

Here's what our members say

"When I walked into OA in 1990, I had stopped weighing myself. At 220-plus pounds (100 kg), I no longer wanted to know the truth. I have been at a healthy weight now for over 17 years, and my whole outlook on life has taken a major turn for the better. I can now look people in the eye and am often described as a happy person. What a difference from the person who first walked into the rooms of OA!"

"I joined OA because I was unhappy. Sure I was fat and couldn't stop eating, but I didn't recognize that my unhappiness was a byproduct of my eating."

"After many years of struggling with anorexia, bulimia and bingeing, I found OA. Food stopped being the center of my life, and I experienced freedom for the first time."

"I joined OA in 1998 and have maintained abstinence since then. Working the OA program has relieved my pain from the past. What surprises me most is that my attitude about life has changed while my circumstances are nearly the same. This is miraculous."

Looking for a solution? Contact us:

The Twelve Steps

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
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.
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.

Permission to use the Twelve Steps of
Alcoholics Anonymous for adaptation granted by
AA World Services, Inc.

Overeaters Anonymous®

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INTRODUCING OVEREATERS ANONYMOUS

Is food a problem for you?

- *Have you been worried about the way you eat?*
- *Do you resolve to go on a diet tomorrow, only to fail again and again?*
- *Is your weight affecting the way you live your life?*

You are not alone.

Overeaters Anonymous can help.

No dues, no fees, no weigh-ins



What is OA?

Overeaters Anonymous (OA) is a Twelve-Step Fellowship of people recovering from compulsive eating. OA is not a diet club. We are dedicated to helping individuals recover from compulsive eating, anorexia, bulimia, food addiction and obesity. If you are struggling, you are not alone anymore.

Who joins OA?

OA members are men and women from around the world. Some have been obese, while others have been anorexic, bulimic or a normal weight. We have been unable to freely live our lives because we have been so obsessed with food or weight.

Does the program really work?

Typically, OA members have tried numerous solutions to their problems with food, including (for many of us) years of diets or exercise. In OA, we have finally found a long-term answer. Many OA members have maintained a normal weight and found freedom from compulsive eating for many years. Overeaters Anonymous is patterned after the Alcoholics Anonymous program. Physical, emotional and spiritual recovery are offered through attending meetings, practicing the Twelve-Step program and helping others.

*Our symptoms may vary,
but we share a common bond:
we are powerless over food
and our lives are unmanageable.*

*If you feel you are one of us, we
welcome you with open arms.*

Many symptoms, one solution

The membership of OA is varied, both in its makeup and in the eating behaviors and experiences that brought each individual to OA.

In OA you'll find members who are or were:

- extremely overweight, even morbidly obese;
- only moderately overweight;
- average weight;
- underweight;
- still maintaining periodic control of their eating behavior;
- totally unable to control their compulsive eating.

OA members have experienced many different patterns of eating. These symptoms are as varied as our membership. They include:

- obsession with body weight, size and shape;
- eating binges;
- grazing;
- preoccupation with weight-reduction diets;
- starving;
- inducing vomiting after eating;
- constant preoccupation with food;
- inability to stop eating after taking the first bite;
- overexercising.

Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. If you feel you are one of us, we welcome you with open arms.

Fifteen questions

This series of questions may help you determine if you are a compulsive eater. Many OA members have found that they answered yes to many of these questions.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make others unhappy?