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, Second Edition)

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
Step Ten: Perseverance
Step Eleven: Spiritual Awareness
Step Twelve: Service

The Principles in the Twelve Traditions
(as listed in The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition)

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