

The Twelve Steps of Overeaters Anonymous

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.

OVEREATERS ANONYMOUS

Responsibility Pledge

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

www.oaregion7.org
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Ways to Keep & Ways to Lose Newcomers and Returning Members



Suggestions are intended for addressing the newcomer or returning member.

I'm a Newcomer or Returning Member. Please:

- Welcome me personally with compassion and empathy (remember your very first day or first day back)
- Remember my name & give me encouragement
- Seek me out & talk to me; ask if I have any questions
- Talk about OA is a spiritual program, not a religious program
- Share how you work the steps and tools
- Listen to me

- Provide me with a meeting list and point out which meetings you attend
- Give me a phone list & mark your name
- Invite me for fellowship after the meeting
- Follow up with a phone call to me or text me as soon as possible after meeting me
- Explain to me about Anonymity; there's no judgement here

I'm a Newcomer or Returning Member. Please Do Not:

- Preach or try to sell the Program
- Forget to include me after the meeting; do not talk first to people you know
- Give me unsolicited advice
- Assume hugging me is OK; PLEASE ASK FIRST!
- Share anyone's story except your own
- Discuss other programs or outside literature with me