

The following sayings, quotes and thoughts have been collected by individual OA members from meetings . They do not represent OA as a whole. Use what you like and leave the rest.

1. Abstinence is a country whose beauty and variety I could not have imagined in my most indulgent dreams
2. Abstinence is a lifeboat stay in the life boat
3. Abstinence is how I eat My food plan is what I eat
4. Anger, not transformed is transmitted
5. Ask God for an inspiration and intuitive thought or decision, we relax take it easy we don't struggle
6. Am I my favorite topic !?
7. Before we speak, is it true is it kind Is it necessary?
8. Being abstinent doesn't keep me abstinence.
9. Boundaries – I decide what's mine & what's not mine
10. Came. Came to. Came to believe
11. Compare to Despair
12. Don't leave before the miracle happens
13. Don't let your potential lie dormant
14. Do the next right thing
15. Do you want P E A C E or do you want a PIECE
16. Do you want to be right or do you want to be happy joyous and free
17. Do you view your food consumption the way an AA sees alcohol
18. Eating was a monkey on my back, the monkeys gone, but the circus in my head is still there
19. Embrace change
20. Everyday I wake up untreated from the disease of being a compulsive overeater I need to take my oa daily medicine
21. Failure is not the opposite of success. It is part of success.
22. Fear has no place to exist when you are living in the present
23. Fear is a four letter word for procrastination
24. Feelings just want to be felt
25. Focus on the weight and lose the program. Focus on the program and lose the weight
26. Forgiveness is giving up resentments, even when you are entitled to them
27. Forgiveness is letting go of the hurt
28. God come between me and my food so my food doesn't come between me and you
29. God is in charge of the worry I am in charge of the action

30. God let me stop blaming the factors that I think contribute to my addiction
31. God puts signposts along the way
32. GUTS – God under the surface
33. Have a funeral for a defect or a food
34. HOPE. Hang On Pain Ends
35. H.O.W. Honest, open minded and willing
36. HP – Holy Presence
37. Hurt people , hurt people
38. Just because I have a spiritual awakening today, doesn't mean I can't fall asleep tomorrow
39. I am full of God, so I no longer need to be full of food
40. I am grateful for the awareness of old patterns
41. I am at a better starting place every day
42. I ask God to come between me and my food so the food doesn't come between me and my God
43. I can have a little today, but I'll need a lot more of it tomorrow
44. I can quit worrying about what I don't have. I have what I need.
45. I do enough I have enough I am enough
46. I did wrong let me forgive myself
47. If I am not working on my program, I'm working on my relapse
48. If I want to have something, I've never had before I need to do something I've never done before
49. If you don't want to slip, stay away from slippery places
50. If you expect respect, be the first to show some
51. If you fall crossing a street, you don't go back and start from the other side
52. If you have one foot in yesterday and one foot in tomorrow you are pissing on today.
53. If you think you have to give up something remember, God will replace it with something greater
54. If you slip, get up
55. I have the disease of more
56. I'm at a better starting place every day
57. I may always have this disease, but I don't need to be symptomatic
58. I may not be where I could be. I may not be where I want to be, but I am where I should be where God wants me.
59. I need a daily reminder that abstinence is the single most important thing in my life. Without it, everything else falls apart.
60. I need more than knowledge to stay abstinent

61. I need to allow it to take room in my head
62. I need to notice the quality of my listening, it is a measure of my spiritual condition
63. Inch by Inch it's a cinch
64. In the middle of difficulty lies opportunity
65. Integrity doing the right thing when no one is looking
66. I pray to visit my past, but I don't live there too long
67. is there so much chatter in my head I can't hear God
68. It works if you work it, it works if you don't work it, it just won't work for you
69. Just because I'm hurting, doesn't mean I need to hurt my self
70. Just be your best every day
71. Let God finish what he started
72. Letting go is the action plan of faith
73. Listen to the whisper
74. Many meetings, many chances; few meetings, few chances; no meetings, no chances.
75. May your troubles be as short as your New Year's resolutions
76. Minds are like parachutes. They don't work unless they are open.
77. My food is in one hand My life is in the other, and I should never clap
78. My Joy is not negotiable and it is not up to you.
79. My sick mind cannot help my sick mind
80. My way didn't work
81. No event/person can stress you, stress is your response to stressors
82. NO God NO Peace
83. KNOW God KNOW Peace
84. No, is a complete sentence
85. Nothing tastes as good as abstinence feels
86. Not making a decision is making a decision
87. OA Only Answer
88. One step at a time
89. Only in a hut built for the moment can one live without fear
90. Our old time attitude of "all, or nothing "will have to be abandoned
91. Pass it on.
92. PAUSE – pray and use spiritual energies
93. Perfectionism is spiritual abuse.
94. pray to God, but by the broccoli
95. Q-tip Quit Taking It Personally
96. Reach for the moon in case you fall short you'll still be among the stars

97. Repeating myself usually means I'm trying to control a situation
98. Repetition is nature's only form of permanence
99. Resolve rather than react
100. Say no to food is saying yes to me
101. Say yes to God instead of no to the food
102. Scars remind us where we've been, they don't define where we're going
103. See your dreams then act like it will happen know it will happen
104. SHAME- Should Have Already Mastered Everything
105. Should I pray to God when it's raining if I don't pray when it's sunny
106. Smart is believing only half of what you hear brilliant is knowing which half to believe
107. Sometimes my disease has an open door to my soul
108. Sometimes there is sunshine sometimes there is rain, we need to learn to dance in the rain
109. Speak of your gratitude
110. Sponsors carry the message, not the person.
111. Surprise yourself, and do the thing you didn't think you could do
112. State reinforced goals every day
113. Stay in today
114. Step 1-3 Foundation , Step 4-9 Clean House/Step 10-12 Keep house clean
115. Stick with the winners
116. Surrendering is excruciating only until you do
117. The 3 As: Awareness, Acceptance, Action.
118. Thank you God for one of the great miracles of the 12 step recovery
119. The anecdote for fear and anxiety is a spiritual awakening as faith grows so does security
120. The difference between a dream and a goal is a plan
121. The difference between try and triumph is the umph
122. The elevator is broken we need to take the steps
123. The person with the most abstinence is the one who woke up the earliest that day
124. The way I do one thing in life is usually the way I do everything in life
125. These foods don't love me why do I love them
126. There are no failures in OA only slow successes
127. There are two days beyond our control tomorrow and yesterday
128. There is no reality only perception
129. There is no right way to do the wrong
130. To keep what you have, you have to give it away

131. True comfort is to be found in the balance and sanity of abstinence so deep and pure is this comfort that is well worth whatever trouble or pain I might have to pass through to attain it
132. Trying is dying
133. "Try" what we say when we don't want to commit
134. Waiting is an action
135. Waste it, or WAIST it
136. We are all related through our sponsor Sponsee relationships
137. We can't regift this moment
138. We practice all the steps one through 12 so we can live in step three
139. What's eating me drives me to eat
140. Whatever I did right let me repeat, whatever
141. What other people think of me is none of my business.
142. When a sentence jumps out at me, it's because I'm ready to hear it
143. When in doubt, leave it out
144. When I say something more than once, maybe I'm trying to control someone
145. When I step out of the way, God rushes it
146. When I tell the truth, it's part of the past and when I tell a lie it's part of the future
147. When Jonah left the whale he didn't go back for his hat
148. When one door closes, another opens, unfortunately sometimes it's scary in the hallway
149. When the student is ready, the teacher appears
150. When you fail to plan you plan to fail
151. Why not go through life with a light touch?
152. Would I rather be right — or happy
153. You might lapse you might relapse, stay in the rooms and you will not collapse
154. You're not OK I'm not OK but that's OK
155. You're only as sick as your secrets.
156. When you stumble, make it part of the dance