

**Progression of Willingness TOOLS\*\***

**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.

*The 9 OA TOOLS\*\* of Recovery are: a plan of eating, meetings, telephone, sponsor, writing, reading, action plan, service, and anonymity. To learn about the OA Tools of Recovery, 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.*

