Fourth Step inventory and, 33,
37–38

giving up indecision and, 24

having to live in anxiety and, 12

not having to have, 99

procrastination and, 75

removal of character defects and,
53–54

role in damaging emotions/actions,
49–50

saving ourselves from days of, 88

willingness and, 73

fellowship

common welfare of, 109–117

disagreements within, 111

ground rules for, 110–111

healing power of, 85

importance of, 109–110

at meetings, 13–14

organization vs., 178

recovery and, 146

sense of isolation and, 45

sharing of recovery process and, 101

first things first, 159

food

admission of powerlessness over,
1–7, 19

Conference-approved plans,
188 (footnote 1)

freedom from obsession with, 20,
26, 100

healthy attitude toward, 20

See also **compulsive eating**

forgiveness

healing power of, 67

inability to give, 38–39

list of people harmed and, 69

making amends and, 71

of self, 49–50, 69

writing and, 71–72

For Today (Overeaters Anonymous), 83

freedom

“at last,” 51

from bondage, 2, 30

to change and learn, 6

from character defects, 66

from defects, 56

to encounter healing force, 91

to express beliefs, 91

expressing feelings and, 94

from food obsession, 23

from killing disease, 19

to move forward again, 95

from obsession, 20, 26, 100

from past mistakes, 75

from resentments, 46, 72

from shame, 43, 46

Step Five and, 46

after taking Step Three, 20

funding of group(s), 161–169

G

God

anger with, 95

asking to remove our shortcomings,
59–66

belief in, 13

as change maker, 23, 56, 61–62

changing concept of, 16

compulsive eating and, 15

continuing abstinence and, 23

deciding to turn lives over to, 19–27

healing power of, 15, 66

HP and, 16

honesty in expressing

feelings to, 94–95

improving conscious contact with,
91–98

inventories and, 43

meeting attendance and, 25

removal of character defects by,
53–58

transforming power of, 66

as ultimate OA authority, 119–127, 178

will of, accepting and knowing,

16–17, 24–27, 97–98

See also **Higher Power (HP); prayer**

God box/God can, 95

gossip, 25, 35, 54, 115–116, 200–202

grateful

following in others' footsteps, 106

group conscience and being, 120–122, 181–182

for lessons learned, 98

for program in its own right, 90

at release from a defect, 61–62

for things going well, 86

group(s)

autonomy of, 131–133, 137–144, 178

Board of Trustees decision not to register, 140–141

decision-making by, 119–127

definition of, 138

dropping, 140

endorsements by, 153–159

expulsion from, 130–131, 178

formats, 110–111

group inventory, 115–117

as HP, 14

involvement in outside endeavors by, 153–159

learning from experiences, 142–143

membership requirement in, 129–135, 140–141

not following Twelve Steps and

Twelve Traditions, 138–140

personal desires and welfare of, 199

primary purpose of, 145–151

self-supporting, 161–169

service boards and, 177–183

shared responsibility in, 123–124

special-emphasis, 132–133

unity of, 109–117, 185

See also **fellowship; meetings**

group conscience, 119–127, 181–182, 189, 206

growth

lifetime of, 56, 106

new direction of spiritual, 103

prayers for those seeking spiritual, 93

remaining open to spiritual, 13

grudges

acknowledging in inventories, 38–39

held by those hurt, 77

See also **resentment**

guidance, accepting from HP, 19–21

guilt

acknowledging, 29

clearing away, 76

eliminating, 67, 69

facing, 43

freedom from, 46

no longer needing to feel, 77

not stirring up, 87

years of, ix

H

harm, 68–73

daily inventory in clearing, 87–88

meaning of, 68

to OA as a whole, 138–140

permanently changing attitudes of, 78–81

harshness, acknowledging in inventories, 39–42

healing

in connections, 85

in meeting rooms, 181

miracle of spiritual, x, 99

need to repeat actions, 83

strength of OA Fellowship and, 175

help, asking for, 167–168

help, providing. *See* **service**

Higher Power (HP)

accepting help from, 19–20, 24–25, 64–65

acknowledging wrongs to, 46–52

acting as if and, 14–15

closeness to, after making amends, 80–81

defining, 13–14

establishing regular relationship, 91–98

faith and, 13–14, 104
 focusing on will of, 26, 89
 guidance of fellowship by, 179
 guidance received from, 21–22
 healing power of, 85
 honesty in expressing feelings to,
 94–95
 identifying, 13–14
 increasing power of intuition and,
 22
 knowing will of, 97–98
 meditation and, 95–97
 meeting attendance and, 25
 restoration of sanity by, 9–17
 self-will and, 104–105
 spiritual awakening and trust in,
 99–100
 unfailing nature of, 98
See also God
hitting bottom, 57
honesty with self
 acknowledgment of our mistakes
 and, 77
 change and, 30
 continuous practice of, 103–104
 in examination of our lives, 3–9, 11,
 21, 29
 in expressing feelings to HP, 94–95
 in facing Step Six, 54–55
 importance of, 51
 in inventories, 30, 44, 84, 90
 needing HP for, 46
 in practice of writing, 95
 principle of, 103–104
 in relationships, 88
 sense of relief through, 47
 total, 13
 as way to God’s will, 25
 willingness for, 41
honeymoon period, 20–21
hope, 104
HP. See Higher Power
humiliation vs. humility, 59
humility
 acceptance and, 61

airing “dirty laundry,” 47
 anonymity and, 205
 being one among many, 200–201
 dealing with media and, 196
 description of, 60, 61, 62
 as gift, 62
 humiliation vs., 59
 no longer being shocked and
 horrified, 63
 practicing the principle of, 105
 steps in attaining, 60
indecision
 asking God for inspiration and, 25
information about OA, publicizing,
 193–198
**informed group conscience, arriving
 at**, 120–121
inner resources, 22
integrity
 beginning to practice, 46
 in facing character defects, 104
intergroups
 funding and providing service,
 163–166
 representatives at, 178
 services of, 161
intuition, increasing power of, 22
inventories, 29–44, 83–90
 abstinence and, 31
 accomplishments and assets in,
 33–34
 anger and resentment in, 38–42
 completeness of, 43–44
 daily, 85–91
 as daily practice, 84
 examining character traits in, 34–37
 fears in, 37–38
 form of, 32–33
 lists of people harmed in, 68–69
 mental spot-checks, 85
 objectivity in, 34
 perfectionism and, 31
 procrastination and, 31–32
 sexuality in, 40–41
 sponsors and, 87

spot-check, 85–86
Tenth-Step, 85–90
as test of commitment, 29
using as prayer, 62–63
wanting vs. willing to do, 31, 73

isolation

feelings of, 45
preventing message reaching
 newcomer, 101
recovery and, 109
venturing outside of, 84–85

K

keep it simple, 153–154

L

life

admitting unmanageability of,
 3–5, 6–7
change and power to deal with, 58
handling with self-will, 10–11
out of balance, 11–12

lists. *See inventories*

lists of people harmed

inventories and, 68–69
making amends using, 68–70

literature

approved, 154, 188–189, 188
 (footnote 2)
as tool, 24

living amends, 78–79

love, principle of, 105

M

media, policy toward, 193–198

meditation

daily, 92–93
described, 96
relationship with HP and, 95–97
See also prayer

meetings

anonymity and, 200–202
attendance at, as God's will, 25
autonomy of, 131–133, 137–144
away from home, visiting, 137–138

business, 120

chaotic appearance of, 177
disrespectful comments during, 187
disruptions of, 131
fellowship at, 13–14
following ground rules at, 110
format of, 110–111
importance of, 109–110, 146
locations of, 141–142
newcomers at, 147–148
nonorganization, tradition of, 177–
 183

relapsers at, 148–149

religion at, 13

service boards and, 177–183

sharing details at, 201–202

special-emphasis, 133, 142

special-requirement, 132–133

standing up for Twelve Traditions
 at, 179–181, 182

status and, 202–203

therapy groups vs., 174–175

as tool, 24

unconditional acceptance at, 13, 91

See also group(s)

membership

compulsive eating as bond, ix
OA stands on public issues and, 185
paid professionals and, 173–174
requirements, 129–135, 140–141
retention, 178

as source of special workers, 172, 173

memories, facing traumatic, 50–51

mental obsession, 3

message, we are the message, 106

mind, 2

miracles

appreciating, 64–65

becoming ready for, 56

of being known truly by another, 50

of freedom from shackles of past, 75

God and, 23, 61–62

of healing, 62, 64, 99

of healthy attitude about food and
 eating, 20

of permanent recovery, 90, 102, 113, 179
of release, 56
of sanity, 23
short-lived, 20, 23
of the Twelve Steps, 191
trusting others and, 50

mistakes

making vs. being, 43, 64
of OA groups, 122

money

amends around, 78
anonymity in OA and, 201
cannot buy recovery with, 171
group conscience around, 143
obsession with, 39
responsible management of, 39
spent otherwise-needed, 36
status-seeking and, 35
stolen, 9, 42
Tradition Seven and, 161–168
Tradition Six and, 153–159

moral inventories. See inventories

N

negative thinking

about concept of God, 16
effects of, 49
at expense of others, 187
not to stir up, 87
outlook, 43
patterns of, 32
as self-deception, 42

newcomers

approaching, 134, 147–150
first OA impressions of, 143
HP can be disconcerting to, 91
ignoring at group's peril, 147
outside literature and, 154
sharing equally with "elders," 203
transformation of suffering, 102
unity and, 116

nonorganization, tradition of, 177–183

nonprofessionalism, tradition of, 171–176

numb our feelings, 70

O

objectivity, in inventories, 34

obsessions

with diets, 10
with food, 3
with freedom from food, 100
inventories and, 30
with money, 39
negativity and, 43

See also compulsive eating

opinions, respecting others', 111

organization vs. fellowship, 178

outreach, 149

outside affiliations, 137, 155–158

outside contributions, 161–169

outside endeavors/enterprises, 153–159

outside issues, 185–191

outside literature, 154

Overeaters Anonymous (OA)

approved literature and, 188–189, 188 (footnote 2)
God as ultimate authority, 119–127, 178
nonorganization, tradition of, 177–183
nonprofessionalism in, 171–176
overview of, ix–x
principles of, 103–106, 147
publicizing information about, 193–198
stands on public issues, 185
structure of, 119–127, 178–179
tools of, 24
unity of, 110
World Service Office, 161–166, 178

P

pain and out-of-balance life, 12

perfectionism

inventories and, 31
procrastination and, 31, 39–40
rationalization and, 55

perseverance

importance of, 84, 89
principle of, 105

rewards from practicing, 105
personal inventories. *See* **inventories**
plan of eating, as tool, 24
See also **abstinence; diets**
Power greater than individual. *See*
God; Higher Power (HP)
power structure of OA, 119–127,
178–179
powerlessness, 11, 13
over character defects, 55–56, 57
over food, 1–7, 19
See also **God; Higher Power (HP)**
prayer
doing God’s will and, 27
elements of daily, 65
to eliminate resentment, 72–73
to establish relationship with HP,
91–98
for humility, 62
inventories used in, 62–63
meditation and, 93
practicing, 92
reason for, 61
types of, 93, 94
for willingness, 31
pride
acting out isolation by arrogance, 45
had to be better than everyone else, 47
illusion we have done no wrong, 46
obsession with status, 59–60
shame and, 200
in Step Four questions, 35
as Step Ten stumbling block, 84
too proud to admit we were wrong, 200
primary purpose, 145–154
abstain from compulsive eating, v,
20, 24
abstinence as, 24 (footnote)
carry this message, v, 154
everything is geared to, 177
no “free” gifts, 162
no outside contributions, 161
no outside responsibilities or causes, 159
no profit motive, 156
not becoming sidetracked, 145

practicing the Twelfth Step, 145
reach out in whatever way we can, 149
sticking to, 153
principles of OA, 103–106, 147
procrastination
inventories and, 31–32
making amends and, 75
perfectionism and, 31, 39–40
professional help
need for, 89
while involved with OA, 51
professionalism in OA, 171–176
profit motive, avoiding, 171
promise
of fuller living experience, 44
of (threefold) healing, 99
of permanent recovery, 83
public controversies, 185–191
public relations policy, 193–198

R
rationalizations, 46, 55
recovery
anonymity and, 199–207
as journey, 100, 130
cannot fail, 27
change and, 30
isolation and, 109
relapses during, 148–149
service as part of, 101–103
sharing with others, 101–103,
145–146
reflection and spot inventories, 85
regional service bodies
funding and providing service,
163–166
services of, 161
relapse
helping those who, 148–149
recovery meetings, 133
relationships
compulsive eating and, 67
establishing regular, with HP, 91–98
forgiveness and, 67
placing requirements on, 134–135

relief through honesty, 47

religion

- belief in God and, 15–16
- daily relationship with HP and, 93
- OA meetings and, 13

repetition, importance of, 83

resentment

- acknowledging in inventories, 38–42
- techniques for eliminating, 71–73

responsibility

- for diets, 20
- of group, 137, 161–169
- to group, 124
- to OA, 123
- for what we eat, 22
- when Traditions are broken, 121, 179–182

restitution, 78

S

sanity

- in all areas of life, 19
- compulsive eating and, 9–11
- as everyday reality, 23
- going to OA meetings restores, 25
- restoration of, by HP, 9–17

self-acceptance and admitting

wrongs to others, 48

self-analysis. *See* **inventories**

self-deception, 30, 42

self-discipline, principle of, 105

self-esteem

- admitting wrongs to others and, 47
- compulsive eating and, 59–60
- humility and, 59
- weight and, 11

self-examination. *See* **inventories**

self-forgiveness, 49–50

self-obsession, 30

self-righteousness

- acknowledging in inventories, 39–42
- removal of shortcomings and, 60–61

self-sacrifice, attitude of, 199

self-supporting nature of group(s), 161–169

self-understanding and inventory, 29–30

self-will

- handling life with, 9–11
- HP and, 104–105
- letting go of, 21, 27

serenity

- at meetings, 181
- obtaining, 67, 85, 93

service, 99–106

- anonymity and, 201–202
- carrying share of, 165–166
- healthy limits, 166
- by nonprofessionals, 171–172, 175–176
- opportunities for, 110
- as part of recovery, 101–103
- principle of, 106
- as tool, 24

service bodies, 177–183

service structure of OA, 119–127

Seventh-Tradition basket, 162–165

sexuality in inventories, 40–41

shame

- acknowledging, 29
- as excess baggage, 200
- mistake, 43
- rooted in the past, freedom from, 46

shortcomings

- asking God to remove our, 59–66
- as misapplied character traits, 65
- self-righteousness and removal of, 60–61

See also **character defects**

special-emphasis meetings, 133, 142

special-requirements, 132–133

special workers, employment of, 171–176

spiritual awakening, 99–106

See also **meditation; prayer**

spiritual foundation of Traditions, 199–207

sponsors

- admitting wrongs to, 48
- choosing, 14
- daily inventories and, 87
- guidance from, 26

help in sorting harms, 70
help knowing will of HP, 97
making amends and, 70–71, 72, 76
suggestions from, 22
when taking Step Eight, 72, 76
when taking Tenth-Step inventory, 85, 87

sponsorship, as tool, 24

spot-check inventories, 85

status

anonymity and, 202–203
individuals as stars, 203–204
seeking, 60

Steps. See Twelve Steps

Step studies meetings, 133

stubbornness, as positive trait, 84

T

telephone, as tool, 24

therapy

as aid in addressing eating
problems, 48, 51
meetings and, 174–175

The Tools of Recovery (Overeaters Anonymous), 201

tools of OA, 24

Traditions. See Twelve Traditions

triggers, 3

trust

completion of Step Five and, 51
in developing consciousness of HP, 92
fears and inability to, 49–50
in God's guidance, 23, 99, 104
by group, 119, 124
HP with every aspect of our lives, 99
miracle of, 50
in OA Traditions, 108
receiving inventories and, 202
trustworthiness and, 41–42
vulnerability and, 50
willingness will come if we ask, 27

truth, effect of denying, 6

twelve principles, 103–106, 147

Twelve Steps

of Alcoholics Anonymous, 209–210
importance of group following, 138–140

of OA, 213

Twelve Traditions

of Alcoholics Anonymous, 210–211
importance of group following,
138–140
nonaffiliation with other Twelve-
Step groups, 157
of OA, 215
relationships and, 117, 126,
133–134, 143–144, 147
responsibility when broken, 179–182
spiritual foundation of, 199–207
standing up for, 179–181, 182

U

**unconditional acceptance at
meetings, 13, 91**

unity of OA, 109–117

**unmanageable life, admission
of, 3–5, 6–7**

V

visualization, 64

W

wealth, obsession with, 39

we are the message, 106

weight

happiness and, 20
loss, 20
no promise of quick loss, 194
self-esteem and, 11

willingness

to change, 57
HP and, 104–106
prayer for, 31–32
principle of, 104–105
wanting vs., 31, 73
will come if we ask, 27

willpower

abstinence and, 3
compulsive eating and, 1
doing God's will and, 27
lack of, 1
limits to, 19

World Service Office

authority of, 178

funding and providing service,
163–166

services of, 161–162

worth, imagined ladder of, 60**writing**

to clarify emotions, 71–72

daily inventories, 85, 86, 88

to God, 95

making direct amends and, 79

as tool, 24

See also inventories

wrongs, admitting, 45–52

choosing confidant, 48–49

discussing exact nature of, 49

feelings of isolation and, 45

rationalizations and, 46

self-esteem and, 47