

## The **spiritual principles** and **Twelve Traditions of Overeaters Anonymous:**

*From: The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*

- ✓ One – **Unity**: Our common welfare should come first; personal recovery depends upon OA unity.
- ✓ Two – **Trust**: 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.
- ✓ Three – **Identity**: The only requirement for OA membership is a desire to stop eating compulsively.
- ✓ Four – **Autonomy**: Each group should be autonomous except in matters affecting other groups or OA as a whole.
- ✓ Five – **Purpose**: Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
- ✓ Six – **Solidarity**: 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.
- ✓ Seven – **Responsibility**: Every OA group ought to be fully self-supporting, declining outside contributions.
- ✓ Eight - **Fellowship**: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- ✓ Nine – **Structure**: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- ✓ Ten – **Neutrality**: Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
- ✓ Eleven - **Anonymity**: 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.
- ✓ Twelve – **Spirituality**: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.