

12 Steps & 12 Traditions Comparison Writing Questions

The Twelve Steps of OA	The Twelve Traditions of OA
Question Comparing the Step and the Traditions	
<p>1. We admitted we were powerless over food and that our lives had become unmanageable</p> <p style="text-align: center;"><i>Spiritual Principle: Honesty</i></p>	<p>1. Our common welfare should come first; personal recovery depends upon OA unity.</p> <p style="text-align: center;"><i>Spiritual Principle: Unity</i></p>
<p>How has dishonesty caused unmanageability and disunity in your personal relationships at home/work/OA/social situations due to your compulsive overeating or unhealthy food behaviors? In what ways have you changed since realizing the unmanageable and dishonest aspect in your life? How has that realization caused more unity in your 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 style="text-align: center;"><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 style="text-align: center;"><i>Spiritual Principle: Trust</i></p>
<p>In what ways have you become a more “sane” trusted servant in your personal relationships at home/work/OA/social life work due to the hope you have received and the trust you have earned by working Step 2/Tradition 2?</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 style="text-align: center;"><i>Spiritual Principle: Faith</i></p>	<p>3. The only requirement for OA membership is a desire to stop eating compulsively.</p> <p style="text-align: center;"><i>Spiritual Principle: Identity</i></p>
<p>Do you have the desire to stop eating compulsively by having turned your will and life over to the care of a Higher Power, as you understand a Higher Power? Has the faith you have gained in OA helped you 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 style="text-align: center;"><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 style="text-align: center;"><i>Spiritual Principle: Autonomy</i></p>
<p>How has completing the 4th Step inventory allowed you to become more courageous and more autonomous in your life and how has it affected your 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>
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How has the integrity you have gained by completing Step 5 allowed you: 1) become more aware of carrying the message to the still suffering compulsive overeater? 2) live your specific personal purposes (goals) in your home/work/social life?

<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>
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How has the willingness to understand your character defects led you to solidarity with family members/work associates/social gatherings and carrying the OA message of recovery to others? How have your defects of character created problems with money, property and prestige causing the lack of solidarity in your home/work/social life?

<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>
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In what ways has your understanding of humility allowed you to be more generous and responsible to your family/work/OA and favorite charitable organizations with your time, treasure, and talent?

<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>
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By having the self-discipline to make amends, do you owe an amends to the OA fellowship for holding yourself 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 you 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 you harbored ill will to professionals and other special workers in your home/work/social life?

<p>9. Made direct amends to such people wherever possible, except when to</p>	<p>9. OA, as such, ought never be organized; but we may create service boards or committees</p>
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do so would injure them or others. <i>Spiritual Principle: Love</i>	directly responsible to those they serve. <i>Spiritual Principle: Structure</i>
While doing the actual amends as suggested by the 9th Step, are there organizations besides OA, your home/work/social organizations in which you have been suspicious of those chosen to be trusted servants? How do you make amends to those individuals? How have you shown lack of “love” for structure at home/work/social/civic groups, and OA as a whole?	
10. Continued to take personal inventory and when we were wrong, promptly admitted it. <i>Spiritual Principle: Perseverance</i>	10.Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. <i>Spiritual Principle: Neutrality</i>
In the perseverance of taking your 10th Step inventory and admitting your defects of character how have you have allowed yourself to ignore neutrality and have drawn yourself and others into public controversy at home/work/OA/social life?	
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. <i>Spiritual Principle: Spiritual Awareness</i>	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. <i>Spiritual Principle: Anonymity</i>
How has prayer and meditation increased your spiritual awareness in your home/work/OA/social situations? How has spiritual awareness led you to a greater understanding of anonymity, particularly in regards to the use of social media at home/work/OA/social life?	
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. <i>Spiritual Principle: Service</i>	12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. <i>Spiritual Principle: Spirituality</i>
How are you able to be of service at home/work/OA/social situations while practicing these principles in all your affairs? How are you able to put these spiritual principles before personalities at home/work/OA/social situations on a daily basis?	