

Slogans That Have Helped Us¹

Many OA members in Northern Virginia find that slogans can help us achieve or maintain our abstinence and recovery, and help us work the Twelve Steps of Overeaters Anonymous. As one OA member writes, "Slogans are short, sweet, and easy to remember, and they carry a bucketful of recovery wisdom."² However, there is no list of "official OA slogans."³

We can repeat slogans (silently or aloud) in difficult moments. We can also discuss them with other OA members, use them as topics in meetings, and include them in our action plans. Some ideas for discussion: What does *this* slogan mean to me? How might a slogan help me today? How might a slogan help me in *this* situation? How have slogans helped me in the past?

Some slogans will be helpful to you, others not. As always, "Take what you like and leave the rest." Try them out -- or not -- as you see fit. If the list is overwhelming, choose just one or two. Let us know if they help!⁴

¹ This literature has been locally produced by NOVA Intergroup. The content reflects the experience, strength, and hope of our local members. It is not OA Conference- or board-approved and does not represent OA as a whole. Moreover, Intergroup is not endorsing these slogans or suggesting that any of them should be used; it is simply making them available for those who may find them helpful.

² *Lifeline*, October 2016, page 3.

³ Overeaters Anonymous, Inc., (OA World Service) has published a *Lifeline* issue on slogans titled, "Getting Motivated with Slogans" (October 2016). Publication in *Lifeline* does not imply endorsement, either by Overeaters Anonymous or *Lifeline*. Check it out if you like slogans.

⁴ Feedback can be sent to literature@oanova.org.

Key slogans - a few of the most important ones:

- Just for today. (Just for this hour/just for this minute/just for this second.)
- One day at a time.
- This too will pass.
- Let go and let God.
- Easy does it – but do it.
- Live and let live.
- First things first.
- Practice makes easier.
- Practice makes progress.
- If nothing changes, nothing changes.
- Act as if.
- Fake it 'til you make it.
- Progress, not perfection.
- More will be revealed.
- This program is simple, not easy.
- Keep it simple, sweetie. (KISS)
- Courage is fear that has said its prayers.
- Acceptance takes courage.
- The three As: awareness, acceptance, action.
- For every problem, there is a spiritual solution.
- God is in the now.
- F.E.A.R. = forgetting everything's all right.
- An attitude of gratitude.
- Principles before personalities.
- Just willing enough (to do something).
- Keep coming back!
- Take what you like and leave the rest.⁵

⁵ This does not mean that an OA member can skip the steps.

Abstinence

- Don't eat, no matter what. (Don't starve/don't purge, no matter what.)
- Abstinence is the most important thing in my life without exception.
- Abstinence is an act of faith.
- It is easier to stay abstinent than to get abstinent.
- It takes what it takes.
- That's not my food.
- I won't die of starvation before the next meal.
- Food won't fix it.
- Eating (starving/purging) won't fix the car. It won't fix the problem.
- It's sad, but the kitchen is closed. ☹
- If I eat over it, then I'll have two problems.
- God is not in the fridge. My HP is not in the fridge.
- H.A.L.T. = we are vulnerable when hungry, angry, lonely or tired.
- Sugar is not the sweetness of life.
- Failing to plan is planning to fail.
- Nothing tastes as good as abstinence feels.
- Face your stuff -- don't stuff your face.
- My worst day abstinent is better than my best day in the disease.
- If I want to know what I'm eating over, stop eating. (That is, stop eating compulsively.)
- If I stay abstinent now, it will be easier the next time.⁶ If I eat compulsively now, I will feed the beast/stay stuck in the disease. (This is not quite a slogan, but true.)

⁶ That is, if I stay abstinent now, it will be easier to stay abstinent the next time I am tempted.

- Food won't make it better. Food won't fix it. Food is not my best friend, lover or HP.
- Eating a meal -- it's like letting the tiger out of the cage three times a day.

Slogans and ideas related to doing this together (including sponsorship)

- I'm doing it with you.
- We can only keep our recovery if we give it away.
- I'm not the food police!
- We're only as sick as our secrets.
- This is a program of attraction, not promotion.
- *OA Promise (formerly Rosanne's Prayer):* I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."
- It is weakness, not strength, that binds us to each other and to a higher power. ("OA: Our Invitation to You.")
- *OA responsibility pledge:* Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Higher Power

- The God of my understanding.
- Pray to space.
- (Listening to) the still, small voice within.
- I don't know what my HP is, but I do know it isn't me.
- I can't. God can. I think I'll let God.
- People are God with skin on.
- HP is the most important thing in my life, without exception.

Living life

- Don't just do something – sit there!
- "Self-care" is not a four-letter word.
- The quickest way out is through.
- For every problem, there is a spiritual solution.
- When one door closes, another one opens.
- Suit up and show up.
- Focus on the positive.
- Apply the steps.
- Listen to the sane voice.
- (Notice if I am engaging in) Black and white thinking.
- You can't be perfect all the time.
- Time takes time.
- It's an inside job.
- Don't compare your insides with other people's outsides.
- This is a progressive disease.

We're worth it/faith

- God doesn't make junk.
- What's right about me?
- Don't quit before the miracle happens.
- God didn't bring me this far to drop me.
- If s/he brought me to it, s/he'll help me through it.
- My HP wants only the best for me.
- With God, all things are possible.

Other short thoughts and ideas (if not quite slogans)

- I can get through the day. I can get through this moment.
- Prayer is a conversation with god. Short prayers: Help! Thanks!
- If I'm pointing my finger at someone, three fingers are pointing at me.
- Keep coming back. It works if you work it, and give a lot of love and service!
- Let the heavens fall. I will stay abstinent.
- Take care of the feelings.
- I can tolerate these feelings.
- If I'm feeling deprived, I can look for the abundance in the rest of my life that abstinence gives me, and I can look for abundance in what I can eat.
