

12 Steps & 12 Traditions Comparison Writing Questions

The Twelve Steps of OA	The Twelve Traditions of OA
Questions Comparing the Step and the Traditions	
<p>1. We admitted we were powerless over food and that our lives had become unmanageable</p> <p><i>Spiritual Principle: Honesty</i></p>	<p>1. Our common welfare should come first; personal recovery depends upon OA unity.</p> <p><i>Spiritual Principle: Unity</i></p>
<p>How has dishonesty caused unmanageability and disunity in my personal relationships at home/work/OA/social situations due to my compulsive overeating and/or unhealthy food behaviors? In what ways have I changed since realizing the unmanageable and dishonest aspect my life? How has that realization caused more unity in my work, personal relationships and in OA?</p>	
<p>2. Came to believe that a Power greater than ourselves could restore us to sanity.</p> <p><i>Spiritual Principle: Hope</i></p>	<p>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.</p> <p><i>Spiritual Principle: Trust</i></p>
<p>How has my belief in a Higher Power allowed me to be a more sane, trusted servant by being less controlling and governing in my personal relationships at home/work/OA/social life?</p>	
<p>3. Made a decision to turn our will and our lives over to the care of God as we understood Him.</p> <p><i>Spiritual Principle: Faith</i></p>	<p>3. The only requirement for OA membership is a desire to stop eating compulsively.</p> <p><i>Spiritual Principle: Identity</i></p>
<p>Do I have the desire to stop eating compulsively by having turned my will and life over to the care of a Higher Power, as I understand a Higher Power? Has the faith I have gained in OA helped me to identify with other family members/work associates/OA members/social situations regardless of their age, gender, national origin, race, sexual orientation, or socio-economic status?</p>	
<p>4. Made a searching and fearless moral inventory of ourselves.</p> <p><i>Spiritual Principle: Courage</i></p>	<p>4. Each group should be autonomous except in matters affecting other groups or OA as a whole.</p> <p><i>Spiritual Principle: Autonomy</i></p>
<p>How has completing the 4th Step inventory allowed me to become less fearful, more courageous and more autonomous in my life and how has it affected my home/work/OA/social life?</p>	

<p>5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.</p> <p><i>Spiritual Principle: Integrity</i></p>	<p>5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.</p> <p><i>Spiritual Principle: Purpose</i></p>
<p>How has the integrity I have gained by completing Step 5 allowed me to: 1) become more aware of carrying the message to the still suffering compulsive overeater? 2) live my specific personal purposes (goals) in my home/work/OA/social life?</p>	

<p>6. Were entirely ready to have God remove all these defects of character.</p> <p><i>Spiritual Principle: Willingness</i></p>	<p>6. 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.</p> <p><i>Spiritual Principle: Solidarity</i></p>
<p>How has the willingness to understand my character defects led me to solidarity with family members/work associates/social gatherings and carrying the OA message of recovery to others? How have my defects of character created problems with money, property and prestige causing the lack of solidarity in my home/work/OA/social life?</p>	

<p>7. Humbly asked Him to remove our shortcomings.</p> <p><i>Spiritual Principle: Humility</i></p>	<p>7. Every OA group ought to be fully self-supporting, declining outside contributions.</p> <p><i>Spiritual Principle: Responsibility</i></p>
<p>In what ways has my understanding of humility allowed me to be more generous and responsible to my family/work/OA and favorite charitable organizations with my time, treasure, and talent?</p>	

<p>8. Made a list of all persons we had harmed and became willing to make amends to them all.</p> <p><i>Spiritual Principle: Self-discipline</i></p>	<p>8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.</p> <p><i>Spiritual Principle: Fellowship</i></p>
<p>By having the self-discipline to make amends, do I owe an amends to the OA fellowship for holding myself out to be a professional "OA-er" due to length of time in program, professional skills used in performing OA service work, and personal knowledge/understanding of the 12 Steps, 12 Traditions, and 12 Concepts of Overeaters Anonymous? Have I allowed other OA members to take the lead and then held them out as OA "professionals" though they are not special workers for the OA fellowship? How have I harbored ill will to professionals and other special workers in my home/work/OA/social life?</p>	

<p>9. Made direct amends to such people wherever possible, except when to do so would injure them or others.</p> <p><i>Spiritual Principle: Love</i></p>	<p>9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.</p> <p><i>Spiritual Principle: Structure</i></p>
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While doing the actual amends as suggested by the 9th Step, are there organizations besides OA, my home/work/social organizations in which I have been suspicious of those chosen to be trusted servants? How do I make amends to those individuals? How have I shown lack of “love” for structure at home/work/social/civic groups, and OA as a whole?

<p>10. Continued to take personal inventory and when we were wrong, promptly admitted it.</p> <p><i>Spiritual Principle: Perseverance</i></p>	<p>10.Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.</p> <p><i>Spiritual Principle: Neutrality</i></p>
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In the perseverance of taking my 10th Step inventory and admitting my defects of character how have I allowed myself to ignore neutrality and have drawn myself and others into public controversy at home/work/OA/social life?

<p>11.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.</p> <p><i>Spiritual Principle: Spiritual Awareness</i></p>	<p>11. 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.</p> <p><i>Spiritual Principle: Anonymity</i></p>
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How has prayer and meditation increased my spiritual awareness in my home/work/OA/social situations? How has spiritual awareness led me to a greater understanding of anonymity, particularly in regards to the use of social media at home/work/OA/social life? Do I understand the spiritual concept that gossip is a form of failing to practice anonymity at home/work/OA/social situations?

<p>12. 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.</p> <p><i>Spiritual Principle: Service</i></p>	<p>12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.</p> <p><i>Spiritual Principle: Spirituality</i></p>
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How am I able to be of service at home/work/OA/social situations while practicing these principles in all my affairs? How am I able to put these spiritual principles before personalities at home/work/OA/social situations on a daily basis?