

OA in Action Questions for The Traditions

All reading and writing assignments are from the *Overeaters Anonymous* (Brown Book) and *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. The questions and prompts refer to each book as the following:

- *Overeaters Anonymous* 2nd Edition (2001) = OAI
- *Overeaters Anonymous* 3rd Edition (2014) = OAI
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* (1990-2012) = OA 12/12-1
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* Second Edition = OA 12/12-2

Please note: OA 12/12-1 page 1:1 lines 6-10 is used to indicate the reading site and will be found in *the OA 12/12-1 page 1, paragraph 1, lines 6-10*

You may choose to read the whole section of each Tradition or a page or two at a time, your choice. Read a story in between each Tradition, write on what you learned and how it relates to your recovery.

Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 105–109 The Graveyard Shift or OAI pages 69-72 No Longer Held Hostage By Food

How do you relate to this story and what did you learn?

Tradition 2

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.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 110–117 Losing Pounds, Gaining Ground or OAI pages 73-76 He Shared His Struggles With Another Man

How do you relate to this story and what did you learn?

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 118–125 Negotiating Life's Curves or OAI pages 77-80 Binge Foods and Diet Books

How do you relate to this story and what did you learn?

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 126–133 Opening the Doors and Closets or OAI pages 81-84 The Turning Point

How do you relate to this story and what did you learn?

Tradition 5

**Each group has but one primary purpose-
to carry its message to the compulsive overeater who still suffers.**

Read the tradition and write on how it relates to your recovery.

Read OAI pages 134–138 I Made Out My Will at Twenty-Two or OAI pages 85-88 Don't Let Me Waste an Iota

How do you relate to this story and what did you learn?

Tradition 6

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.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 139–147 It Wasn't Fair or OAI pages 89-92 Keep Coming Back for the Miracle

How do you relate to this story and what did you learn?

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 148–152 Sink the Lollipop! or OAI pages 93-96 Thriving After Relapse

How do you relate to this story and what did you learn?

Tradition 8

**Overeaters Anonymous should remain forever nonprofessional,
but our service centers may employ special workers.**

Read the tradition and write on how it relates to your recovery.

Read OAI pages 153–158 It Ran in the Family or OAI pages 97-100 Food for Thought

How do you relate to this story and what did you learn?

Tradition 9

OA, as such, ought never be organized;

but we may create service boards or committees directly responsible to those they serve.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 159–165 The Keys to Freedom or OAIH pages 101-104 Tools at My Feet

How do you relate to this story and what did you learn?

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 166–171 Journey Through Deception or OAIH pages 105-112 OA in Guadalajara and Ajijic, Mexico

How do you relate to this story and what did you learn?

Tradition 11

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.

Read the tradition and write on how it relates to your recovery.

Read OA BB pages 172–178 Fat Is Not My Destiny or OAIH pages 113-118 Freedom Isn't Free

How do you relate to this story and what did you learn?

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Read the tradition and write on how it relates to your recovery.

Read OAI pages 179–183 or Beautiful Woman Inside and Out OAIH pages 119-122 Plenty of Growing Room Left

How do you relate to this story and what did you learn?

Continue reading the stories in the *Overeaters Anonymous* (Brown Book) 2nd Edition pages 184- 228 or the *Overeaters Anonymous* (Brown Book) 3rd Edition pages 123-190 and write on how you relate to each of the stories and what you learned from the story.

Please note:

*After you have completed these assignments it is suggested that you read at least the first 175 pages of the *Alcoholics Anonymous Big Book* as it is the basis of our OA Program. *The Doctor's Opinion, There is a Solution, How it works and Into Action* are significantly important to understand the disease of addiction. *Bill's Story and Dr. Bob's Nightmare* tell the stories of the founders of AA.*