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**O**bsessive  
**E**aters  
**A**nonymous

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### *Fact Sheet*

Obsessive Eaters Anonymous is a fellowship of people who are recovering from an obsession with weight, size and eating. We practise a 12 step programme of recovery.

***These questions may help you to decide if you think you are one of us:***

- Are you obsessed with your weight and size?
- Are you constantly frightened of eating too much?
- Do you have periods where you try not to eat at all?
- Do you try to stick to rigid eating regimes?
- Do you go on eating binges?
- Do you put your life on hold while waiting to reach your ideal weight or size?
- Do you throw up after eating?
- Do you abuse laxatives?
- Do you engage in excessive exercise?
- Do you eat in secret?
- Do you comfort eat?
- Do you have feelings of guilt and remorse after eating?
- Do you suffer from food cravings?
- Despite many failures do you continue to believe that you will change your shape or size by controlling your eating?
- Do you think your life will be better if your weight and size changes?
- Do you constantly plan to eat less?
- Do the weighing scales dictate your mood?
- Do you find yourself eating again when you are planned not to?
- Despite well-intentioned advice, do you still find yourself unable to diet?

#### ***Money:***

Members contribute what they can afford and we use this money to cover our modest expenses.

For further information check our web site:- **[www.obsessiveeatersanonymous.org](http://www.obsessiveeatersanonymous.org)**

### 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 practise 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.

*The Twelve Steps and Twelve Traditions of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services Inc. ["A.A.W.S."]. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A.W.S. is affiliated with this program. A.A. is a program of recovery from alcoholism only - use of A.A.'s Steps and Traditions or an adapted version of its Steps and Traditions in connection with programs and activities which are patterned after A.A. but which address other problems, or use in any other non-A.A. context, does not imply otherwise.*

## 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
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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
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to fellow sufferers, and to practise 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.