
WELCOME TO OBSESSIVE EATERS ANONYMOUS

Welcome to the fellowship of Obsessive Eaters Anonymous. Obsessive Eaters Anonymous is a fellowship of men and women who are practising the 12 Step programme of recovery begun by Alcoholics Anonymous.

It may have been difficult facing your first meeting. You will hear different symptoms mentioned including obsession with weight and size, fear of eating too much, trying not to eat at all, bingeing, starving, throwing-up, abusing laxatives, excessive exercise, etc.

In looking back at our lives, recognition of the failure patterns and the hopelessness involved bring us to rock bottom. Each person decides their own rock bottom and we do not make judgements. When we reach this stage we want help.

We suggest that you talk to a member and begin reading the books and leaflets available through the meetings of Obsessive Eaters Anonymous.

What is the real problem?

Most of us have felt that our behaviour with food was our only problem or the cause of all our problems! However, in listening to the experience of those who have recovered through the 12 steps of Obsessive Eaters Anonymous we begin to see that our behaviour with food was only a symptom of our living problems. There may have been a time when food was a comfort or when achieving or maintaining slimness was sufficient for our survival, but we have a progressive disease and the comfort becomes short lived or we pay too high a price for the maintenance of slimness. Our disease is an emotional one and until this is addressed nothing will change.

The Solution is found in the Spiritual Principles of the 12 Steps of Obsessive Eaters Anonymous. Through the process of the steps we find a Power Greater Than Ourselves which leads to recovery. Recovery is about a change of attitude, a way to live, not a way to fight food.

Spiritual Not Religious

Obsessive Eaters Anonymous is not affiliated to any religion. For Each person, their understanding of a Higher Power is their own choice.

How We Approach The Steps

All we need is willingness and a desire to stop the obsession with weight, size and eating. But, the 12 Steps were not designed for us to work them alone. We need help. We find this help in the meetings and through sponsorship. (A sponsor is a member who guides you through the Steps).

The Revolving Door

We recommend that you do not base your judgement of Obsessive Eaters Anonymous on attendance at one meeting. Give yourself the opportunity to experience at least 5 or 6 meetings before making a decision.

Even if you go back to the old behaviour, which some of us did, we found it was not the escape it used to be. Remember our doors and hearts are always open to you.

This programme is not for those who need it; only for those who want it ... PLEASE KEEP COMING BACK.

Anonymity

- Q What does it mean?
A It means confidentiality
- Q How does it work?
A Your presence here will not be discussed outside this meeting
- Q Have you a role in this?
A Yes, we ask you not to discuss those you meet here
- Q Can you tell other people about OEA?
A Yes, if you choose to
- Q What if we meet in the street?
A We use our common sense, remembering that we don't discuss where we met
- Q What if you get an opportunity to speak on Radio / TV?
A We suggest that you contact the Public Information Committee
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Q What if you decide that Obsessive Eaters Anonymous is not for you?

A We will continue to respect your anonymity and we ask that you do the same for us

Q Have you any questions

A As we progress in the fellowship we learn more about anonymity, but if you are confused or unsure please ask another member

The Twelve Steps of Obsessive Eaters Anonymous

1. We admitted we were powerless over our obsession with weight, size and eating - that our lives had become unmanageable
2. Came to believe that a Power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives over to the care of God as we understood God
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to God, to ourselves, and to another human-being, the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character
7. Humbly asked God to remove our shortcomings
8. Made a list of all persons we had harmed, and became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others
10. Continued to take personal inventory and when we were wrong, promptly admitted it
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out

The Twelve Steps of Obsessive Eaters Anonymous (cont'd)

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to fellow sufferers, and to practice these principles in all our affairs

The Twelve Traditions of Obsessive Eaters Anonymous

1. Our common welfare should come first; personal recovery depends on O.E.A. unity.
2. For our group purpose there is but one ultimate authority -- a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for O.E.A. membership is a desire to stop the obsession with weight, size and eating.
4. Each group should be autonomous except in matters affecting other groups or O.E.A. as a whole.
5. Each group has but one primary purpose -- to carry its message to the obsessive eater who still suffers.
6. An O.E.A. group ought never endorse, finance, or lend the O.E.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every O.E.A. group ought to be fully self-supporting, declining outside contributions.
8. Obsessive Eaters Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. O.E.A., as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. Obsessive Eaters Anonymous has no opinion on outside issues; hence the O.E.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, film, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

THE STEPS OF AA

1. We admitted we were powerless over alcohol - that our lives had become unmanageable
2. Came to believe that a Power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives over to the care of God as we understood Him
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character
7. Humbly asked Him to remove our shortcomings
8. Made a list of all persons we had harmed, and became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others
10. Continued to take personal inventory and when we were wrong, promptly admitted it
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of God's will for us and the power to carry that out
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to fellow alcoholics, and to practice these principles in all our affairs.

THE TRADITIONS OF AA

1. Our common welfare should come first; personal recovery depends on A.A. unity.
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.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose -- to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

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Obsessive
Eaters
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Welcome