



I'm not robot



I am not robot!

Our common welfare should come first; personal recovery depends upon OA unity Steps and Traditions Book. Our solution is a program of recovery—a program of Twelve simple Steps. The Twelve Traditions of Overeaters Anonymous. The Twelve Steps embody a set of They offer a new way of life that enables the compulsive eater to live without the need for excess food. These Traditions describe attitudes which those early members believed were important to group survival. The Traditions What are the Steps and Traditions? If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past Step One. "We admitted we were powerless over alcohol—that our lives had become unmanageable." The Twelve Steps. Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. Overeaters Anonymous®, Inc. World Service Office Zenith Ct. NE, Rio Rancho, NM USA That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like. The Twelve Steps and Twelve Traditions of Overeaters Anonymous: A Kid's View is written for young people age ten and under. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession Like the Twelve Steps, the Twelve Traditions have their origins in Alcoholics Anonymous. Right. Practically no one, of course. We admitted we were powerless over food—that our lives had become unmanageable. A.A. Around the World. By following these Steps, thousands of OA members have stopped eating compulsively The Steps and Traditions of Overeaters Anonymous serve as a foundation for followers of the Overeaters Anonymous program. The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. Came to believe that a Power greater than ourselves could restore us to sanity The Twelve Steps of Overeaters Anonymous 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 Tens of thousands have found that OA's Twelve Step program brings recovery on all three levels. WHO cares to admit complete defeat? Every natural instinct cries out against the idea of personal powerlessness. Learn more about meetings And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance Read about the Steps in the "&" Searchable PDF, audio and ASL versions are available on this site Twelve Steps Overeaters Anonymous. View PDF. "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. , · Introduction. What works for us will work for you, too."— The Twelve Steps and Twelve Traditions of Overeaters Anonymous The Twelve Steps of Overeaters Anonymous 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 After repeated failures to control our eating and our weight, we now have a solution that works.