

Relationships and the 12 Traditions of Overeater's Anonymous, Nov 2021

We are not a glum lot. We're going to have fun!

I've been in Overeater's Anonymous for nearly 32 years. As of tonight (Oct 13), I've been abstinent for 28.94 years, 347.35 months, 10,573 days, or 253,723 hours... but who's counting, right? LOL. When I came in to OA, we didn't have an OA 12x12. We used the AA 12x12 and the Big Book. We had the Brown Book and a Lifeline Sampler. So much has changed over the years! We eventually produced the OA 12 Steps. Then later the OA 12 Steps and 12 Traditions. We are now on the 2nd edition of the OA 12x12. We have quite a bit of excellent literature in OA now. (See the OA bookstore on <https://oa.bookstore.org>)

I'm a firm believer in service. I have a sponsor and I sponsor others. Over the years, I've given service at the meeting, Intergroup, Region and World Service level (conference delegate). I'm a firm believer in the 12 Steps and 12 Traditions. I believe we need to study and live the 12 Traditions, just as we need to study and live the 12 Steps ...OA World Service Business Conference didn't put the 12 Traditions in the back of the 12x12 to make it twice as thick so they could charge double the price. <grin>

Mike K. has already written a very nice introduction and I don't see the need to repeat him. I did want to let you know that the attached documents are worksheets that Mike and I originally developed for a Traditions in Relationship workshop for the Silicon Valley Intergroup a number of years ago. Last year, I updated it for the *2nd edition* of the Overeater's Anonymous 12 Steps and 12 Traditions book. This is **not** OA Conference Approved literature and **may not** be distributed to groups, Intergroup, or Regions for their use without written consent of the authors (Mike K. and/or me). All errors in quoting the OA 12x12 are mine (I'm very imperfect and much of this was done with limited sleep and not nearly enough coffee).

The first time I walked through the Traditions and applied them to relationships outside of OA, a whole new world opened before my eyes. In studying the Traditions, I wrote on each question at the end of each Tradition and applied it to my marriage, family, work, with friends, and organizations which I was involved in. I began to practice these 12 Traditions in all of my affairs, similar to how I practice the Steps. It has been immensely helpful. I sincerely hope that you find the information to be interesting and helpful as well.

In loving service,

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Additional note: Most of the questions in my handout are loosely paraphrased from the questions at the end of each Tradition in the OA 12x12. Some are from my sponsors over the years. There are even more questions in the OA 12x12 book!

For more information:

Tradition videos "Three minute traditions" located at
<https://oa.org/podcasts/>

Spiritual Principles of the OA Program
<https://oa.org/app/uploads/2021/08/the-spiritual-principles-of-the-oa-program.pdf>