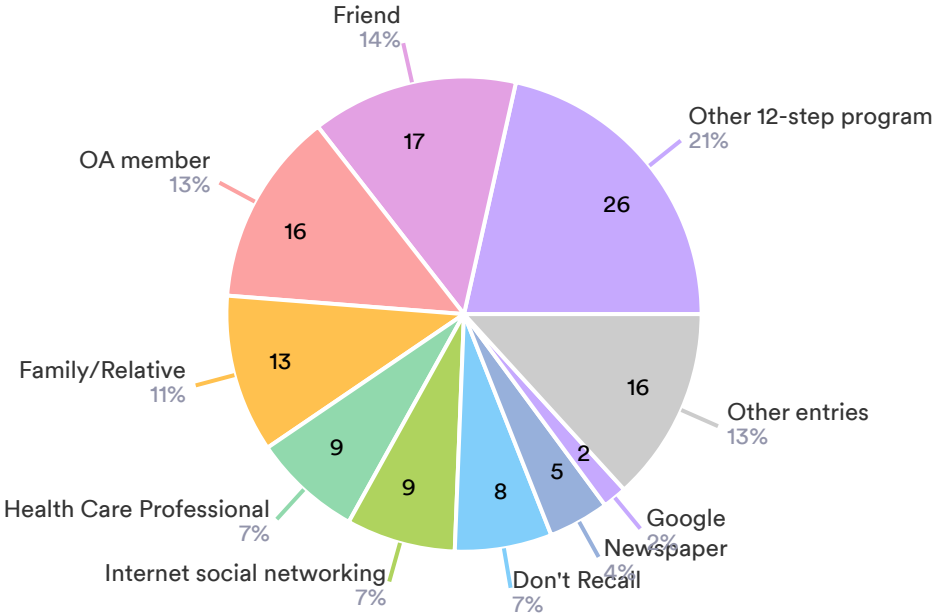


GSI 2025 Member Survey

Summary Results

How did you find OA?

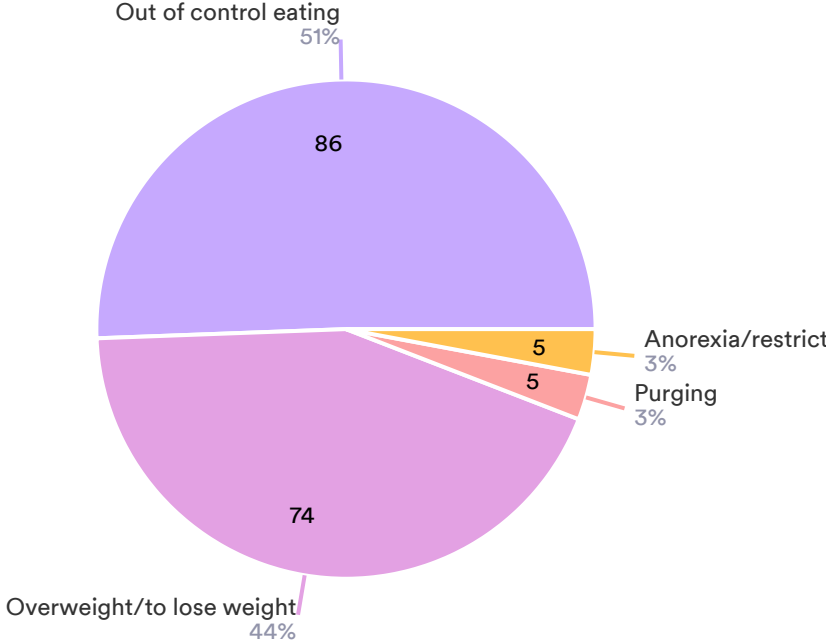
121 Responses- 1 Empty



- Other 12-step program
- Friend
- OA member
- Family/Relative
- Health Care Professional
- Internet social networking
- Don't Recall
- Newspaper
- Google
- Other entries

What brought you to OA?

170 Responses



- Out of control eating
- Overweight/to lose weight
- Purging
- Anorexia/restricting

What keeps you coming back?

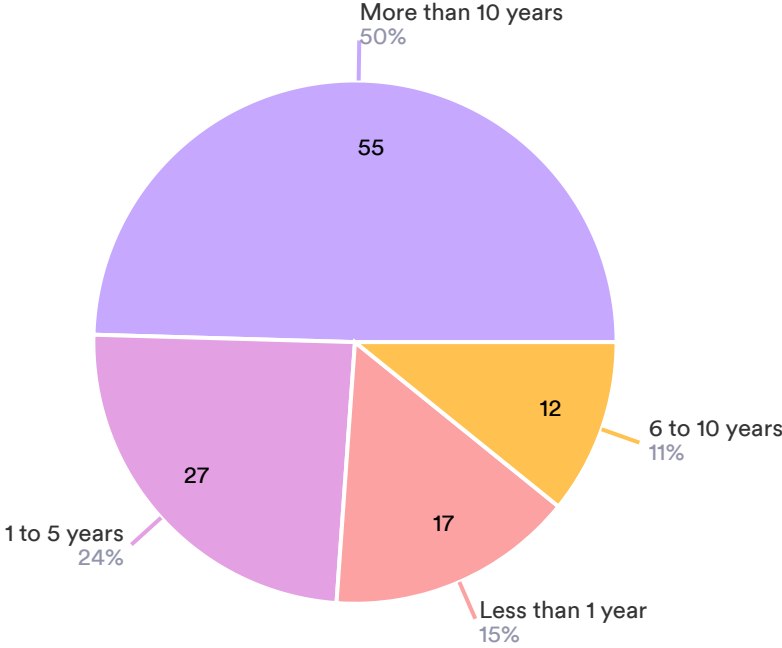
509 Responses- 1 Empty



- Fellowship; love; support; acceptance
- 12 steps as a way of life
- Found new way of living (sanity, peace)
- OA works if I work it
- Hope; people who have what I want
- Higher Power
- Opportunity to be useful
- Fear of relapse
- Nowhere else to go
- Other entries

How long have you been a member of OA?

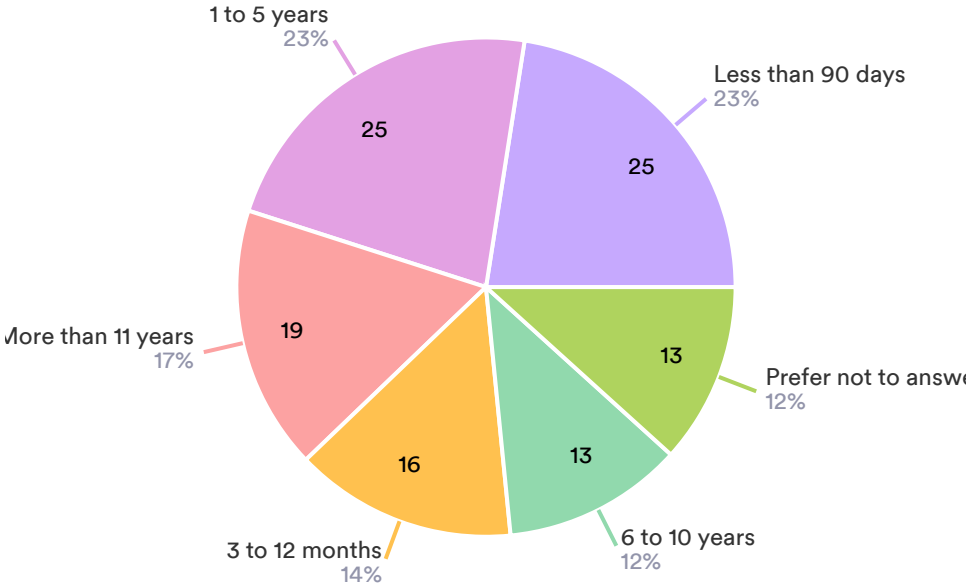
111 Responses



- More than 10 years
- 1 to 5 years
- Less than 1 year
- 6 to 10 years

What is your length of abstinence?

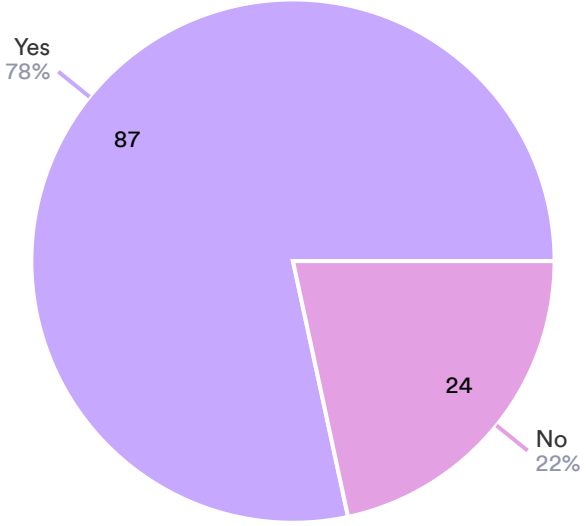
111 Responses



- Less than 90 days
- 1 to 5 years
- More than 11 years
- 3 to 12 months
- 6 to 10 years
- Prefer not to answer

Do you work with a sponsor?

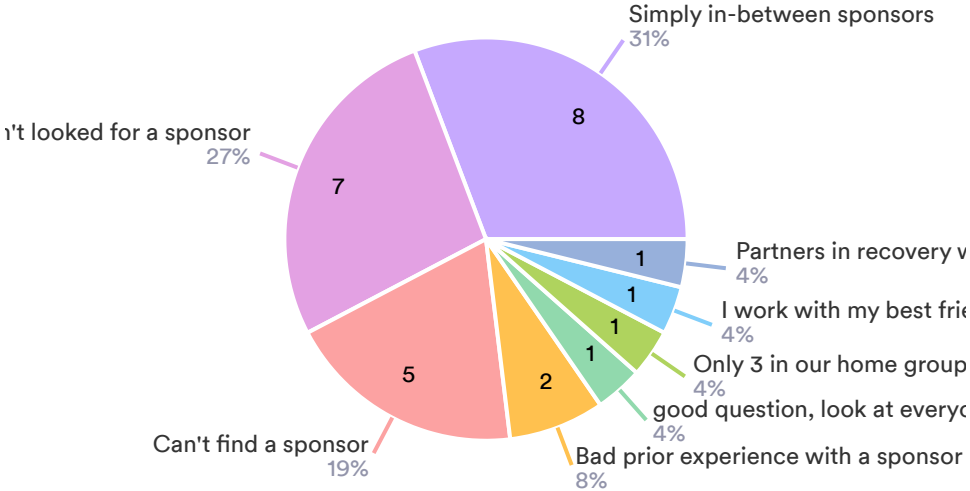
111 Responses



- Yes
- No

If you do not work with a sponsor, why not?

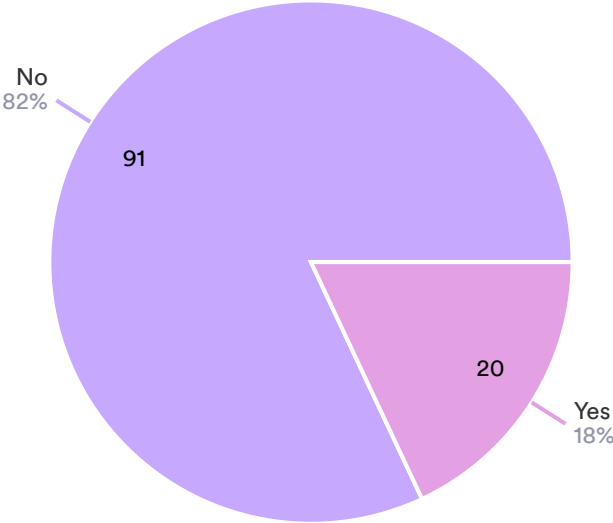
26 Responses- 88 Empty



- Simply in-between sponsors
- Haven't looked for a sponsor
- Can't find a sponsor
- Bad prior experience with a sponsor
- good question, look at everyone as my sponsor
- Only 3 in our home group. We all have success and relapse histories in OA and are...
- I work with my best friend in OA and we sponsor each other
- Partners in recovery works well; I have various service sponsors

Have you ever left OA for a reason OTHER THAN RELAPSE?

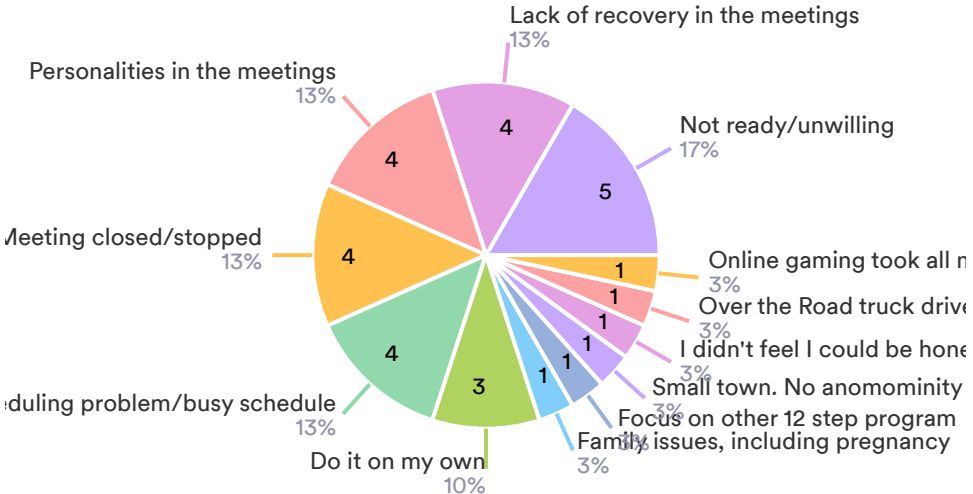
111 Responses



- No
- Yes

If you left OA for a reason OTHER THAN RELAPSE, what were the reasons:

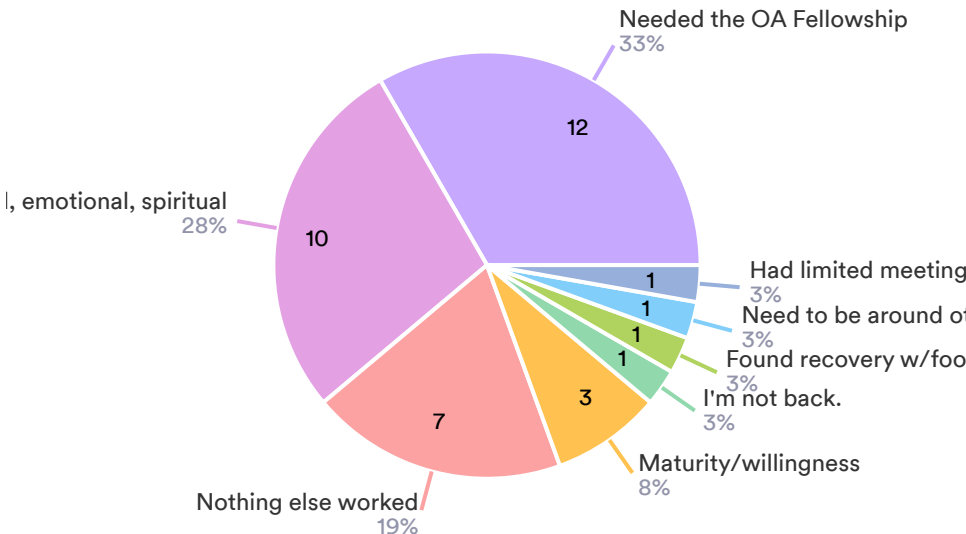
30 Responses- 92 Empty



- Not ready/unwilling
- Lack of recovery in the meetings
- Personalities in the meetings
- Meeting closed/stopped
- Scheduling problem/busy schedule
- Do it on my own
- Family issues, including pregnancy
- Focus on other 12 step program
- Small town. No anomominty
- I didn't feel I could be honest and open in the meetings. I just felt I was parroting s...
- Over the Road truck driver before ZOOM
- Online gaming took all my time

If you left, what brought you back?

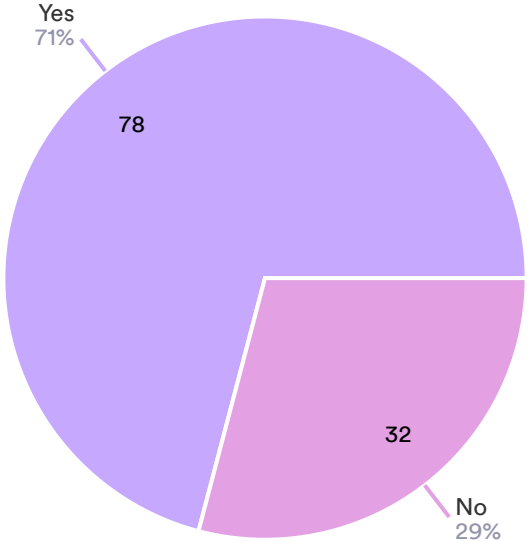
36 Responses- 91 Empty



- Needed the OA Fellowship
- Relapse: physical, emotional, spiritual
- Nothing else worked
- Maturity/willingness
- I'm not back.
- Found recovery w/food in my AA sobriety & a therapist. Want to share that full he...
- Need to be around other spiritual people with the guide of the steps
- Had limited meetings while driving

Have you ever relapsed?

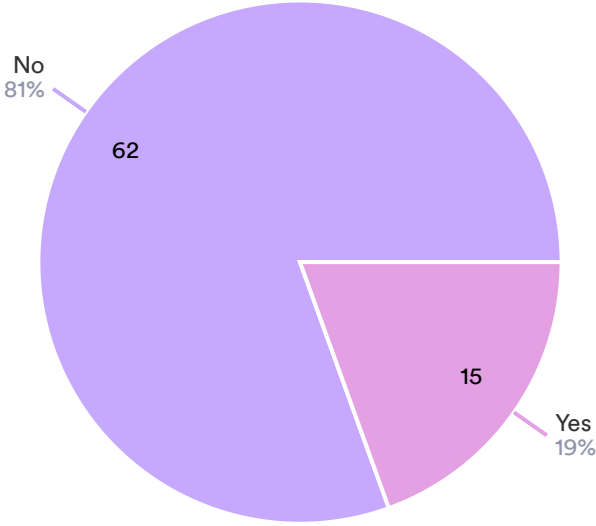
110 Responses- 1 Empty



● Yes ● No

Are you in relapse now?

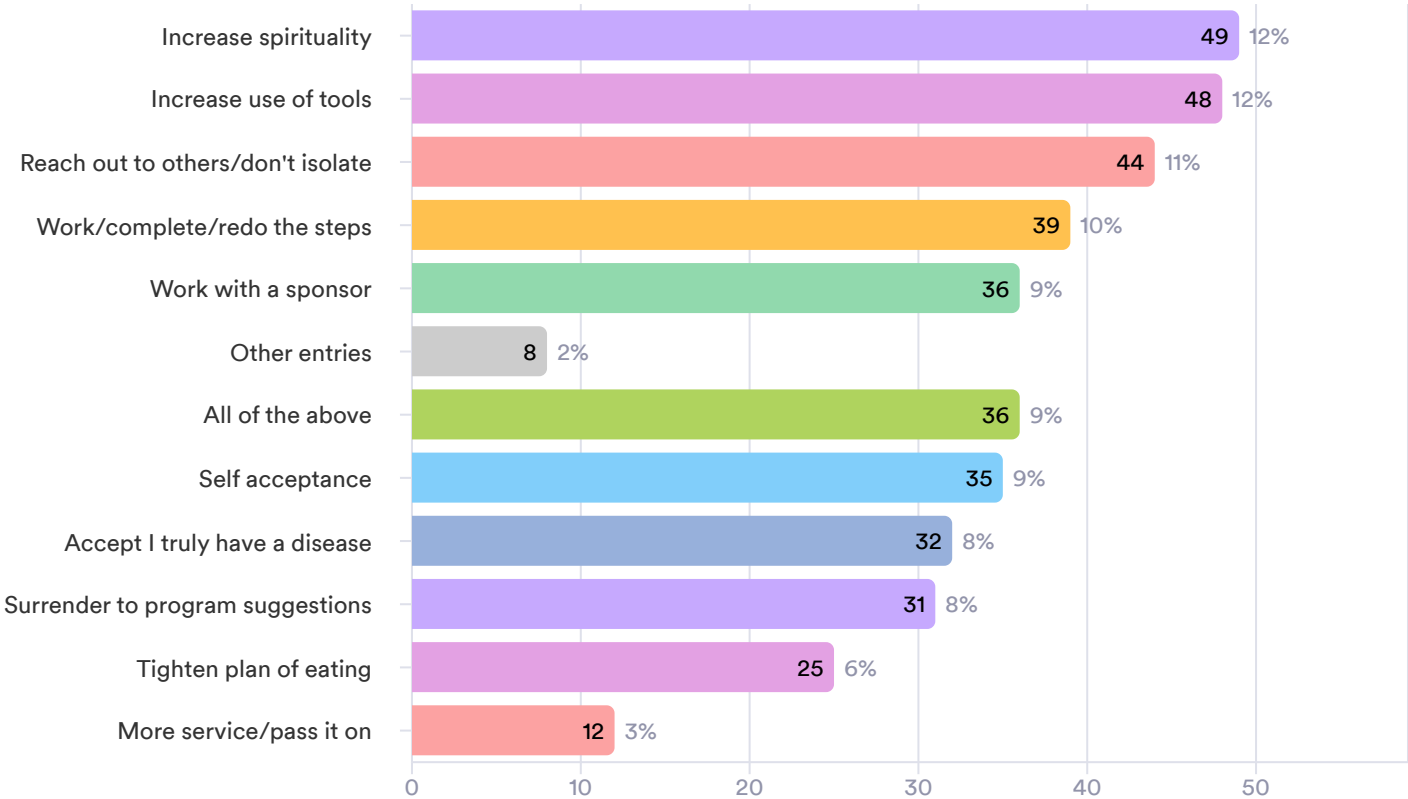
77 Responses- 34 Empty



● No ● Yes

What do you think is the most important thing you personally need to do to strengthen your recovery, whether you're abstinent or in relapse?

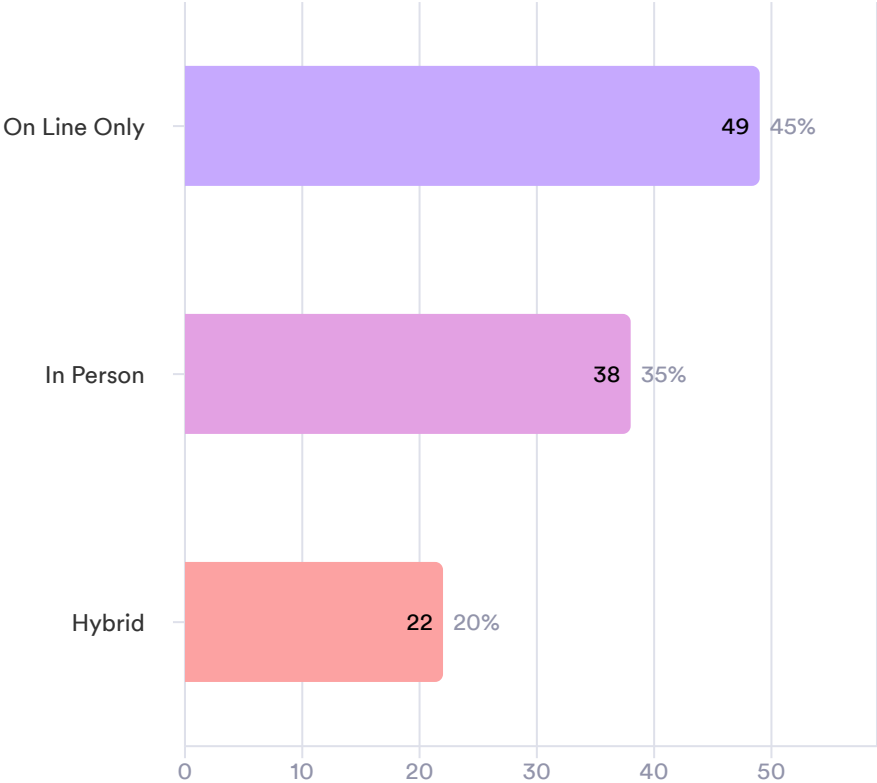
395 Responses



- Increase spirituality
- Increase use of tools
- Reach out to others/don't isolate
- Work/complete/redo the steps
- Work with a sponsor
- Other entries
- All of the above
- Self acceptance
- Accept I truly have a disease
- Surrender to program suggestions
- Tighten plan of eating
- More service/pass it on

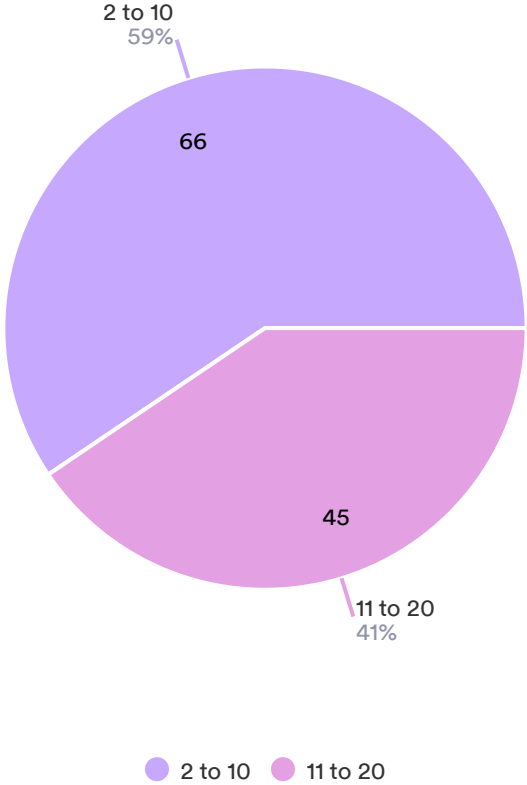
Which mode of meeting is your home group using?

109 Responses- 2 Empty



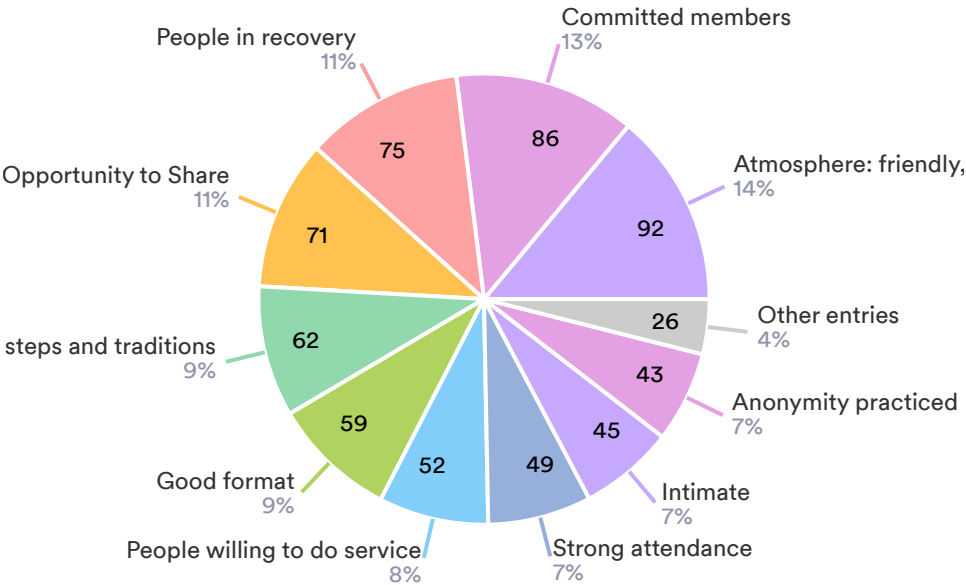
How many people attend your home meeting on average

111 Responses



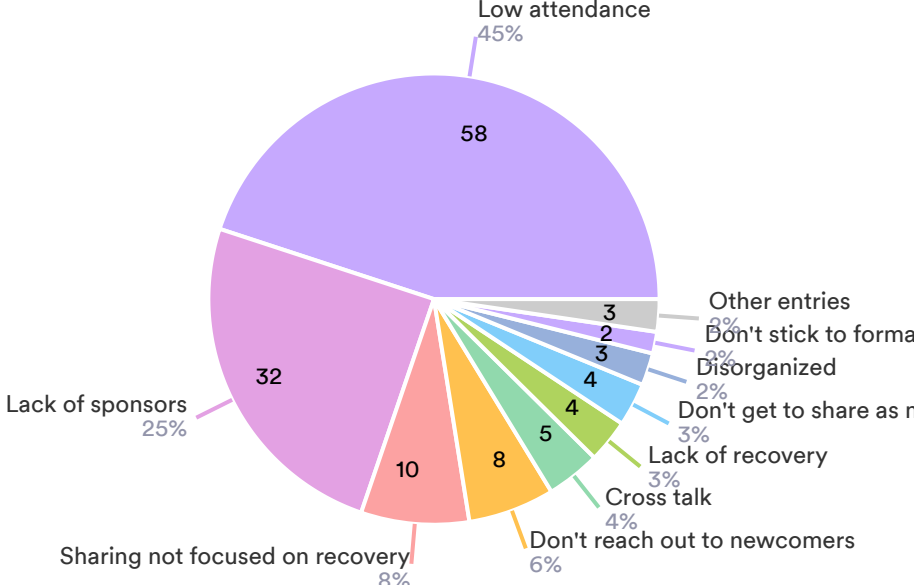
What do you see as your home meeting's strengths?

660 Responses



What do you see as your home meeting's weaknesses?

129 Responses

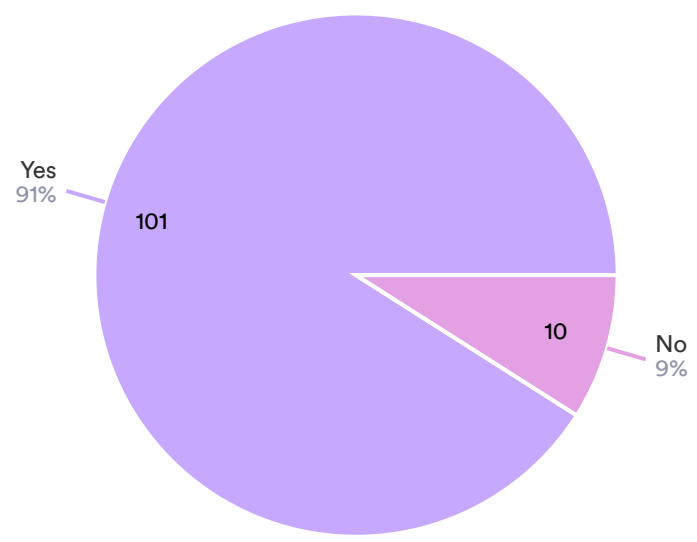


- Atmosphere: friendly, accepting, supportive
- Committed members
- People in recovery
- Opportunity to Share
- Focus on steps and traditions
- Good format
- People willing to do service
- Strong attendance
- Intimate
- Anonymity practiced
- Other entries

- Low attendance
- Lack of sponsors
- Sharing not focused on recovery
- Don't reach out to newcomers
- Cross talk
- Lack of recovery
- Don't get to share as much as I would like
- Disorganized
- Don't stick to format
- Other entries

Does your home meeting get newcomers?

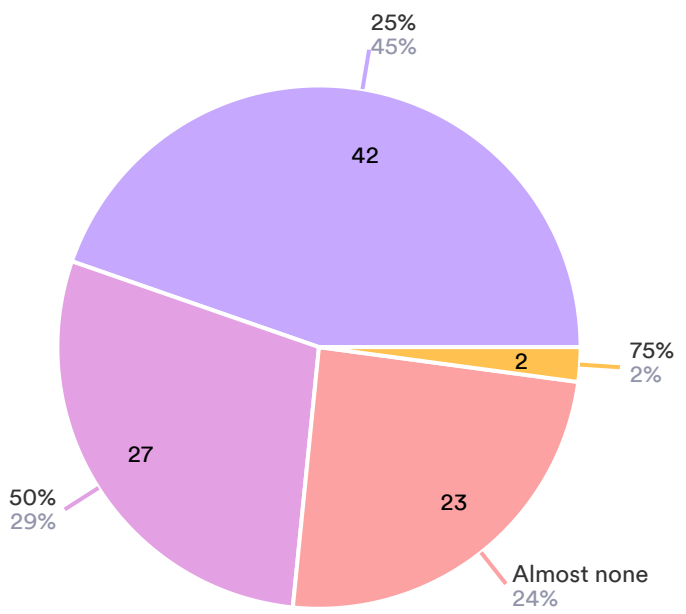
111 Responses



● Yes ● No

Approximately what percent of newcomers return?

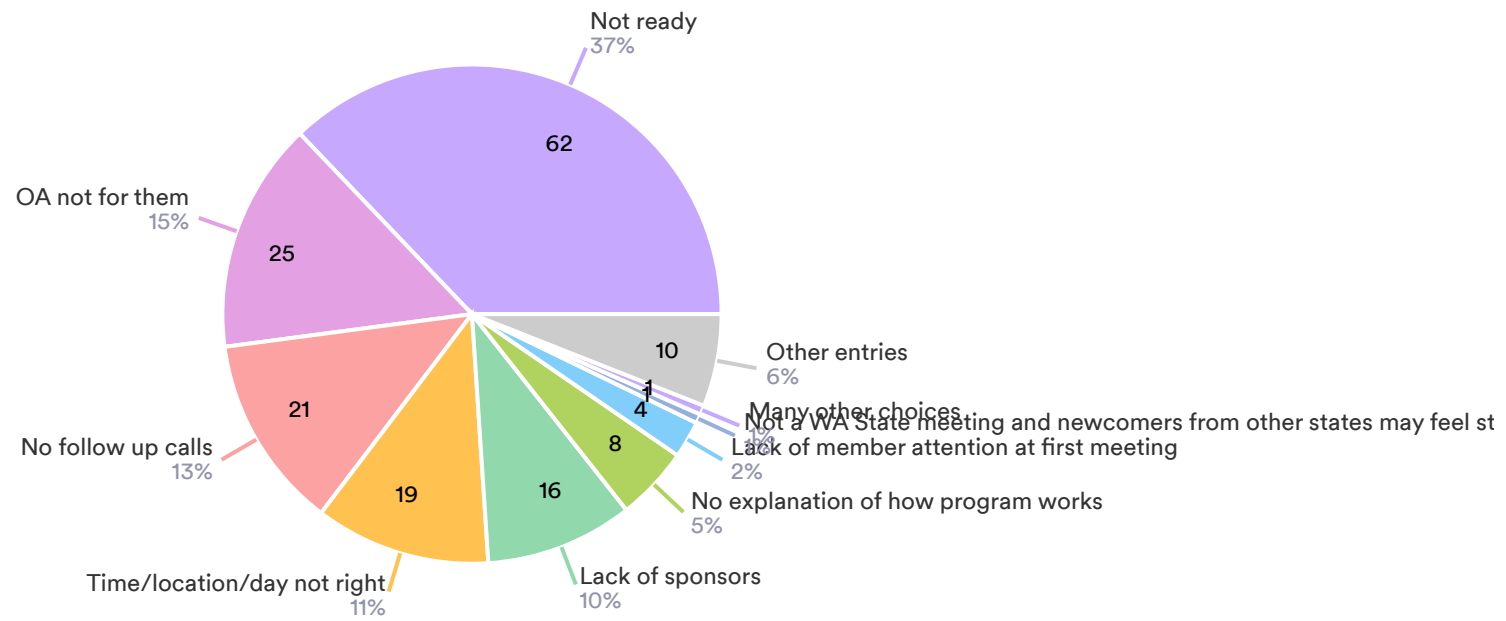
94 Responses- 17 Empty



● 25% ● 50% ● Almost none ● 75%

If newcomers don't usually return, what do you think is the reason?

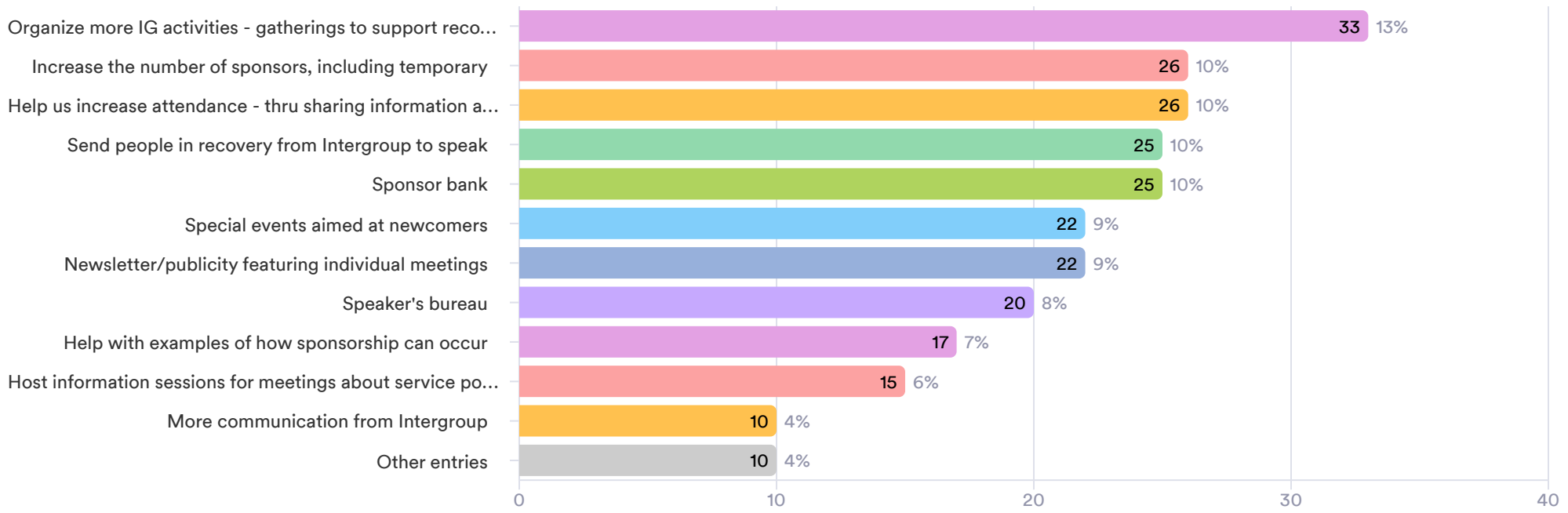
167 Responses- 19 Empty



- Not ready
- OA not for them
- No follow up calls
- Time/location/day not right
- Lack of sponsors
- No explanation of how program works
- Lack of member attention at first meeting
- Not a WA State meeting and newcomers from other states may feel strange.
- Many other choices
- Other entries

What, if anything, could Intergroup do to help you and your meeting?

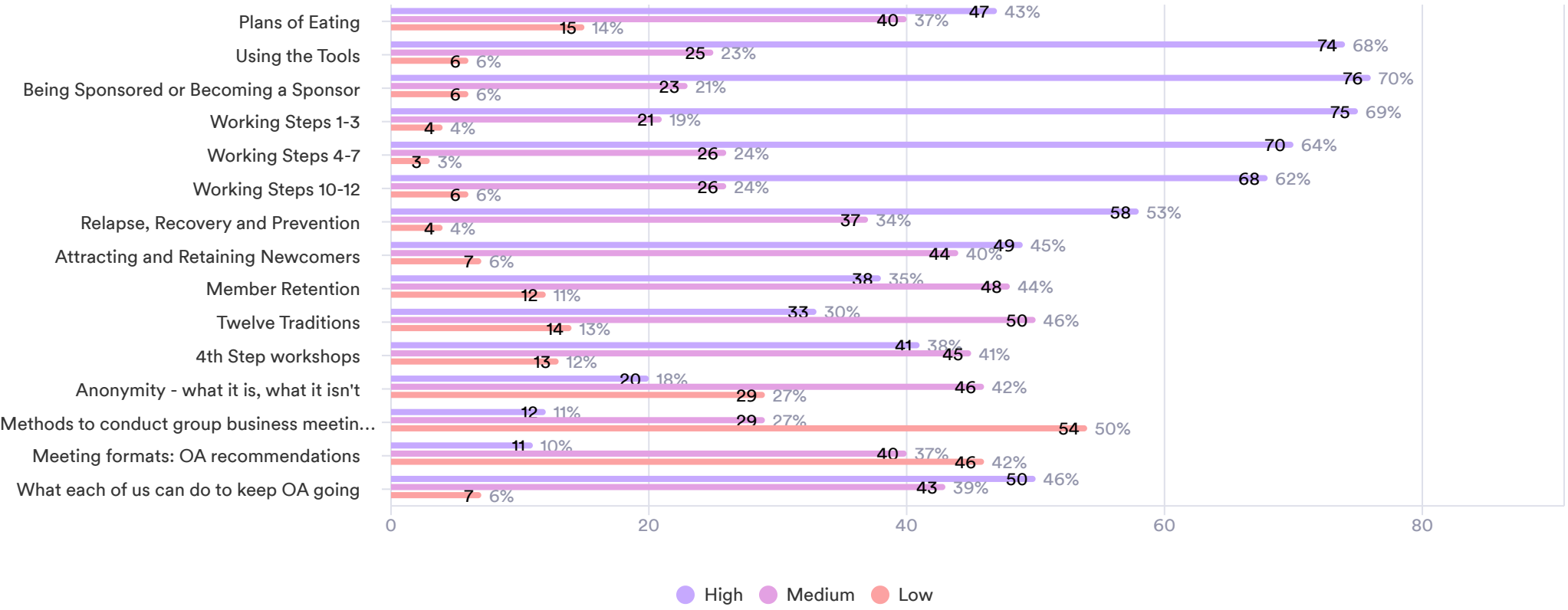
251 Responses



- Organize more IG activities - gatherings to support recovery & share knowledge
- Increase the number of sponsors, including temporary
- Help us increase attendance - thru sharing information about outreach methods
- Send people in recovery from Intergroup to speak
- Sponsor bank
- Special events aimed at newcomers
- Newsletter/publicity featuring individual meetings
- Speaker's bureau
- Help with examples of how sponsorship can occur
- Host information sessions for meetings about service positions and the services they perform
- More communication from Intergroup
- Other entries

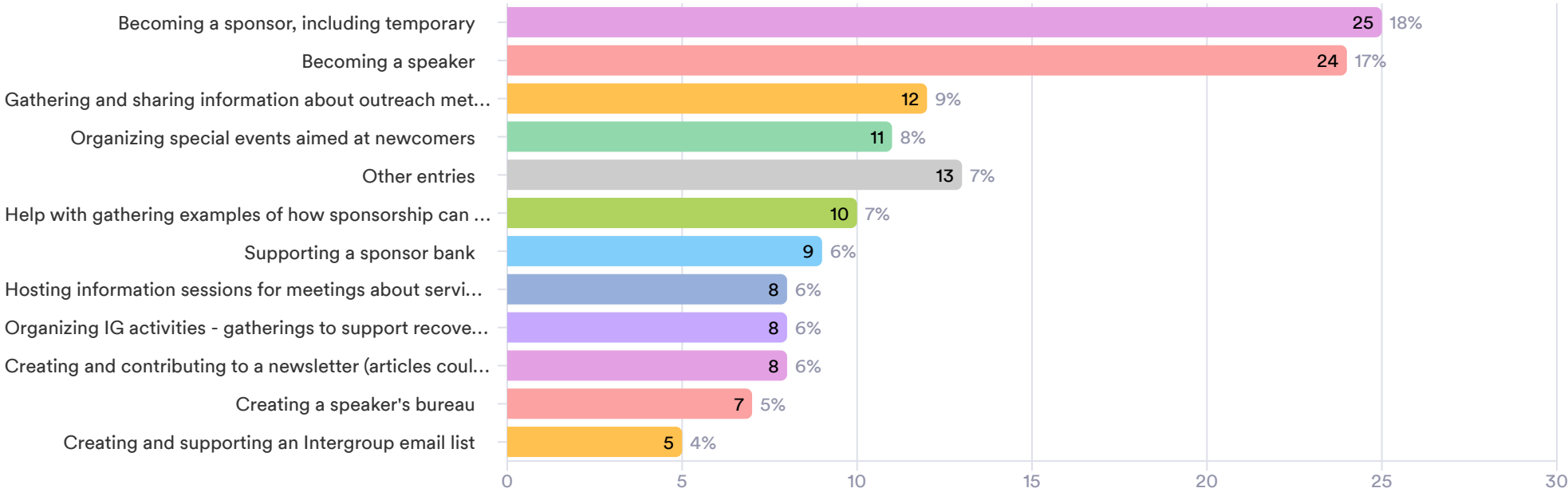
Please rate the following workshop topics that you believe are most important subjects to be covered (Rate each as high, medium or low in importance)?

109 Responses- 2 Empty



Are you willing to help the Greater Seattle Intergroup with any of the following possible services:

140 Responses



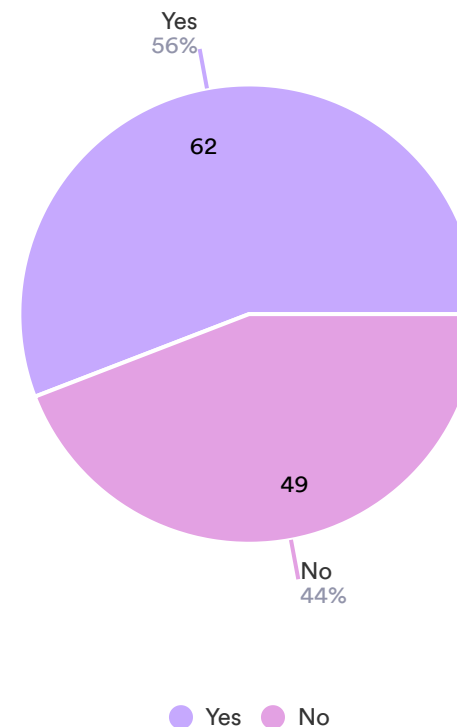
- Becoming a sponsor, including temporary
- Becoming a speaker
- Gathering and sharing information about outreach methods
- Organizing special events aimed at newcomers
- Other entries
- Help with gathering examples of how sponsorship can occur
- Supporting a sponsor bank
- Hosting information sessions for meetings about service positions and the services they perform
- Organizing IG activities - gatherings to support recovery & share knowledge
- Creating and contributing to a newsletter (articles could include publicity featuring individual meetings)
- Creating a speaker's bureau
- Creating and supporting an Intergroup email list

Comments on the chair/co-chair vacancy:

- Clarify the roles/responsibilities/requirements
- Communicate out the need to the groups
- Separate the expert role of parliamentarian from the chair
- Reinvigorate the intergroup business meeting

Are you willing to provide your contact information? Doing so would allow the Intergroup to follow up with you about your responses.

111 Responses



Thank You!

Member Survey