The Twelve Traditions

1. **Our common welfare should come first; recovery depends upon O.A. unity.**
2. **For our group purpose there is but one ultimate authority, a loving God as He may express Himself to our group conscience. Our leaders are but trusted servants; they do not govern.**
3. **The only requirement for O.A. membership is a desire to stop eating compulsively.**
4. **Each group should be autonomous except in matters affecting other groups or O.A. as a whole.**
5. **Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.**
6. **An O.A. group ought never endorse, finance, or lend the O.A. name to any related facility or outside enterprise; least problems of money, property and prestige divert us from our primary purpose.**
7. **Every O.A. group ought to be fully self-supporting, declining outside contributions.**
8. **Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**
9. **O.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
10. **Overeaters Anonymous has no opinion on outside issues; hence the O.A. name ought never be drawn into public controversy.**
11. **Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.**
12. **Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.**

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