

The OA-HOW Concept

The Overeaters Anonymous OA-HOW concept has been created to offer a disciplined and structured approach for the compulsive eater who accepts the OA Twelve Steps and Twelve Traditions as a program of recovery. OA-HOW groups have formed in the belief that we have an incurable disease and therefore only absolute acceptance to the OA-HOW program will offer any sustained abstinence and recovery for those of us whose compulsive eating has reached a critical level.

Therefore, we consider the Overeaters Anonymous Steps, Traditions, and Tools of Recovery, including a Plan of Eating, essential to our recovery.

The OA-HOW concept is dedicated to remaining Honest, Open-minded, and Willing to listen. This is the H-O-W of the program.

We pray that the collective group conscience and love that these ideals offer us will promote a strong sense of security to help us experience a new unity and wholeness with all those around us. And that the OA-HOW ideal will help us progress in our program of recovery on a daily basis.

To be certain, much of our strength is found in the structure of meetings and in daily adherence to the program as it is written in our literature.

Each group also firmly understands that after our recovery has begun through abstinence and taking the first Three Steps, our further surrender to the additional steps of recovery offers us a promise of happiness, contentment, and achievement in all areas of our lives.

We ensure our continued and sustained abstinence from compulsive eating by being forever aware that God is doing for us what we have never been able to do for ourselves. May God, as each of us understands God, open our hearts and minds to the love which is manifest in this room.