

THE TOOLS OF RECOVERY

We use these 8 tools on a regular basis, to help us achieve and maintain abstinence. Abstinence is *“the action of refraining from compulsive eating.”*

A PLAN OF EATING: Having a personal plan of eating guides us in our dietary decisions, as well as defines what, when, how, where and why we eat.

SPONSORSHIP: Sponsors are OA members who are committed to abstinence and to living the twelve steps and twelve traditions to the best of their ability.

MEETINGS: Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them.

TELEPHONE: The telephone helps us share on a one-to-one basis and avoid the isolation which is so common among us. It is a tool with which we learn to reach out, ask for help and extend help to others.

WRITING: Putting our thoughts and feelings down on paper, or describing a troubling incident, 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.

LITERATURE: Our OA literature and the AA “Big Book” are ever-available tools which provide insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.

ANONYMITY: Within the fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. At our meeting: *“What we hear here, when you leave here, let it stay here.”*

SERVICE: Getting to meetings, putting away chairs, putting out literature, talking to newcomers, doing what ever needs to be done in a group or for OA as a whole, are ways to give back what we have so generously been given.