

Carry the Message: Things to Consider

Use this worksheet to help you determine how you might explain OA recovery.

1. Is this a situation where you choose to carry the message? If no, why not?
2. Briefly, what is the OA message you want to share in this scenario?
3. What Steps, Traditions, Concepts, and/or Principles of each do you need to consider in your message?
4. What OA materials could you share with the other person?
5. What should you pay special attention to in this scenario, such as anonymity, attraction rather than promotion, etc.? How do you address these challenges effectively?
6. What improvements could you make after sharing?

OA Board-approved

The Twelve Steps

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. 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.
12. 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.

Permission to use the Twelve Steps of Alcoholics Anonymous for a adaptation granted by AA World Services, Inc.