



What are your RED, YELLOW & GREEN Foods & Behaviors?



Abstinence Actions Meetings

Meeting makers make it!



<http://www.oa.org/meetings/>

Name
What does my abstinence look like?

Personal Definition of Abstinence.

Benefits of abstinence.

Date
Personal Abstinence Action Plan

Physical

Emotional

Spiritual

Service

Other

Are YOU willing
To go to any
length?



Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while Working towards or Maintaining a healthy body weight.



Abstinence Actions

SERVICE:

- *STAY ABSTINENT!
- *Serve your home meetings
- *Offer rides to newcomers
- *Attend intergroup meetings
- *Become a Region Rep
- *Become a World Service delegate



What is your personal Abstinence Action Plan?



Actions that help us get and stay abstinent supporting our physical, emotional, spiritual recovery ...

