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 adaptation granted by AA World Services, Inc.

How to find OA

Visit the OA Web site at www.oa.org, or contact the World Service Office at 505-891-2664. Many local telephone directories also include listings for Overeaters Anonymous.

Overeaters Anonymous®
World Service Office
6075 Zenith Court NE
Rio Rancho, NM 87144-6424 USA
Mail Address: PO Box 44020
Rio Rancho, NM 87174-4020 USA
Tel: 1-505-891-2664 • Fax: 1-505-891-4320
Email: info@oa.org
www.oa.org

OA Board-Approved.
All rights reserved

#780
Overeaters Anonymous is not a diet club. We claim no special knowledge in the field of nutrition. We know only that, by following a program of emotional and spiritual healing, we learn a new way of living without being obsessed with food. For the first time in our lives, we progress toward a healthy body weight.

Overeaters Anonymous is a spiritual program, not a religious one. Members are free to hold whatever religious beliefs they choose, or none at all. Many of us discover we are eating compulsively because of an emotional or spiritual hunger. As we search for spiritual fulfillment, we often become more involved in the religion of our choice.

There are no dues or fees for OA membership. We are self-supporting through our own contributions. The only requirement for membership is a desire to stop eating compulsively.

Concerned clergy, as well as family and friends of compulsive eaters, are invited to attend open OA meetings. For times and locations, visit the OA Web site at www.oa.org or contact the World Service Office at 505-891-2664. Many local phone directories also include listings for Overeaters Anonymous.

The following series of questions can help members of your congregation determine if they are compulsive eaters. Many members of Overeaters Anonymous have found they have answered yes to many of these questions.

**Fifteen Questions**

1. Do I eat when I’m not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I’m stuffed or even feel sick?
3. Do I have feelings of guilt, shame or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?
12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can’t stop eating after having the first bite?
14. Have I lost weight with a diet or “period of control” only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?