

The Twelve Steps

Introduction

“Our way of life, based on these Twelve Steps and Twelve Traditions, has brought us physical, emotional and spiritual healing that we don’t hesitate to call miraculous. What works for us will work for you too.”
—read the full [Introduction to the Twelve Steps](https://oa.org/documents/introduction-to-the-twelve-steps/) (https://oa.org/documents/introduction-to-the-twelve-steps/).

The Twelve Steps of Overeaters Anonymous

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.

The Spiritual Principles of the Steps

A Spiritual Principle is associated with each of the Twelve Steps.

Step One: Honesty

Step Two: Hope

Step Three: Faith

Step Four: Courage

Step Five: Integrity

Step Six: Willingness

Step Seven: Humility

Step Eight: Self-discipline

Step Nine: Love

Step Ten: Perseverance

Step Eleven: Spiritual Awareness

Step Twelve: Service

For an in-depth study of the Twelve Steps, read [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](https://bookstore.oa.org/books/the-twelve-steps-and-twelve-traditions-of-overeaters-anonymous-second-edition-990-2.asp) (https://bookstore.oa.org/books/the-twelve-steps-and-twelve-traditions-of-overeaters-anonymous-second-edition-990-2.asp) available from our [bookstore](https://bookstore.oa.org/) (https://bookstore.oa.org/).