

A Slew of Slogans

- Abstinence is a Journey, not a Destination.
- If God seems farther away, who moved?
- Identify don't Compare.
- Practice an Attitude of Gratitude!
- Bend your knees before you bend your elbow.
- Bloom where you are planted.
- Change is a process, not an event.
- Backsliding begins when knee-bending stops.
- The First Step in overcoming mistakes is to ADMIT THEM!
- Formula for Failure: Try to please everyone.
- We're responsible for the effort not the outcome.
- In OA, we don't carry the compulsive overeater, we carry the message.
- Don't curse the darkness; Light a candle.
- I'm perfectly imperfect.
- Live and let live.
- It's not the extra string bean that counts; it's the decision to take it.
- There's a blessing of a lesson in every problem.
- The greatest of all faults is to tell yourself that you have none.
- Be as passionate about the program as you were about the food.
- Recovery is a lifestyle, not a turnstile.
- The program steps and tools are suggested; we also suggest that you don't jump from an airplane without a parachute.
- I can't, God can, I think I'll let Him (Steps 1,2,3).
- Keep coming back, it works if you work it and work it 'cause you're worth it.
- Circumstances do not MAKE us who we are, they REVEAL to us who we are.
- I can't handle this one God; please take over.
- Too blessed to be stressed!
- Don't quit 5 minutes before the miracle happens!
- OA is the Soul-ution.
- Just for today, I can be abstinent.
- We're all here because we're not all there.
- Compulsive Overeating is an equal opportunity destroyer.
- The road to abstinence is a simple journey for confused people with a complicated disease.
- Have a good day, unless of course you have made other plans.
- Perfectionism is the purest form of self-abuse.
- The world record for abstinence? 24 hours!
- Make use of the telephone therapy.
- I don't have an eating problem; I have a thinking problem!
- Always remember your last binge.
- Remember that compulsive overeating is incurable, progressive, and fatal.
- YOU may be just what someone is looking for today!!
- BE YOURSELF TODAY, so the rest of us can relish in your unique magnificence!
- You can DO what you want, or you can GET what you want.

- It's not what you're eating; it's what's eating you.
- I have met wisdom and I have met kindness, and kindness is better.
- Comparison is the shortest route to insanity.
- Compared to me, I am spectacular.
- If your butts in the chair, you're in recovery.
- The pen is mightier than the food.
- Forgive easily - as if your life depends on it.
- Call your sponsor before, not after, you take the first bite.
- To keep it, you have to give it away.
- Thankfulness is passive; Gratitude is active.
- Man's extremity is God's opportunity.
- Powerless does not mean helpless or hopeless.
- “What if” gets you nowhere, “Yeah but” halts progress in its tracks, “If only” never came true.
- My best thinking got me here.
- While I'm sitting in a meeting, my disease is doing push-ups in the parking lot.
- Trust God, clean house, help another overeater.
- Help is only a phone call away.
- Pray for those who hurt you; they need the prayers and we need the practice.
- Resentment is like drinking poison and hoping the other person dies.
- One bite is too many, a thousand not enough.
- Half measures availed us nothing.
- Easy does it.
- We will love you until you can love yourself.
- An unwillingness to forgive is a form of self-abuse.
- Before engaging your mouth, put your mind in gear.
- A diet has a beginning and an ending; a plan of eating has no end.
- O.A. is not something you join; it's something you live.
- We can be positive that our overeating was negative.
- Take the mess to your sponsor; take the message to the meeting.
- Acceptance is vital. It is what it is!
- Sorrow is looking back; worry is looking around; hope is looking forward.
- Willpower= Willingness to use a Higher Power.
- OA is an education with no final exam and no graduation.
- Silence is often misinterpreted, but never misquoted.
- Unity does not mean uniformity.
- G.O.D. = Good Orderly Direction. E.G.O. = Edging God Out.
- Take the cotton out of your ears and put it in your mouth.
- Our disease is mind altering, but so is our recovery.
- OA adds years to your life and life to your years.
- Trying to pray is praying.
- Humility is acceptance of ourselves and others, good and bad.
- Compulsive eating does not drown our problems, it irrigates them.
- Co-incidences are God's way of remaining anonymous.
- Keep your abstinence first to make it last.
- If you turn it over and don't let go, you will be upside down.

- OA is a school in which we are all learners and all teachers.
- God teach us to laugh again, but please don't let us forget that we once cried.
- Serenity is not freedom from the storm but peace amid the storm.
- It isn't the load that weighs us down; it's the way we carry it.
- When you do all the talking you only learn what you already know.
- I might have another binge left in me, but I might not have another recovery.
- When we surrender to our Higher Power, the journey begins.
- The person with the most abstinence at a meeting is the one who got up earliest.
- H.A.L.T. = Don't get too Hungry, Angry, Lonely or Tired. (or bored!)
- F.E.A.R. = False Evidence Appearing Real
- Plan for tomorrow, but live for today.
- Getting something you've never had requires doing something you've never done.
- The 12 Steps tell us how it works; the 12 Traditions tell us why it works.
- We meet all types in life so that we can better appreciate those we keep closest.
- Nothing pays off like restraint of tongue and pen.
- When a person tries to control their overeating they have already lost control.
- The task ahead of us is never as great as the Power behind us.
- Seven days without an OA meeting makes one weak.
- S L I P = Serenity Losing its Priority
- You are not required to like it; you are only required to DO it.
- Many things can be preserved in sugar; but dignity is not one of them.
- You can't think your way into a new way of living; you have to live your way into a new way of thinking.
- Humility is not thinking less of yourself, but thinking of yourself less.
- We came to OA to save our butt, and found out our soul was attached.
- Listen to the message... not the messenger.
- Happiness is not getting what you want; it's wanting what you get.
- People who don't go to meetings don't hear about what happens to people who don't go to meetings.
- "And acceptance is the answer to ALL my problems today."
- Abstinence is a state of mind, "personality change sufficient to bring about recovery."
- Nobody ever found recovery as a result of an intellectual awakening!
- H O P E = Happy Our Program Exists
- In OA we don't carry the overeater; we carry the message.
- We are not human beings having spiritual experiences; we are spiritual beings having human experiences.
- Seriously, don't take yourself too seriously. (Rule 62)
- The time to attend a meeting is when you least feel like going.
- The will of God will never take you where the grace of God will not protect you.
- Your Big Book is your sponsor too.
- Time wasted in getting even can never be used in getting ahead.
- Some OAs are so successful that they turn out to be almost as good as they used to think they were!
- Abstinence delivers everything that food promised.
- Being 'willing' to do something is not the same as 'wanting' to.

- First we stay abstinent because we have to, then because we are willing to and finally because we want to.
- Every moment is a gift; that's why we call it the present.
- If you find a path with no obstacles, it probably doesn't lead anywhere.
- Every recovery from overeating began with one abstinent hour.
- The only thing that I need to know about God is that I'm not it.
- O.A. has a wrench to fit every nut that walks through the door.
- How does one become an old-timer? Don't overeat and don't die.
- Faith is our greatest gift; it's sharing with others our greatest responsibility.
- If you want to overeat, that's your business; If you want to quit and can't, that's OA's business.
- My worst day in abstinence is better than my best day of overeating.
- The answer is in the steps and the directions are in the Big Book.
- Anonymity is so important it's half of our name!
- All you need to start your own OA meeting is resentment and a coffee pot.
- Religion is for those who fear Hell; Spirituality is for those who have been there.
- Intolerance = Contempt, prior to investigation.
- The smartest thing an OA member can say is, "Help".
- I can do something for 24 hours that would appall me to do for a lifetime.
- Just for today I will not tackle my whole life problems at once.
- It is not the experience of today that drives people mad, it is remorse of yesterday and the dread of tomorrow.
- The road to resentment is paved with expectation.
- Be nice to newcomers; one day they may be your sponsor.
- Guilt is the gift that keeps on giving.
- There is no magic in recovery, only miracles.
- OA is the last stop on the train.
- We'll love you until you can love yourself.
- Try to be grateful and resentful at the same time, you can't serve two masters.
- If I have a problem and eat over it, I have two problems.
- We don't get run over by the train, we get hit by the engine (1st. bite).
- FAITH: Fantastic Adventure in Trusting Higher Power.
- Success means getting your 'but' out of the way.
- The easier softer way is one through twelve.
- Don't work my program, or your program, work THE program.
- A COE's mind is a dangerous neighborhood; don't go in there alone.
- Being happy doesn't mean everything's perfect. It means you've decided to see beyond the imperfections!
- Cunning, baffling, powerful, and patient.
- Where do I find abstinence? Twelve steps past any length.
- How does it work? It works just fine.
- Short version of the Serenity Prayer: Fix it or forget it.
- N.U.T.S. = Not Using the Steps
- The unwritten Promise -- You never have to be alone.
- Fake it till you make it.
- Don't let unpleasant people rent space in your head.

- Try it for 90 days, and if you don't like it, we'll gladly refund your misery.
- Go to meetings when you want to, and go to meetings when you don't want to.
- We have a disease that tells us we don't have a disease.
- My daily abstinence is contingent on my spiritual condition.
- Yesterday is a cancelled check, tomorrow is a promissory note, only today is cash in the bank.
- Ask an overeater what time it is and he'll tell you how to build a clock.
- I am unique, just like everybody else.
- If you fail to plan, you plan to fail.
- Binging is committing suicide on the installment plan.
- I don't always know what God's will is for me, but I always know what it's not.
- I didn't get abstinent to be miserable.
- I didn't experiment with food. I was in advanced research and development.
- I love you, God loves you, and there's nothing you can do about it.
- If God is your co-pilot, switch seats.
- There are three kinds of business: my business, God's business and none of my business.
- If your head falls off, put it in a paper bag and take it to a meeting.
- There's safety in numbers: One through twelve.
- OA is a simple program for complicated people.
- My best thinking got me here.
- You can't speed up your recovery, but you can sure slow it down.
- Every bite I ate got me here. Every bite I don't eat keeps me here.
- I came for the vanity and stayed for the sanity.
- What others think of me is none of my business.
- Keep your head where your feet are.
- If nothing changes, nothing changes.
- Expectations are premeditated resentments.
- You must be present to win.
- Glance at the past, but don't stare at it.
- Today is the tomorrow that I worried about yesterday.
- When you feel left out, reach out.
- Worrying is like praying for what you don't want.
- Even if I'm on the right track, if I don't move I'll get run over.
- Feel, Deal and Heal - Feel it, Deal with it and Heal from it.
- Thoughts are not things and feelings are not facts; they only have the power we give them.
- No matter how far off the path we've stumbled, we're always 12 steps from the solution!
- If you keep doin' what your doin', you'll keep gettin' what your gettin'.
- BINGE – Because I've Never Been Good Enough
- How does one become an "old-timer"? Don't binge and don't die!
- 12 Step is not a ticket to heaven or hell, but it will give you the clarity to make up your own mind which way you want to go!
- Sponsors: have one --- use one --- be one.
- To keep a lamp burning we have to keep putting oil on it.
- Do I want to be right or do I want to be happy?
- If the only tool you have is a hammer, you tend to see every problem as a nail.
- Learn to listen and listen to learn.

- Is your program powered by Will Power or Higher Power?
- Facing my stuff instead of stuffing my face.
- I may not be who I want to be, but thank God I'm not who I used to be.
- It came to pass... it didn't come to stay!
- My sponsor says I'm trying --VERY trying.
- All in good time, all in God time.
- Dwell on the problem and the problem gets bigger. Dwell on the solution, the solution gets bigger.
- I do not recover today on yesterday's actions.
- Today I have more solutions than problems.
- Pray to catch the bus, and then run as fast as you can.
- Higher Power, please watch what goes in my mouth and what comes out of it.
- I'm allergic to certain foods. When I eat them, I break out in fat.
- I don't need to try harder, I need to trust harder.
- "Figuring it out" is not a tool.
- Veni, vidi, velcro ... I came, I saw, I stuck around.
- Don't tell God how big your storm is; tell the storm how big your God is!
- If I make food an option, it will be the only option.
- A journey of 1,000 miles begins with the first step.
- Slogans are wisdom written in shorthand.
- Don't intellectualize - utilize.
- It's the first bite, not the last one that causes the binge.
- First Things First – Abstinence above all else.
- I may be the only Big Book that someone will ever read.
- Fear: I might not get my way.
- Anger: I am not getting my way.
- Resentment: I did not get my way.
- To push the food out, pull more God in.
- Do the stuff to get the stuff.
- Prayer is talking to God. Meditation is listening.
- If you don't have a Higher Power, you can borrow mine.
- The Big Book does not say "Half measures availed us half".