

Differences in Overeaters Anonymous Formats and How They Work the OA Tools of Recovery

OA Tools of Recovery	Traditional OA	OA in Action	OA HOW
A plan of eating helps us abstain from compulsive eating. This tool helps us deal with the physical aspects of our disease and achieve physical recovery.	Negotiated with Sponsor	We follow a food plan from OA Dignity of Choice, a health-care professional or nutritionist.	We use a food plan designed for us by a nutritionist or doctor. We check it out with our sponsor and make sure that we don't include any of our binge foods.
Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.”	Negotiated with Sponsor	Commit our food daily to our sponsor and report any food changes to our sponsor by the following day.	We write down what we will eat for the day and call it in to our sponsor. We don't skip meals, combine meals or manipulate our Food plan during the day. If you need to change the plan during the day, you phone a sponsor to make the change. <i>(If the sponsor does not answer you make two more calls, if no answer you can leave a message.)</i> This helps to keep the obsession away.
		We weigh and measure our food at home for the first 90 days, then work with our sponsor to determine if we continue weighing and measuring. We do not have to weigh and measure when eating out.	We measure food portions to avoid guesswork.
			Note: from What, Where, When and Who about H.O.W. If eating out, measuring is individualized. Note Tor examples, e measure by saying “I will have one broiled chicken sandwich, one salad, one tablespoon of dressing, one apple etc.” In this case, no scales or cups are used, but specific portions are planned.
			We weigh ourselves once a month to once a month while losing or gaining and once a week on maintenance We drink 64 ounces of water and take a multi vitamin daily, unless our doctor prescribes differently.
No added sugar in food or beverages when listed in the first four ingredients. -When listed earlier, it must be 2 grams of sugar or less on the nutrition label. We do not drink alcohol.	We don't drink alcohol or eat foods containing sugar unless sugar is 5 th or beyond in the ingredient list.		
An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.	Negotiated with Sponsor	OA in Action examples include: creating and exercise plan, addressing physical and mental health issues, balancing work and home life, interacting with others and caring for self. We are ever mindful of cross addicting to other behaviors such as codependency, excessive exercise, shopping, gambling, working at our jobs in excess or other behaviors that keep us from spiritual and emotional recovery.	OA HOW members consider following their abstinence guidelines their plan of action.

<p>Reading - We OA-approved books, pamphlets and Lifeline magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.</p> <p>Writing -Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.</p>	<p>Negotiated with Sponsor</p>	<p>Read and write daily and share our writing with our sponsor.</p> <p><i>Note: OA in Action members use writing as a tool of recovery on a daily basis. OA in Action members initially use the OA in Action writing assignments from the OA Brown Book, OA 12 Steps and 12 Traditions. After completing the above, we read other OA approved literature as suggested by the sponsor.</i></p>	<p>The HOW program requires that you write each day. At first the writing is in response to specific question, then you progress through all of the steps. It is impossible to “work” the HOW program without working the steps. You then share your writing assignment with your sponsor, or another member if you are uncomfortable with sharing information with your sponsor.</p> <p>We study <i>Alcoholics Anonymous</i> referred to as the Big Book, and <i>the Twelve Steps and Twelve Tradition</i>, another AA book, to reinforce our program. By substituting food and compulsive eating for alcohol and alcoholism, we can identify closely We also read OA literature. Read on a daily basis, the literature impresses on us certain basic truth that are vital to our growth.</p>
<p>Many members call, text or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.</p>	<p>Negotiated with Sponsor</p>	<p>Build a support system by contacting at least one other program fellow daily to share your thoughts or concerns, so that when a problem arises you have a circle of support to trust with these issues.</p>	<p>In HOW, we are asked to make 4 calls a day, one to our sponsor and three more to other OA members. If someone calls you that counts as a call. We need the contact. It breaks the isolation.</p>
<p>Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the OA Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it.</p>	<p>Negotiated with Sponsor</p>	<p>OA in Action members ask a sponsor to lovingly guide us through our program of recovery on all three levels: physical, emotional and spiritual. A member may work with more than one sponsor at a time and change sponsors at will. Ideally, OA in Action sponsors have at least 90 days of abstinence and have worked through the 12 steps to the best of their ability and practice these principles in all their affairs. Currently, we are asking those with 30 days of OA in Action abstinence and has worked the first three steps to be of service until we have a sufficient number of sponsors.</p>	<p>A HOW sponsor has at least 70 days of back to back abstinence and has completed 70 days of wiring assignments that help to work the first three steps. Usually HOW members call their sponsor at a certain time each day for 10-15 minutes, more if the need arises. Sponsors are anonymous.</p>
<p>Meetings give us an opportunity to identify our common problem, confirm our common solution through the twelve steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.</p>	<p>Negotiated with Sponsor</p>	<p>OA in Action members participate in at least one meeting a week, in person when possible, or when that is not possible we participate in a phone or online meeting.</p>	<p>It is suggested that you attend at least one HOW meeting a week, along with OA meetings as needed, usually 2-3 time a week, but this is individualized.</p>