

OA Program Principles

Program Principles

Spiritual Principles in the Twelve Steps

The Principles of the Twelve Steps – from Step Twelve of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*



- Step 1 – Honesty
- Step 2 – Hope
- Step 3 – Faith
- Step 4 – Courage
- Step 5 – Integrity
- Step 6 – Willingness
- Step 7 – Humility
- Step 8 – Self-discipline
- Step 9 – Love
- Step 10 – Perseverance
- Step 11 – Spiritual Awareness
- Step 12 – Service

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Spiritual Principles in the Twelve Traditions

The Principles of the Twelve Traditions – from the *Service, Traditions and Concepts Workshop Manual*

- Tradition 1 – Unity
- Tradition 2 – Trust
- Tradition 3 – Identity
- Tradition 4 – Autonomy
- Tradition 5 – Purpose
- Tradition 6 – Solidarity
- Tradition 7 – Responsibility
- Tradition 8 – Fellowship
- Tradition 9 – Structure
- Tradition 10 – Neutrality
- Tradition 11 – Anonymity
- Tradition 12 – Spirituality

Spiritual Principles in the Twelve Concepts

The Principles of the Twelve Concepts—from *The Twelve Concepts of OA Service*

- Concept 1 – Unity
- Concept 2 – Conscience
- Concept 3 – Trust
- Concept 4 – Equality
- Concept 5 – Consideration
- Concept 6 – Responsibility
- Concept 7 – Balance
- Concept 8 – Delegation
- Concept 9 – Ability
- Concept 10 – Clarity
- Concept 11 – Humility
- Concept 12 – Guidelines
 - (a) Selflessness
 - (b) Realism

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- (c) Representation
- (d) Dialogue
- (e) Compassion
- (f) Respect