

Sponsorship Resources



<https://www.sacvalleyoa.org/documents.html>

*"Always to extend the hand and heart of OA
to all who share my compulsion; for this I am responsible."*

-OA's Responsibility Pledge

Sponsorship Resources



This literature has been locally produced by the Sacramento Valley Intergroup of OA. The content reflects the experience, strength and hope of our Sacramento area members. It is not OA Conference- or board-approved and does not represent OA as a whole.

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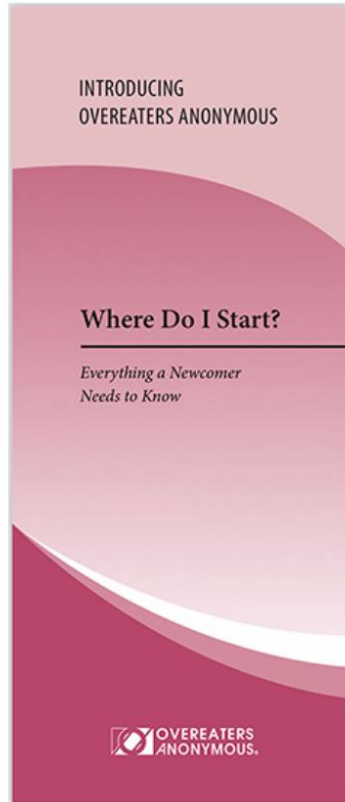
November 2020

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1. Where Do I Start? Pamphlet (paper copy)

https://bookstore.oa.org/pc_product_detail.asp?key=044B7B5DE2EC44E6BCA2BE41594DBA5B



KINDLE on Amazon (electronic copy)

https://www.amazon.com/gp/product/B08DG8YK8J/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i5

Where Do I Start?: Everything a Newcomer
Needs to Know Kindle Edition

by [Overeaters Anonymous](#) (Author) | Format: Kindle Edition

NOOK on Barnes and Noble (electronic copy)

<https://www.barnesandnoble.com/w/where-do-i-start-overeaters-anonymous/1137431515?ean=2940162699293>


Where Do I Start?

by [Overeaters Anonymous](#)

NOOK Book (eBook)

2. Temporary Sponsors: Newcomer's First 12 Days

<https://oa.org/app/uploads/2020/05/Temporary-Sponsors-1.pdf>



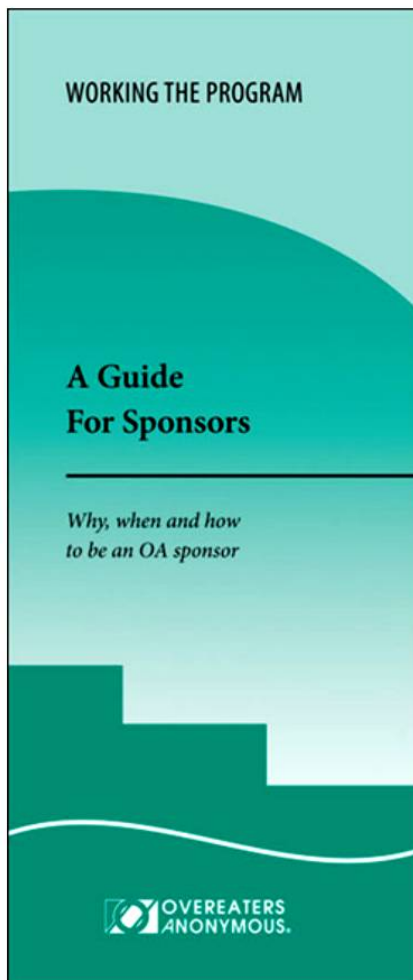
Temporary Sponsors: Newcomers' First Twelve Days

What is the purpose of the *First Twelve Days* in OA?

- To help newcomers, returning OA members, and other members learn about the OA Twelve Step recovery program by using this personal, short-term introduction to Overeaters Anonymous.
- To help sponsees learn how the OA recovery program might help them to stop hurting themselves with food.
- To help members who may be ready to sponsor but are reluctant to do so. This is an opportunity for a member to help a newcomer in a very structured way and to experience what it might be like to be a regular sponsor.

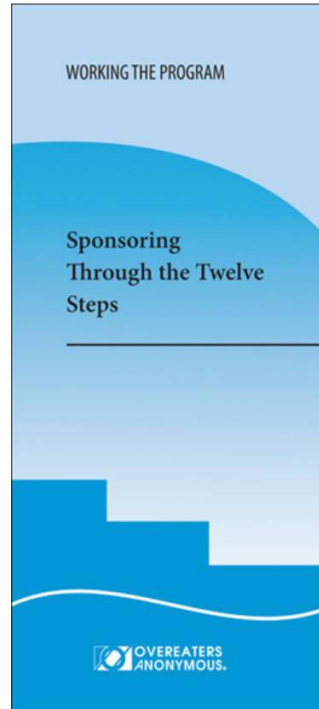
3. A Guide for Sponsors (includes 30 questions for Steps 1-3)

https://bookstore.oa.org/pc_product_detail.asp?key=BFC0A802D0BE419986BBC4C1DEF8BE64



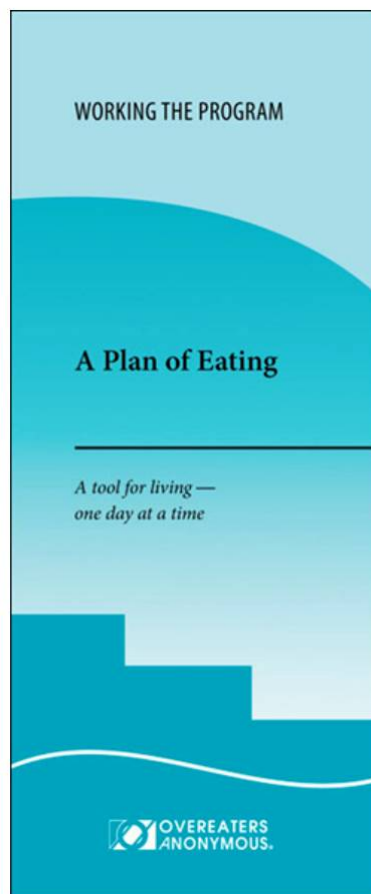
4. Sponsoring Through the Steps (includes questions for all the Steps)

https://bookstore.oa.org/pc_product_detail.asp?key=904745F2539740BDAAF3EAE544DB4A30



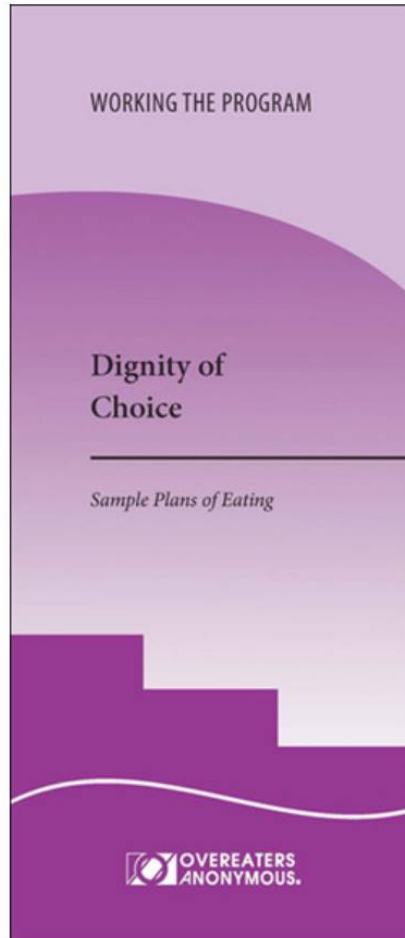
5. A Plan of Eating

https://bookstore.oa.org/pc_product_detail.asp?key=E78AA3E5774847B6ADFE059B15AE2258



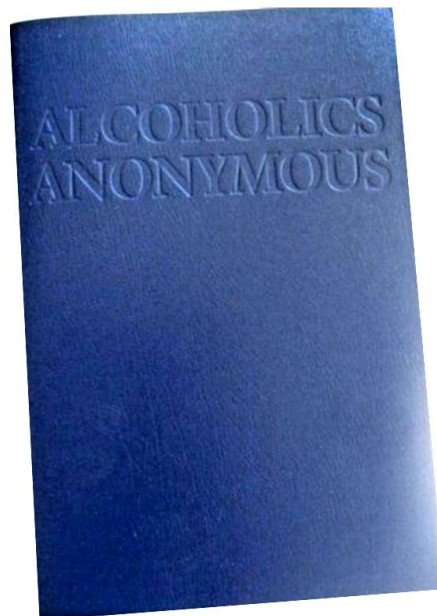
6. Dignity of Choice

https://bookstore.oa.org/pc_product_detail.asp?key=1CA4DF2A316E477FBFDC3FBC200054E9



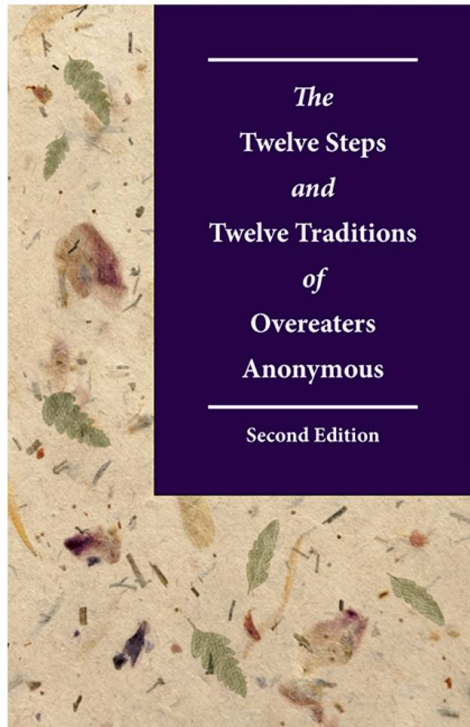
7. AA Big Book

https://bookstore.oa.org/pc_product_detail.asp?key=358F612E97FA4B728154EF6E934A8503

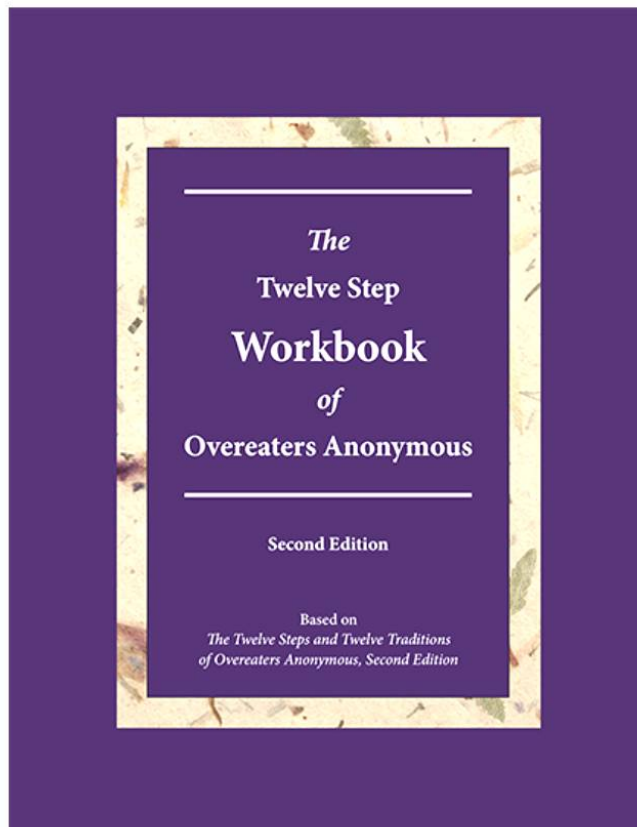


8. OA 12&12

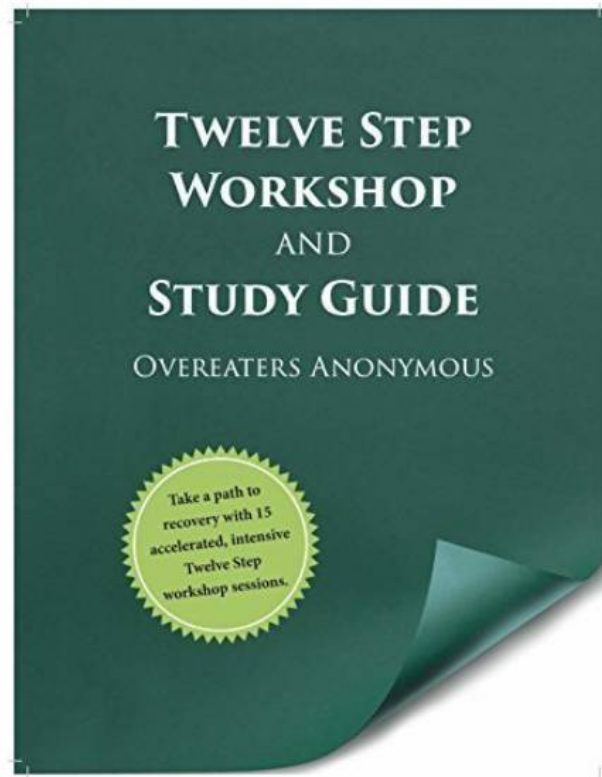
https://bookstore.oa.org/pc_product_detail.asp?key=4B992B35A6B141D1AC39EAF4CC0144FB

**9. OA 12&12 Workbook** (questions for all the Steps)

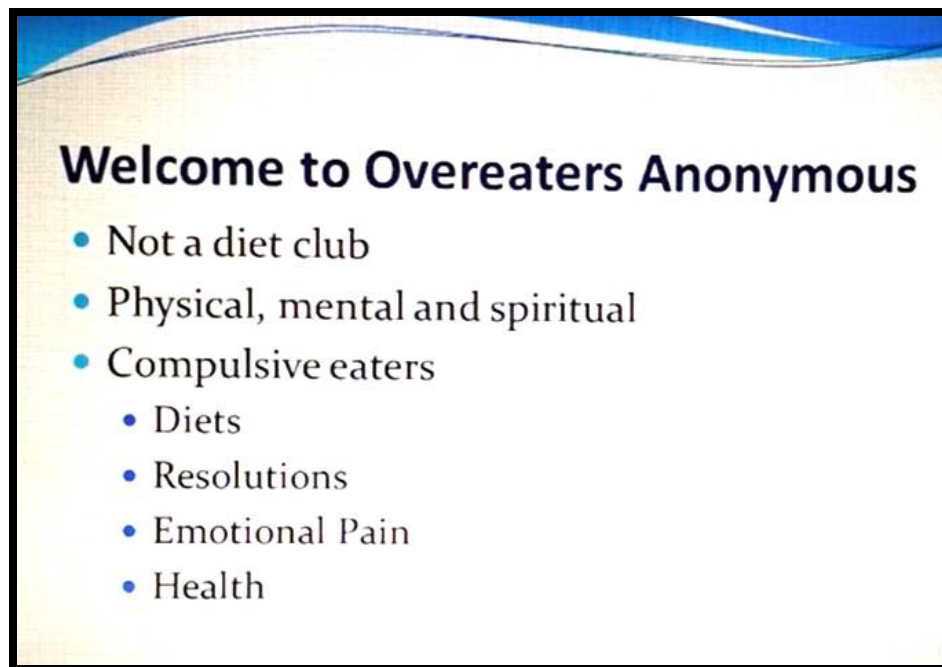
https://bookstore.oa.org/pc_product_detail.asp?key=A8844F63049045A09067A421AFB3D33C



- 10. OA 12 Step Workshop and Study Guide** (questions for all the Steps)
https://bookstore.oa.org/pc_product_detail.asp?key=D7B6AEEA18764C6F9C7CF1CDDAF80866

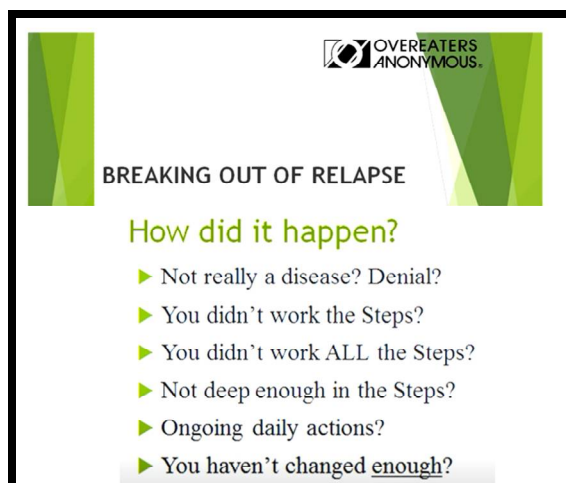


- 11. Newcomer's Orientation Video**
<https://www.youtube.com/watch?v=n2I-yZsUKqE>



12. Breaking out of Relapse Video

<https://www.youtube.com/watch?v=Eucf-hArCyl>



OVEREATERS ANONYMOUS.

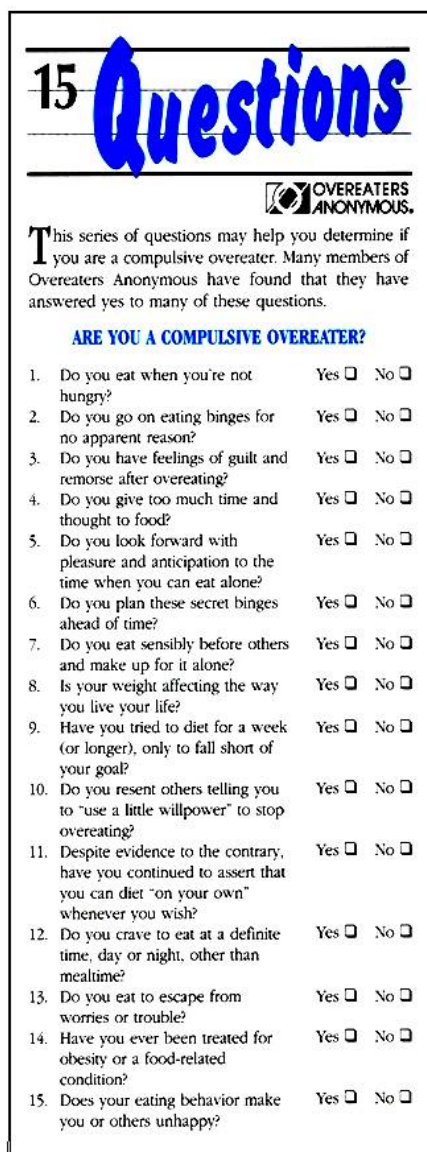
BREAKING OUT OF RELAPSE

How did it happen?

- ▶ Not really a disease? Denial?
- ▶ You didn't work the Steps?
- ▶ You didn't work ALL the Steps?
- ▶ Not deep enough in the Steps?
- ▶ Ongoing daily actions?
- ▶ You haven't changed enough?

13. Fifteen Questions

<https://oa.org/app/uploads/2019/12/Fifteen-Questions-1.pdf>



15 Questions

OVEREATERS ANONYMOUS.

This series of questions may help you determine if you are a compulsive overeater. Many members of Overeaters Anonymous have found that they have answered yes to many of these questions.

ARE YOU A COMPULSIVE OVEREATER?

1. Do you eat when you're not hungry? Yes No
2. Do you go on eating binges for no apparent reason? Yes No
3. Do you have feelings of guilt and remorse after overeating? Yes No
4. Do you give too much time and thought to food? Yes No
5. Do you look forward with pleasure and anticipation to the time when you can eat alone? Yes No
6. Do you plan these secret binges ahead of time? Yes No
7. Do you eat sensibly before others and make up for it alone? Yes No
8. Is your weight affecting the way you live your life? Yes No
9. Have you tried to diet for a week (or longer), only to fall short of your goal? Yes No
10. Do you resent others telling you to "use a little willpower" to stop overeating? Yes No
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish? Yes No
12. Do you crave to eat at a definite time, day or night, other than mealtime? Yes No
13. Do you eat to escape from worries or trouble? Yes No
14. Have you ever been treated for obesity or a food-related condition? Yes No
15. Does your eating behavior make you or others unhappy? Yes No

14. Slip Inventory

<https://oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf>

From Slip or Relapse to Recovery

This is an action plan for reclaiming and retaining our abstinence.

If we are struggling or have had a slip or relapse, we may need to take different actions than before to renew our commitment to abstinence and recovery. The food is the last to go when a compulsive eater slips, relapses, or struggles. A thorough look at food and food behaviors is necessary now because our lives as recovering compulsive overeaters depend on it.

Slips, relapses, and struggles do not have to occur in the journey of recovery. But for some of us this does happen. The goal of this process is not to shame or beat ourselves up. It is to learn from it and move forward with a renewed commitment to ourselves, our abstinence, the OA program, and our Higher Power. This inventory and the actions that we take are the most loving things we can do right now for ourselves, our abstinence, and our recovery.

15 Sponsor Training Podcasts

<https://oa.org/sponsorship-success/>

Sponsorship Success



Questions about sponsorship? Listen to "Sponsorship Success": a nine-part podcast series by members from various regions sharing their experience, strength, and hope with using the Tool of sponsorship.

Open Sponsorship Success ^

The screenshot shows a podcast player interface with two episodes listed:

- Episode 1:** "Intro" by OVEREATERS ANONYMOUS'S PODCAST. Duration: 30 minutes. Playback progress is at 00:00:00. Controls include play/pause, volume, and a Libsyn logo.
- Episode 2:** "What is a Sponsor" by OVEREATERS ANONYMOUS'S PODCAST. Duration: 30 minutes. Playback progress is at 00:00:00. Controls include play/pause, volume, and a Libsyn logo.

16 Sponsorship: A Getting Started Guide

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Sponsorship

A Getting Started Guide



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