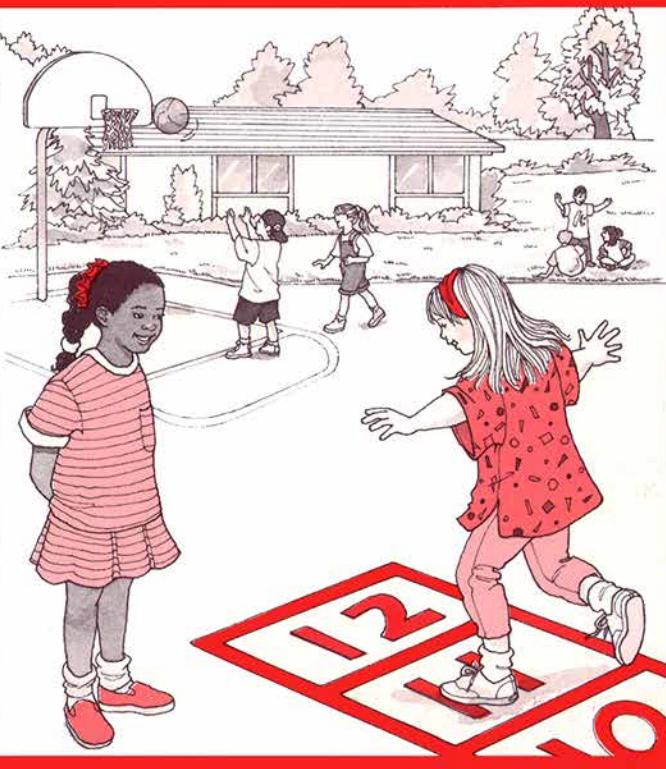


*The*  
**Twelve Steps  
and Twelve  
Traditions  
of Overeaters  
Anonymous**  
.....  
**A Kid's View**



### *Introduction*

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous: A Kid's View* is written for young people age ten and under.

If the way you eat often makes you feel bad, the Steps in this booklet will help you like yourself more and be happier.

The Traditions explained in the booklet will help you understand that there are things you can do (or sometimes should not do) as an OA member. The Traditions keep OA a place where people with food problems can find help. While there are no rules in OA, there are certain guidelines important to all of us.

Maybe one day you can share what you learned about the OA program with someone who also has trouble with food so he or she can learn to be happier too.



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The original OA Steps and Traditions (listed in small print below illustrations in this booklet) are adapted from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous by permission of AA World Services, Inc.

## STEP ONE



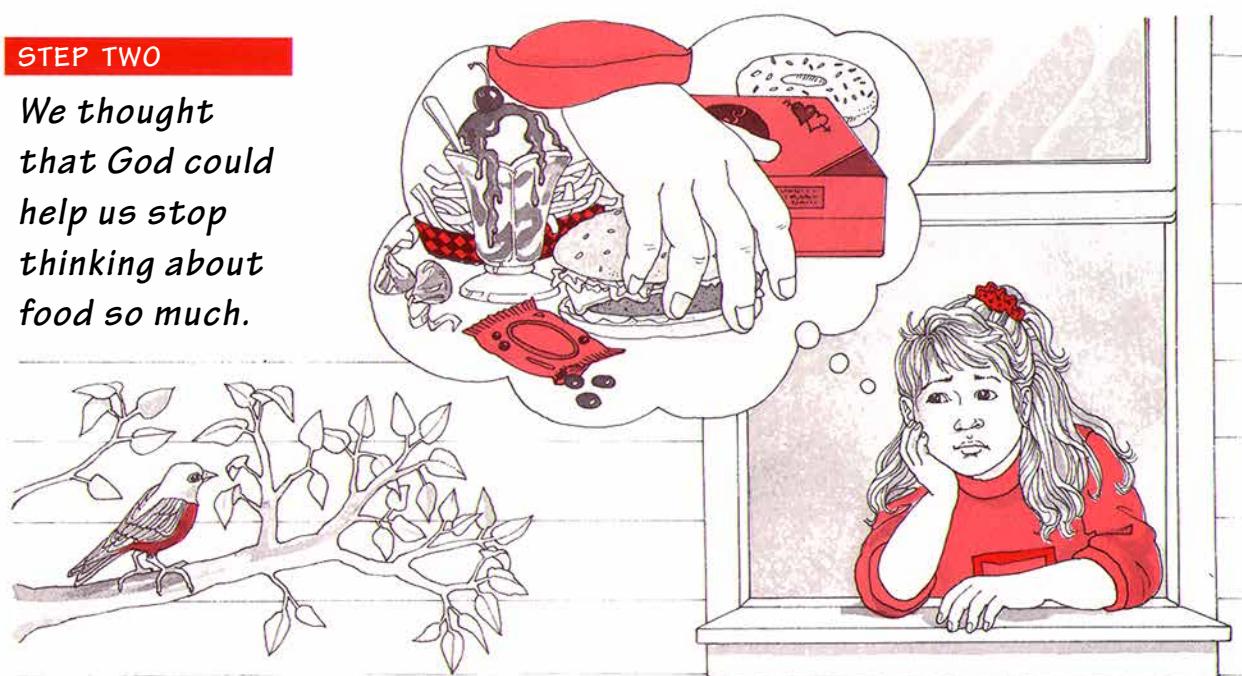
*We told ourselves that we didn't eat like other boys and girls and that we could not stop eating when we wanted. We felt different.*

Step One ↵ We admitted we were powerless over food—that our lives had become unmanageable.

3

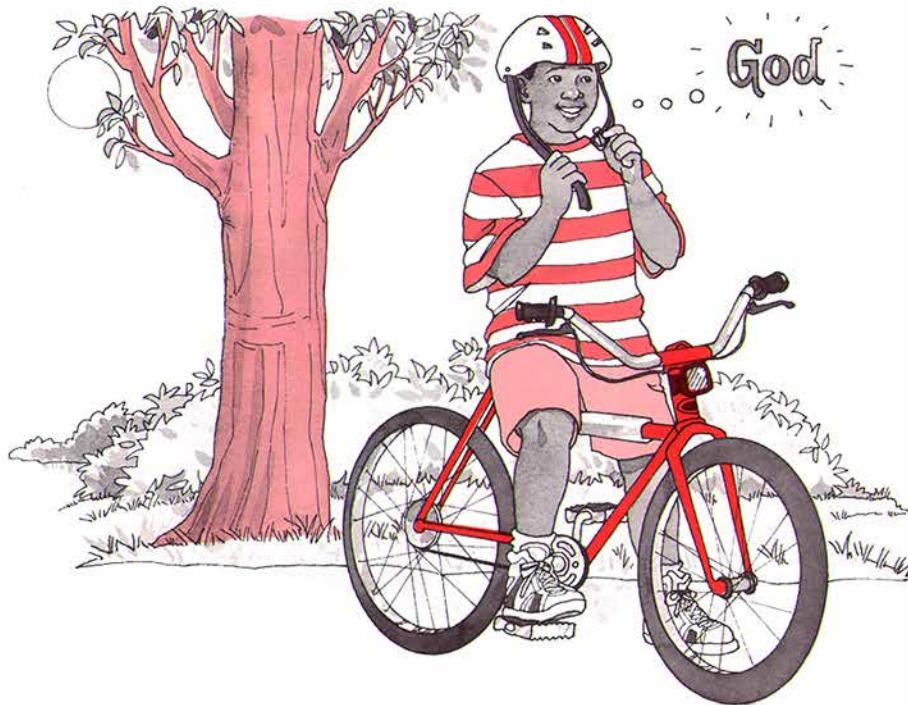
## STEP TWO

*We thought that God could help us stop thinking about food so much.*



Step Two ↵ Came to believe that a Power greater than ourselves could restore us to sanity.

4



### STEP THREE

*We decided to stop worrying about food and let God help us with our problems. (Some people use the words Higher Power instead of God.)*

Step Three ≈ Made a decision to turn our will and our lives over to the care of God as we understood Him.

5

### STEP FOUR

*We wrote down everything we ever did that bothered us.*



Step Four ≈ Made a searching and fearless moral inventory of ourselves.

6

## STEP FIVE

We read our list  
to God (Higher  
Power), then to  
a person who  
cares about us.



Step Five ↞ Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

7

## STEP SIX

We felt ready  
for God to take  
away the sad  
or upsetting  
things we do.



Step Six ↞ Were entirely ready to have God remove all these defects of character.

**STEP SEVEN**

*We honestly asked our Higher Power to take away the sad or upsetting things we do.*



Step Seven ≈ Humbly asked Him to remove our shortcomings.

9

**STEP EIGHT**

*We wrote down the names of people we had hurt and felt ready to say we were sorry.*



Step Eight ≈ Made a list of all persons we had harmed, and became willing to make amends to them all.

10



### STEP NINE

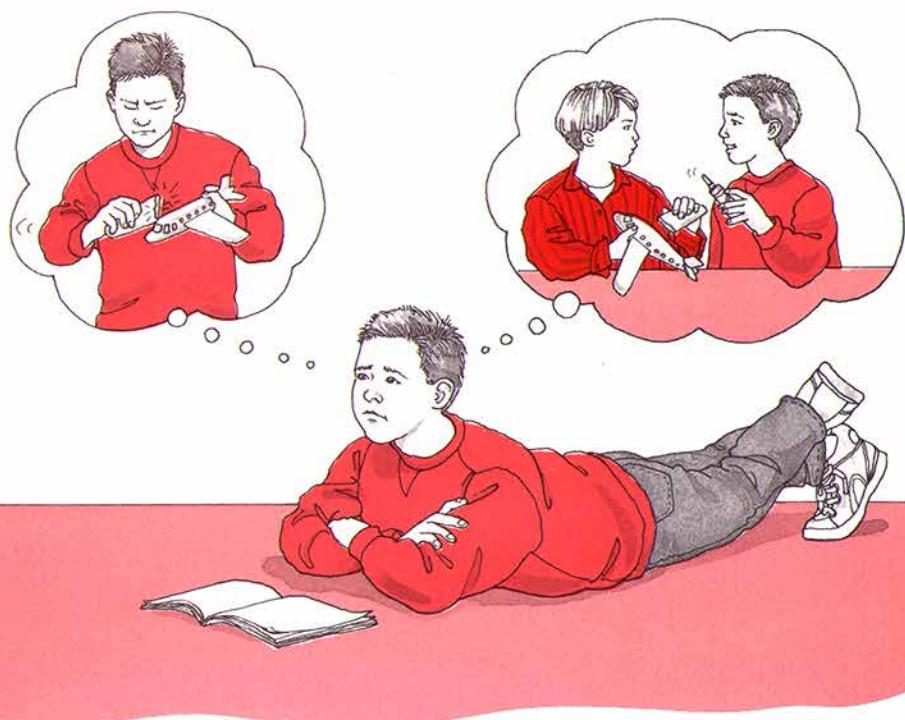
We told these people that we were sorry, unless it would hurt them or others. We tried to make up for what we had done.

Step Nine ↵ Made direct amends to such people wherever possible, except when to do so would injure them or others.

11

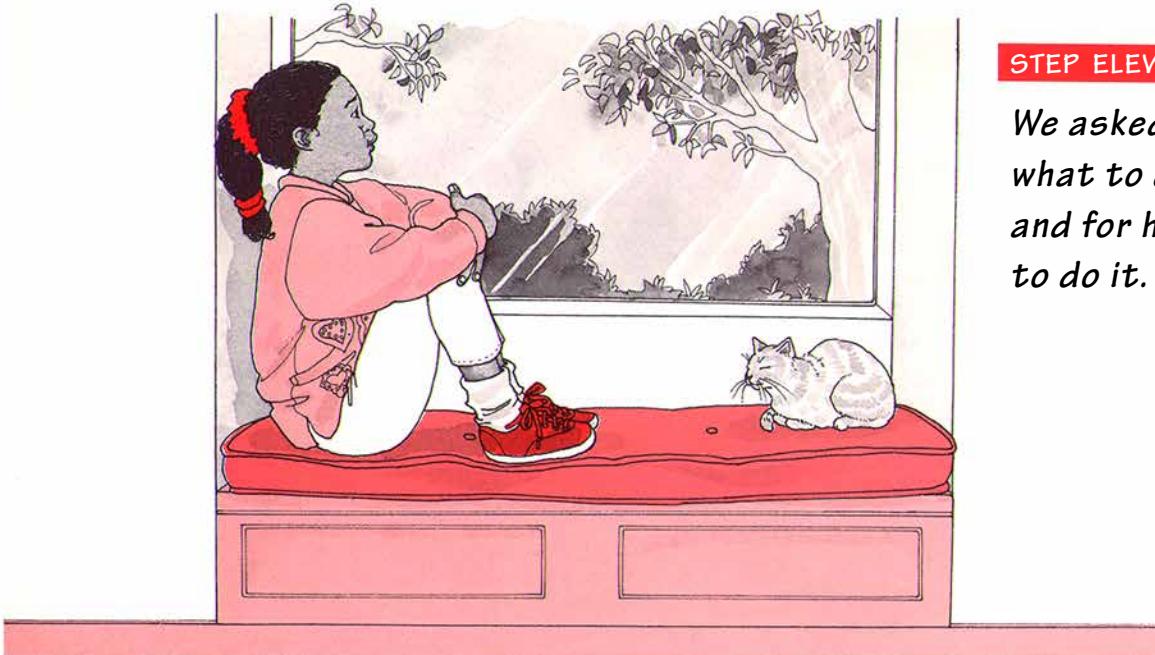
### STEP TEN

Every day we thought about how we acted and how we could improve.



Step Ten ↵ Continued to take personal inventory and when we were wrong, promptly admitted it.

12



### STEP ELEVEN

*We asked God  
what to do  
and for help  
to do it.*

Step Eleven ~ Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

13

### STEP TWELVE

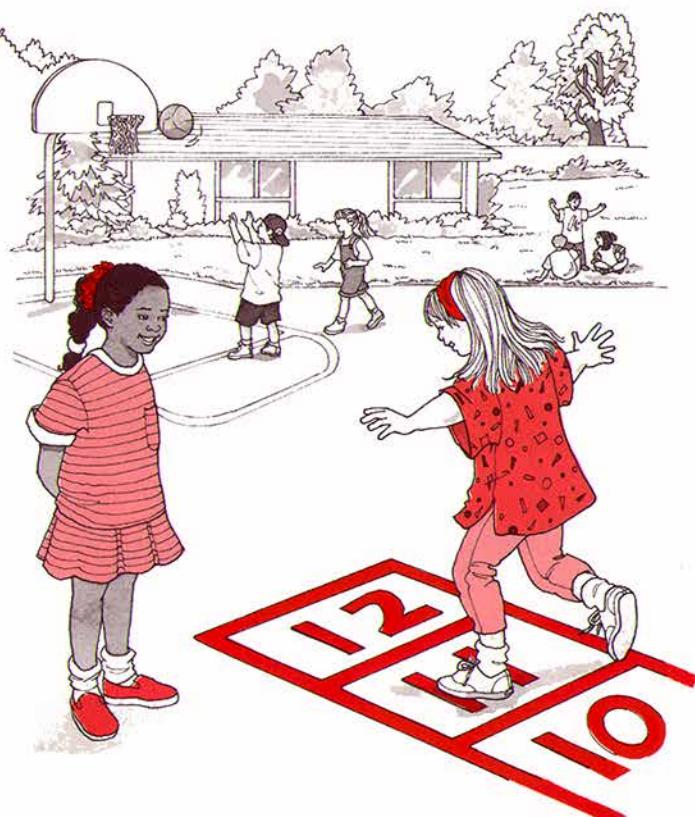
*Because it had  
helped us, we  
told people  
about OA and  
The Twelve  
Steps when  
they asked. We  
kept using the  
Steps everyday.*



Step Twelve ~ Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

14

The  
**Twelve  
Traditions of  
Overeaters  
Anonymous**  
A Kid's View



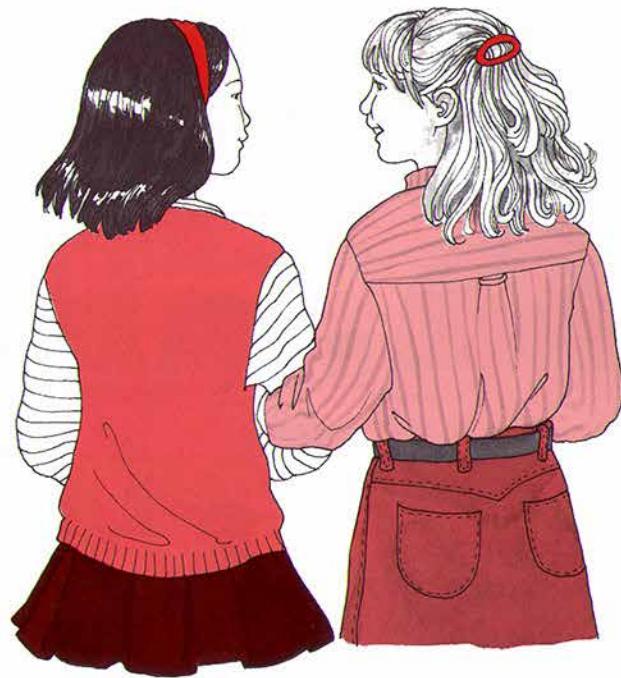
**TRADITION ONE**

*To be happier,  
we need to work  
together in OA.*

Tradition One ≈ Our common welfare should come first;  
personal recovery depends upon OA unity.

## TRADITION TWO

*In our group,  
God is in charge  
and helps us  
help each  
other. There  
is no boss.*



Tradition Two ≈ 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.

## TRADITION THREE

*To be an OA  
member, all you  
have to do is  
want to stop  
hurting yourself  
with food.*



Tradition Three ≈ The only requirement for OA membership is a desire to stop eating compulsively.

#### TRADITION FOUR

*Every OA group makes its own decisions, but our decisions must not hurt other OA groups.*

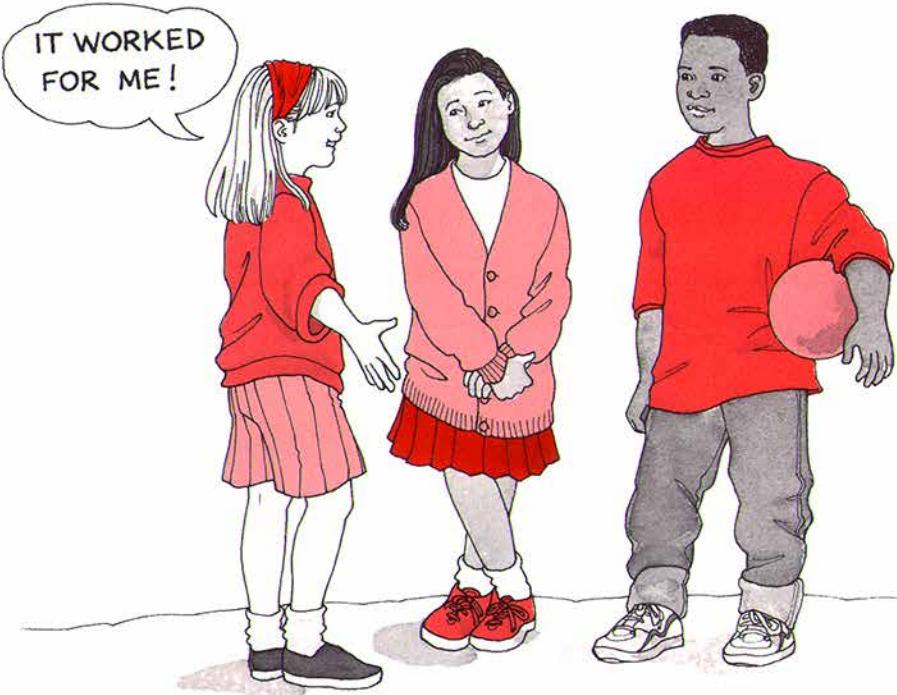


Tradition Four ≈ Each group should be autonomous except in matters affecting other groups or OA as a whole.

20

#### TRADITION FIVE

*Our main reason for being a group is to tell others how OA has helped us.*



Tradition Five ≈ Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

21

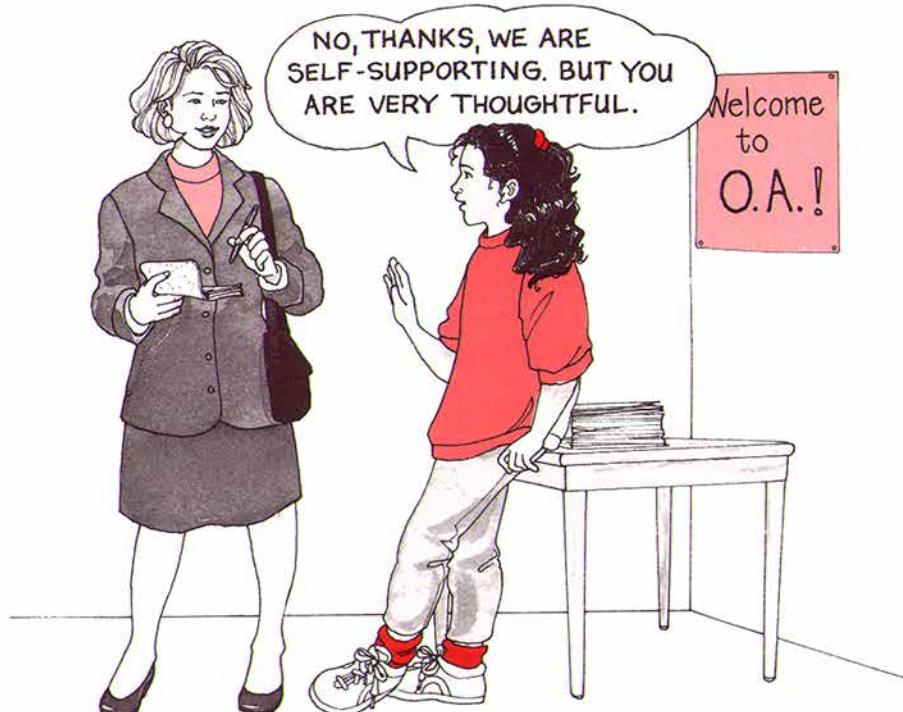
## TRADITION SIX

*We never let  
the OA name  
be used with  
anything that  
is not part  
of OA.*



22

Tradition Six ↘ An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.



## TRADITION SEVEN

*OA groups don't take money from someone not in OA. We do support ourselves by taking a collection at the meeting.*

Tradition Seven ↘ Every OA group ought to be fully self-supporting, declining outside contributions.

23

**TRADITION EIGHT**

*Ordinary people run OA, but we can hire special workers to help us.*

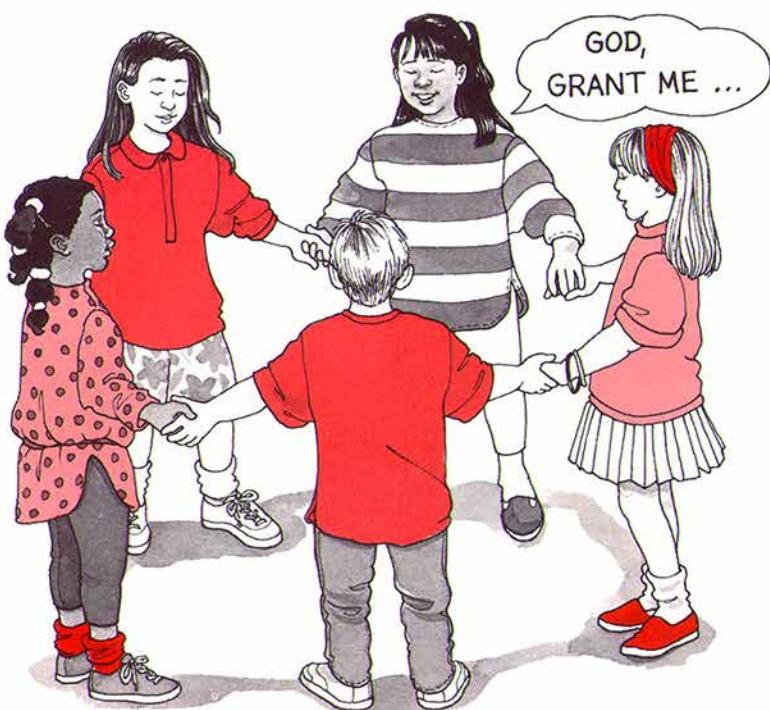


Tradition Eight ↗ Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

24

**TRADITION NINE**

*In OA we do not have lots of rules. We can work together to help each other.*

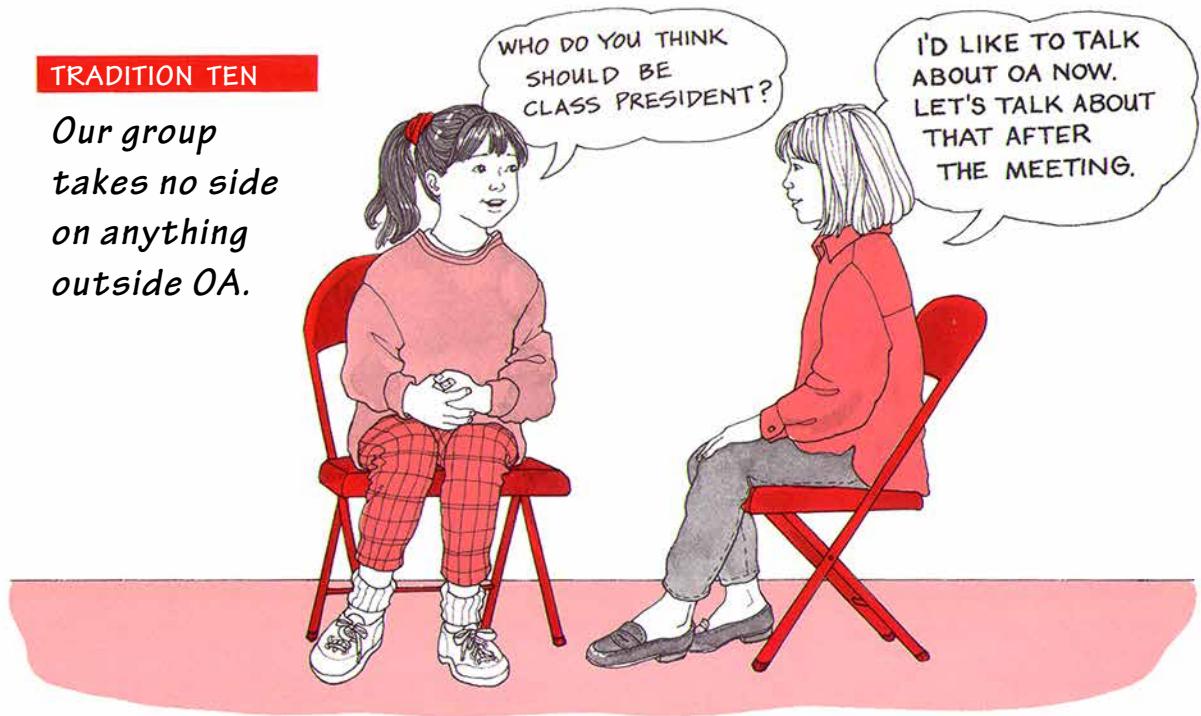


Tradition Nine ↗ OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

25

### TRADITION TEN

*Our group  
takes no side  
on anything  
outside OA.*



Tradition Ten ↵ Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

26

### TRADITION ELEVEN

*When people  
see how much  
better our lives  
get, they will  
come to our  
group. We don't  
have to push  
them or brag.*



Tradition Eleven ↵ Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

27

**TRADITION TWELVE**

*We can talk  
about our  
feelings and  
ideas, but  
not about  
other people.*



Tradition Twelve ~ Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

**NOTES**



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