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Overeaters Anonymous
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The Sanctuary

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Send contributions to SanctuaryEditor@aol.com or mail to OA office.

The opinions expressed herein are the opinions of the individuals who have contributed and not those of Overeaters Anonymous as a whole.

Integrity and Willingness

This year *The Sanctuary* is featuring the 12 Principles of OA as they align with the 12 Steps. This month, we are considering the 5th and 6th Principles, Integrity and Willingness.



To recap, we have considered the following Steps and Principles:

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

The first Principle is HONESTY. If we are not honest with ourselves, our foundation will not be strong. If we are not honest, we are building our program on a house of cards and it will eventually collapse. Honesty is the mortar that holds the bricks of our program together.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

The second Principle is HOPE, which builds upon our honesty. The Promises in the Big Book tell us that we can only hope for success if we have the capacity to be

honest. Hope tells us that we can succeed. Hope sustains us through the hard and lonely times and keeps us moving toward recovery.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

The third Principle is FAITH. Having the faith to turn our will and our lives over to a power greater than ourselves opens our minds to guidance and strength from a source outside ourselves. That source can be any power or set of beliefs that can support us in our recovery. Some newcomers turn to the OA program itself because they see evidence of its power in the lives of others. Most find their Higher Power to be God, as they understand God.

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

The fourth Principle is COURAGE, the courage to look honestly into our hearts so that we can identify and understand the flawed beliefs and wrong behaviors that have shaped our lives.

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

The fifth Principle is INTEGRITY. This builds upon the fourth Principle, courage. Once we have the

