



Suggested Step-Study Meeting Format¹

We have found that consistent use of this format keeps meetings focused on OA recovery, reinforces our program, and encourages unity. It also provides a reassuring feeling of continuity, an important factor in member retention. Your group may modify the format to suit its needs.

Note: *The Suggested Step-Study Meeting Format includes readings of Our Invitation to You (which includes the Twelve Steps of OA), the Twelve Traditions of OA, the Twelve Concepts of OA Service, and the OA Promise. Find, print, and/or download these resources in the Document Library on oa.org. Links to these resources are both embedded and listed on page 3 of the meeting format.*

The meeting to begin at *[time]* _____.

- 1. OPENING:** “Welcome to the *[day and time]*_____ Step-study meeting of Overeaters Anonymous. My name is _____. I am a compulsive overeater and your leader for this meeting. Please silence your phones at this time.”
- 2. SERENITY PRAYER:** “Those who wish please join me in the Serenity Prayer: God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”
- 3. WELCOME:** *[If this is a regular OA meeting, the leader may say:]* “Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.

“Whatever problem you may have with food, you are welcome at this meeting. Are there any compulsive eaters here besides myself? Is anyone here for the first, second, or third time? Would you please tell us your first name so we can welcome you? If you are returning to OA or are visiting from another area, please tell us your first name so we can also welcome you.” *[Welcome each person by name.]* “We encourage you to:

- get a sponsor to help guide your recovery
- develop a plan of eating and, if you wish, write it down and report daily to your

¹ *This format may be used as part of a Step study or as part of an OA meeting. OA-approved literature is the primary reference for working the Steps. However, numerous OA members have requested an OA-approved format for studying the Steps. As a result, the Board-Approved Literature Committee created this document. If you are conducting your Step study as a meeting, this format may be useful.*

sponsor

- read OA-approved literature to develop a working knowledge of the Twelve Steps and Twelve Traditions.”

4. PREAMBLE: “The following is the OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.”

- 5. READING:** Ask someone to read “[Our Invitation to You](#),” which includes the Twelve Steps of Overeaters Anonymous. Then ask someone to read the [Twelve Traditions of Overeaters Anonymous](#). Some meetings may also decide to read the [Twelve Concepts of OA Service](#) or to read the Concept corresponding to the month of the year.
- 6. SEVENTH TRADITION:** “According to our Seventh Tradition, we are self-supporting through our own contributions. Expenses are _____, ____, and _____. We send regular contributions to our intergroup or service board, our region, and the [World Service Office](#) to help carry the message to other compulsive eaters. Give as if your life depends on it! We encourage OA members to give as much as they are able, to help our group be self-supporting. The suggested contribution is US\$5.00 or more.”
- 7. STATE THIS MEETING’S STEP:** “Tonight we are discussing Step _____.” [Leader may hand out the references for this Step.]
- 8. CONCLUSION:** Toward the last five to ten minutes of the meeting, the leader closes the sharing and then says: “In conclusion, we would like to stress the importance of anonymity to this group. The Steps are essential to our recovery; our freedom to share deeply at these meetings is important to working the Steps.”

“There are many different types of meetings; all of which are available to support your recovery from compulsive eating. We welcome you to this meeting whenever you would care to attend. There are other face-to-face meetings and virtual (phone and technology-based) meetings that you may find helpful. Information about these meetings can be found on [oa.org](#).”

“As a reminder, the opinions expressed here today are those of individual OA members and do not represent OA as a whole.”

“After a moment of silence, will those who wish, please join in.” [Select one of the following suggested closings listed on [oa.org](#): Serenity Prayer, Seventh Step Prayer, Third Step Prayer, or the [OA Promise](#) (‘I put my hand in yours...’).]

Find, print, and/or download the resources mentioned in this meeting format in the Document Library on oa.org:

- [Our Invitation to You](#)
- [The Twelve Traditions](#)
- [Twelve Concepts of OA Service](#)
- [The OA Promise](#)

OA Responsibility Pledge

Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible.

SESSION ONE: STEP ONE

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

On page 60 of the Big Book (*Alcoholics Anonymous, Fourth Edition*) we find the following pertinent ideas:

- a) “That we were alcoholic and could not manage our own lives.”
- b) “That probably no human power could have relieved our alcoholism.”
- c) “That God could and would if He were sought.”

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* (#990-2), pp. 3–8
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition* (#992), pp. 2–7
- *Alcoholics Anonymous, Fourth Edition* (#1000), pp. xxv–xxxii (“The Doctor’s Opinion”); pp. 1–16 (“Bill’s Story”), pp. 17–29 (“There is a Solution”), and pp. 30–43 (“More About Alcoholism”)

Pamphlets:

- *Fifteen Questions* (#755)
- *Sponsoring Through the Twelve Steps*, (#220), pp. 4–5

“Honest appraisal of our experience has convinced us that we can’t handle life through self-will alone” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 7).

SESSION TWO: STEPS TWO AND THREE

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

“In Step Two we added to this acceptance of our utter helplessness a newfound faith that there exists a Power greater than us that can relieve us of the obsession for food and restore us to sanity in all areas of life” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 17).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 9–15
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 8–13
- *Alcoholics Anonymous, Fourth Edition*, p. xxvi, p. xxviii, p.12, pp. 30–43 (“More About Alcoholism”), p. 92, p. 550

Pamphlets:

- *Fifteen Questions*
- *Sponsoring Through the Twelve Steps*, pp. 5–7

“This willingness to act on faith, then, was the key to Step Two. It was the beginning of the healing process and relief from the food compulsion” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 15).

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

“If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves and begin taking the actions that will allow us to receive that help.” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 17–18).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 17–24
- *Overeaters Anonymous, Third Edition*, pp. 201–202
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 14–18
- *Alcoholics Anonymous, Fourth Edition*, pp. 44–57 (“We Agnostics”), p. 63, p. 86
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 34–41

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 7–8

“Once we compulsive eaters truly take the Third Step, we cannot fail to recover ... We can confidently face any situation life brings, because we no longer have to face it alone. We have what we need any time we are willing to let go of self-will and humbly ask for help” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 23).

SESSION THREE: STEP FOUR

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

“This Step continues the transformation process that began with our admission of powerlessness in Step One, a process of increasing honesty and self-awareness that will gradually free us from our bondage to self. Our past problems have been controlling our actions and feelings for years, often in ways of which we are not aware. As we face the problems, they lose their power to overwhelm and control us. We no longer have the need to protect ourselves from uncomfortable feelings by eating compulsively or using other destructive food behaviors” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 26).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 25–38
- *Overeaters Anonymous, Third Edition*, pp. 201–202
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 19–57

- *Alcoholics Anonymous, Fourth Edition*, pp. 64–71
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 34–41

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 9–11

“We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path” (*Alcoholics Anonymous*, 4th ed., p. 72).

SESSION FOUR: STEPS FIVE, SIX AND SEVEN

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

“By the time we have completed the Fourth Step, most of us feel ready to move ahead quickly with Step Five. We want to be free of resentments, guilt, and shame rooted in the past, and we realize that sharing the details of our past with another human being is an important step toward freedom” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 40).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 39–44
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 58–61
- *Alcoholics Anonymous, Fourth Edition*, pp. 72–75
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 55–62

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 11–13

“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drinking problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe” (*Alcoholics Anonymous*, 4th ed., p. 75).

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

“A willingness to change is the essence of Step Six. Change is always frightening, even when it’s a much-needed and long-overdue change for the better” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 48).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 45–

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- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 39–44, pp. 62–65
- *Alcoholics Anonymous, Fourth Edition*, pp. 75–76
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 63–69

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 13–14

“Our commitment to embrace the needed changes in our thinking and behavior has given us an extraordinary power to deal with life’s challenges. No longer do we go through each day clinging desperately to the past, resistant to change. From now on, we will strive to keep ourselves entirely ready for any transformations our Higher Power wants to bring about in us. Having such an attitude, we can’t fail. We will become wiser, saner, more effective people as we recover from the disease of compulsive overeating. We’ll find we can cope with both good times and bad, learning and growing spiritually from each experience as our Higher Power intended us to do all along” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* p. 49).

Step Seven: Humbly asked Him to remove our shortcomings.

“In OA we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption, and the status-seeking” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 52).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 51–56
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 66–71
- *Alcoholics Anonymous, Fourth Edition*, p. 76
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 70–76

Pamphlet:

- *Sponsoring Through the Twelve Steps*, p. 15

“The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God” (*Alcoholics Anonymous Twelve Steps and Twelve Traditions*, p. 76).

SESSION FIVE: STEPS EIGHT AND NINE

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

“In Step Eight, we look at our relationships for the purpose of discovering those patterns that have done harm to us and to others” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 58).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 57–62
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 72–76
- *Alcoholics Anonymous, Fourth Edition*, pp. 76–83
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 77–82

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 16–17

“The experience of OA members who have worked the Steps before us shows that recovery depends on completing Steps Eight and Nine” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 62).

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

“When we finish our amends most of us feel closer to our Higher Power than ever before. As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 67).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 63–68
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 77–82
- *Alcoholics Anonymous, Fourth Edition*, pp. 76–84
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 83–87

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 17–19

“This Step has freed us from the shackles of our past mistakes in a miraculous way” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 63).

SESSION SIX: STEPS TEN, ELEVEN AND TWELVE

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

“The purpose of Step Ten is to identify and remove from our path today’s stumbling blocks, those manifestations of pride, fear, anger, self-pity, greed, and other emotions that are bringing pain into our lives and keeping us from growing today” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 70).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 69–74
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 83–91
- *Alcoholics Anonymous, Fourth Edition*, pp. 84–86
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 88–95

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 20–22

The OA *Twelve and Twelve* describes different types of inventories: spot-check, daily, and extensive (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 70–73).

“As we repeatedly act on Step Ten, we begin to see the remarkable way the Steps will, from now on, continue to remove unnecessary turmoil and pain from our lives” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 74).

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.

“In order to recover from compulsive eating and other compulsive food behaviors, we need a living, developing, ongoing relationship with this Higher Power, and we find having complete freedom to seek that relationship is a vital aspect of our program” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 76).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 75–80
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 92–97
- *Alcoholics Anonymous, Fourth Edition*, pp. 86–88
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 96–105

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 22–23

“Perhaps one of the greatest rewards of meditation and prayer is the sense of *belonging* that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless ... we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter” (Alcoholics Anonymous

Twelve Steps and Twelve Traditions, p. 105).

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.

“Perhaps it is fortunate for us, and for the millions of compulsive overeaters who still suffer, that most of us who’ve worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 82–83).

Suggested readings for discussion and sharing:

Books:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, pp. 81–87
- *The Twelve Step Workbook of Overeaters Anonymous, Second Edition*, pp. 98–105
- *Alcoholics Anonymous, Fourth Edition*, pp. 89–103
- *Alcoholics Anonymous Twelve Steps and Twelve Traditions*, pp. 106–125

Pamphlet:

- *Sponsoring Through the Twelve Steps*, pp. 24–25

“We who began working the Steps in order to recover from compulsive eating now find that through them we have embarked on a lifelong journey of spiritual growth. From the isolation of food obsession we have emerged into a new world” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 86).

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