

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

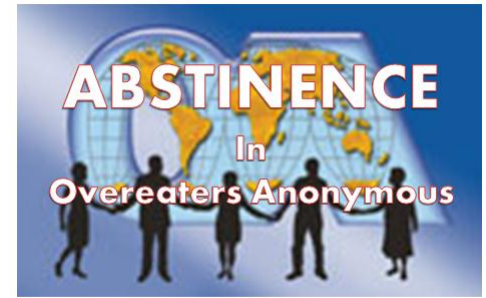
Emotional

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 ...

