

Progression of Willingness
ABSTINENCE**

****ABSTINENCE** in OA is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
***RECOVERY** is defined in OA as the removal of the need to engage in compulsive eating behaviors; spiritual, emotional, and physical recovery is achieved through working and living the 12 Step program.

To learn about adopting a **FOOD PLAN** and how to identify your **RED/YELLOW** foods, visit <https://youtu.be/kzIEbM0Zk60>

These suggestions are based on the experiences of other recovered compulsive overeaters and do not reflect OA as a whole.

