



## **THE SPIRITUAL PRINCIPLES OF THE OA PROGRAM**

The Overeaters Anonymous Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service have Principles related to them. They are listed here:

### **The Principles in the Twelve Steps (as listed in Step Twelve of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*)**

|              |                     |
|--------------|---------------------|
| 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             |

### **The Principles in the Twelve Traditions (as listed in the *Service, Traditions and Concepts Workshop Manual*)**

|                   |                |
|-------------------|----------------|
| Tradition One:    | Unity          |
| Tradition Two:    | Trust          |
| Tradition Three:  | Identity       |
| Tradition Four:   | Autonomy       |
| Tradition Five:   | Purpose        |
| Tradition Six:    | Solidarity     |
| Tradition Seven:  | Responsibility |
| Tradition Eight:  | Fellowship     |
| Tradition Nine:   | Structure      |
| Tradition Ten:    | Neutrality     |
| Tradition Eleven: | Anonymity      |
| Tradition Twelve: | Spirituality   |

**The Principles in the Twelve Concepts of OA Service**  
**(as listed in *The Twelve Concepts of OA Service* pamphlet)**

|                 |                    |
|-----------------|--------------------|
| Concept One:    | Unity              |
| Concept Two:    | Conscience         |
| Concept Three:  | Trust              |
| Concept Four:   | Equality           |
| Concept Five:   | Consideration      |
| Concept Six:    | Responsibility     |
| Concept Seven:  | Balance            |
| Concept Eight:  | Delegation         |
| Concept Nine:   | Ability            |
| Concept Ten:    | Clarity            |
| Concept Eleven: | Humility           |
| Concept Twelve: | Guidelines         |
|                 | (a) Selflessness   |
|                 | (b) Realism        |
|                 | (c) Representation |
|                 | (d) Dialogue       |
|                 | (e) Compassion     |
|                 | (f) Respect        |