

The Tools of Recovery (OA)

A Plan of Eating

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. This tool helps us deal with the physical aspects of our disease and achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve Step program of recovery and move beyond the food to a happier, healthier, and more spiritual life.

Sponsorship

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence. We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it.

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. There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. 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.

Telephone

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text, or email their sponsors and other OA member daily. As a part of the surrender process, this tool helps us learn to reach out, ask for help, and extend help to others.

Literature

We read OA approved books and pamphlets. Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and Twelve Traditions. All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.

Writing

In addition to writing our inventories and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the Steps. Further, 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. When we put our difficulties down on paper, it becomes easier to see situations more clearly and perhaps better discern any necessary action.

Service

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore it is the most fundamental form of service. Any form of service --no matter how small--that helps reach a fellow sufferer adds to the quality of our own recovery. As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term that are necessary to support our individual abstinence and emotional, spiritual, and physical recovery. Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance, and manageability into our lives.

Anonymity

Anonymity, referred to in Traditions Eleven and Twelve, is a tool that guarantees we will place principles before personalities. The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. Another aspect of anonymity is that we are all equal in the Fellowship. Our outside status makes no difference in OA; we have no stars or VIP's. We come together simply as compulsive overeaters.