



As long as we refuse to recognize that we have this debilitating and ultimately fatal disease, we are not motivated to get the daily treatment for it which brings about our recovery. Denial of the truth leads to destruction. Only an honest admission to ourselves of the reality of our condition can save us from our destructive eating.

- Twelve Steps and Twelve Traditions of OA, p. 6

Eventually, my Higher Power got a message through my food fog. He made realize that I was playing with fire, still controlling my food. I had not taken Step One. Amazingly, when I gave up my binge foods, abstinence became easy. The compulsion was lifted. Miracles happen when we work the steps honestly. For today, I will be honest about my binge foods.

- Voices of Recovery, January 1 entry

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

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

Concept One: The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Reflect

What does it mean to be so powerless over food that you are unable to manage your life?

Have you ever felt like trying to use self-will to control your compulsive overeating is like trying to put out a fire with gasoline?

How far do you have to go to hit bottom? Do you eat in isolation, so no one can see how much you consume? Do you hide stashes of food where only you can find them?