

First 12 Days in OA - Sponsorship Program

Required literature: "Where Do I Start?" newcomers pamphlet in order to answer each day's questions.

DAY

1. **Tradition 3:** says "The only requirement for OA membership is a desire to stop eating compulsively"
 - a) What does "eating compulsively" mean to you?
 - b) Do you have the desire to stop eating compulsively?
If yes, why? What has led you to OA?
Discuss your answers with your 12 day sponsor
2. **Symptoms:** Read the section, "*Many Symptoms, One Solution*" (pages 4-5)
Write about the symptoms you have experienced, going as far back as you can.
Discuss these with your 12 day sponsor
3. **15 Questions:** Read the section, "*Dear Newcomer*" (pages 1-2)
Answer the 15 questions (circle those you relate to)
Discuss with your 12 day sponsor
4. **Prepare to create a food plan:**
Over today and tomorrow, start reading pages 5-17, starting with "*Abstinence – Our Primary Purpose*" up to "*Conclusion*" on page 17
Ask your 12 day sponsor how they went about creating their food plan
5. **Create a food plan:**
Continue reading pages 5-17. Draft a food plan and discuss with your 12 day sponsor
What will help you to stay honest and to practise following this plan on a daily basis?
(e.g. writing down your plan, emailing/texting your plan etc).
6. **Meetings:** Read the section, "*Meetings*" on page 5 and make a plan to attend 6 meetings
Discuss your plan with your 12 day sponsor
(Your plan can include virtual meetings but at this point, face to face meetings are preferable)
7. **Creating an Action Plan:** Read the section, "*Action Plan*" on page 6
Create an action plan that will help support your abstinence and your emotional, spiritual and physical recovery
Discuss with your 12 day sponsor
8. **Are you convinced?:** Read "*Frequently Asked Questions and Answers*" pages 18-26
Now that you've been in the program for a week and have taken some actions, are you convinced you are a compulsive overeater? Write your thoughts and feelings about this. Discuss with your 12 day sponsor
9. **Higher Power:** Again, refer to "*Frequently Asked Questions and Answers*" pages 18-26
Write about your understanding of a higher power.
If you struggle with this, are you open to God standing for "G.O.D. - Good Orderly Direction"?
Are you able to use this concept to help your recovery? Discuss with your 12 day sponsor
10. **OA Fellowship:** Read the section, "*You are Not Alone*" pages 2-3, as well as pages 21-23
Write about your feelings around getting help from other members in OA. Discuss with your 12 day sponsor
You may also want to start ringing some of the other members who wrote their names and numbers on page 31
11. **"Welcome Home!":** Read this section on pages 27-30
Write about 3 key points that stand out for you. Discuss with your 12 day sponsor
12. **What next?**
Write about your experience of your first 12 days in OA and discuss with your 12 day sponsor.
Agree to either continue the relationship, or to maintain contact until you can find an ongoing sponsor.
Also, you might find it helpful to go to www.oa.org and investigate what this website offers.

- If you are new to OA, you may want to complete this introductory program over your first 12 days
- If you haven't already been introduced to a 12 day sponsor, enquire at the end of the meeting
- If you are keen to get started on the 12 steps right away with a sponsor, feel free to bypass this "First 12 Days" program (which is completely optional).

REMEMBER... There is hope & there is help in Overeaters Anonymous... Together we can recover!

*This literature has been locally produced by the Sydney 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.
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