

THE OA PROMISES as found in the last paragraph of each step in

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition

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Step 1

Once we have become teachable, we find we can give up old thought and behavior patterns that have failed us in the past, beginning with our attempt to control our eating and our weight. Honest appraisal of our experience has convinced us that we can't handle life through self-will alone.

Step 2

The result was a new faith in ourselves, in others, and in the power of that love. We had begun to develop a new relationship with a Power greater than ourselves, and we were ready to move ahead with our program of recovery.

Step 3

We have what we need any time we are willing to let go of self-will and humbly ask for help.

Step 4

We are "moving beyond the food and the emotional havoc to a fuller living experience."

Step 5

From this point on, we begin to leave behind the character defects that have caused us so many problems in the past.

Step 6

We find we can cope with both good times and bad, learning and growing spiritually from each experience, as our Higher Power intended us to do all along.

Step 7

Our simple prayers, humbly spoken, are answered in wonderful ways as we open our lives to God's transforming power, and we find that, once again, God does for us what we could never do for ourselves.

Step 8

...we turn once more to God, asking for the willingness to do the things we fear, to make the amends we owe. Having said this prayer sincerely, we are now willing, and we move quickly ahead to Step Nine.

Step 9

We no longer need the crutch of excess food because we have discovered a way of life that nourishes us physically, emotionally, and spiritually. Our challenge from here on will be to continue following this path daily as we are guided by the last three Steps of our Twelve Step program.

Step 10

More gifts are in store for us as we continue working the program and experiencing the miracle of permanent recovery, one day at a time.

Step 11

Through prayer and meditation, we align ourselves with a Higher spiritual Power that gives us everything we need to live to our fullest potential.

Step 12

Those of us who live this program don't simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery, which attracts others who want what we've found in OA.

We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time.