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)

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 Service, Traditions and Concepts Workshop Manual)

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