

Anonymity

Anonymity, referred to in Traditions Eleven and Twelve, is a tool that guarantees that we will place principles before personalities. The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members. This protects both the individual and the Fellowship.

Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there. However, we understand that we must not allow anonymity to limit our effectiveness within the Fellowship. It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information.

Another aspect of anonymity is that we are all equal in the Fellowship, whether we are newcomers or seasoned long-timers. And our outside status makes no difference in OA; we have no stars or VIPs. We come together simply as compulsive overeaters.