**Name** __________________________

**What does my abstinence look like?**

______________________________

______________________________

______________________________

**Personal Definition of Abstinence.**

______________________________

______________________________

______________________________

**Benefits of abstinence.**

______________________________

______________________________

______________________________

**Date** __________________________

**Personal Abstinence Action Plan**

**Physical**

______________________________

______________________________

______________________________

**Emotional**

______________________________

______________________________

______________________________

**Spiritual**

______________________________

______________________________

______________________________

**Service**

______________________________

______________________________

______________________________

**Other**

______________________________

______________________________

______________________________

http://www.oa.org/meetings/
Remember H.A.L.T.

Be conscious of the amount of food you eat.

Enjoy your meals.

Follow a predetermined Weighing plan.

Abstinence Actions

**SERVICE:**
- Take rapid action
- Choose a new method
- Write down the situation
- Maintain your new method
- Monitor yourself
- Maintain your new method
- Monitor your new method
- Maintain your new method
- Monitor your new method
- Maintain your new method

Take the steps. What is your personal Abstinence Action Plan?

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.

Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve Step program.