

The 9th Tool of Recovery

Revision adopted World Service Business Conference 2011

"In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools---a plan of eating, sponsorship, meetings, the telephone, writing, literature, **action plan**, anonymity and service---on a regular basis, to help us achieve and maintain abstinence and recover from our disease..."

Action Plan

"An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery..."

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time."

For details visit: <http://www.oa.org/new-to-oa/tools-of-recovery.php>

Possible examples from our home meeting discussion: