

I'm not a bot



12 steps oa

ABOUT THE 12 STEPS The Twelve Steps are the heart of the OA recovery programme. They offer a new way of life that enables the compulsive eater to live without the need for excess food. The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and application of spiritual insights recorded by thinkers throughout the ages. Their greatest importance lies in the fact that they work! They enable compulsive eaters and millions of other Twelve-Steppers to lead happy, productive lives. They represent the foundation upon which OA is built. THE 12 STEPS OF OVEREATERS ANONYMOUS STEP 1 We admitted we were powerless over food — that our lives had become unmanageable. STEP 2 Came to believe that a Power greater than ourselves could restore us to sanity. STEP 3 Made a decision to turn our will and our lives over to the care of God as we understood Him. STEP 4 Made a searching and fearless moral inventory of ourselves. STEP 5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs. STEP 6 Were entirely ready to have God remove all these defects of character. STEP 7 Humbly asked Him to remove our shortcomings. STEP 8 Made a list of all persons we had harmed and became willing to make amends to them all. STEP 9 Made direct amends to such people wherever possible, except when to do so would injure them or others. STEP 10 Continued to take personal inventory and when we were wrong, promptly admitted it. STEP 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. STEP 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. The 12 Steps and 12 Traditions of Overeaters Anonymous serve as a foundation for followers of the Overeaters Anonymous program. We admitted we were powerless over food — that our lives had become unmanageable. Came to believe that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood Him. Made a searching and fearless moral inventory of ourselves. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. We're entirely ready to have God remove all these defects of character. Humbly asked Him to remove our shortcomings. Made a list of all persons we had harmed and became willing to make amends to them all. Made direct amends to such people wherever possible, except when to do so would injure them or others. Continued to take personal inventory and when we were wrong, promptly admitted it. 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. 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. Our common welfare should come first; personal recovery depends upon OA unity. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. The only requirement for OA membership is a desire to stop eating compulsively. Each group should be autonomous except in matters affecting other groups or OA as a whole. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. Every OA group ought to be fully self-supporting, declining outside contributions. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. 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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. "Our way of life, based on these Twelve Steps and Twelve Traditions, has brought us physical, emotional and spiritual healing that we don't hesitate to call miraculous. What works for us will work for you too." —read the full Introduction to the Twelve Steps. We admitted we were powerless over food—that our lives had become unmanageable. Came to believe that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood Him. Made a searching and fearless moral inventory of ourselves. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. Were entirely ready to have God remove all these defects of character. Humbly asked Him to remove our shortcomings. 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The importance of Working all 12 Steps In All Our Affairs How and Why does a 12-Step Program Work for Compulsive Eating For an in-depth study of the Twelve Steps, read The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition available from our bookstore.

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