



Freethinker Alternative 12 Steps for Overeaters¹

Step 1: We admitted we were powerless over food—that our lives had become unmanageable.

Step 2: Came to believe and to accept that we needed strengths beyond our awareness and resources to restore us to sanity.

Step 3: Made a decision to entrust our will and our lives to the care of the collective wisdom and resources of those who have searched before us.

Step 4: Made a searching and fearless moral inventory of ourselves.

Step 5: Admitted to ourselves without reservation and to another human being, the exact nature of our wrongs.

Step 6: Were ready to accept help in letting go of all our defects of character.

Step 7: With humility and openness sought to eliminate our shortcomings.

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Step 11: Sought through meditation to improve our spiritual awareness and our understanding of the OA way of life and to discover the power to carry out that way of life.

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive eaters and to practice these principles in all of our affairs.

¹Adapted from the Steps created by the SF AA Freethinkers and in use by the Emeryville OA Freethinker meetings from February 2016 until November 2019. In November, the Freethinkers stopped using these Steps to avoid being delisted (removed from the OA website) and to be in compliance with Overeaters Anonymous policy to use only the official OA 12 Steps.