

# *The 12 Traditions*

*as adapted for Overeater Anonymous*

- 1. Our common welfare should come first; personal recovery depends upon O.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 O.A. membership is a desire to stop overeating.**
- 4. Each group should be autonomous except in matters affecting other groups or O.A. as a whole.**
- 5. Each group has but one primary purpose -- to carry its message to the overeater who still suffers.**
- 6. An O.A. group ought never endorse, finance or lend the O.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.A. group ought to be fully self-supporting, declining outside contributions.**
- 8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**
- 9. O.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
- 10. Overeaters Anonymous has no opinion on outside issues; hence the O.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 all our traditions, ever reminding us to place principles before personalities.**

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