

OA ACRONYMS

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ABC	Acceptance, Belief, Change Admit, Believe, Commit
ABSTINENCE	Attitude, Balanced, Sane, Tenacious, Inviting, Nutritious, Enjoyable, Non-Rushing, Careful, Eating
ABSTINENT	Able to Comprehend, Belief in God, Silence of Self-Will, Trust in God's Love, Inventory of Daily Thoughts and Actions, No to Negative, Engaging People in my World, Never Focus on Perfectionism, Telling My Story
ACCEPTANCE	Admitting Crisis, Confessing, Entirely Powerless, Truth, New Concepts Enlighten Able to Live with Unresolved Problems, Courage to Accept, Choosing to Heal, Experience and Feel People, Places and Things as They Are
ACTION	Any Change to Improve Our Nature Accepting Corrective Truthful Ideas, Otherwise Negativity
AEIOU	Abstinence Each Day, I am Doing, Ongoing, Unconditionally Abstinence, Exercise, I (Am I taking care of Self?), Others (What am I doing for others?), Uncover (Feelings)
ALLOW	Always Let Love Overcome Whatever is Happening
ALONE	Always Left Out, Needing Everything
ANGER	As New Gifts Emerge, Recover Acknowledge, Normalize, Goals, Expectations, Respond
ANONYMOUS	Action, Not Our Names, Yield Maintenance of Unity and Service
ANT	Automatic Negative Thought
ART	Always Remain Teachable
ASAP	Always Say A Prayer

ATTITUDE	As the Thought I Think Usually Determines Emotions
BABY	Be A Better You
BIBLE	Basic Instructions Before Leaving Earth
BINGE	Because I'm Not Good Enough Because I Never Get Enough (Love, Attention...) Believing I'll Never Get Enough
BLOATED	Bored, Lonely, Overwhelmed, Angry, Tired, Excited, Depressed
BIG BOOK	Believing In God Beats Out Old Knowledge
CAN	Choose Abstinence Now
CARD	Commitment, Action, Responsibility, Discipline
CARE	Comforting And Reassuring Each Other
CHANGE	Choosing Honesty Allows New Growth Everyday Choosing Humility Allows New Growth Everyday
CHAOS	Creating Havoc Around Ourselves Can't Handle Another Overwhelming Situation
CLAP	Comfort, Love, Acceptance, Peace
COMPASSION	Consideration, Owning Feelings, Mindfully Listening, Paying Forward because I have been Listened to, Allowing others to Feel, Sharing Self, Sane Faith, Can Share without being judged, Insight into what God hears, Others' Conscious, No Changing Others
CONTROL	Consistent Overwhelming Need to Resist Opportunities to Learn
COURAGE	Confronting Own Unfortunate Realities, Accepting God's Embrace
CRAP	Caffeine, Refined carbohydrates, Alcohol, Processed
DARE	Delay Response, Align with God, Respond with Kindness,

	Express Gratitude
DEAD	Drinking Ends All Dreams
DENIAL	Don't Even Notice I am Lying Downcast Eyes, Not Interested, Avoid Looking
DE-STRESS	Don't Ever Start Trying to Run the Entire Solar System
DIET	Deprivation I'll Endure Today
DT	Distraction Tactics Disease Talking Direction Taking
DREAM	Do Remember Every Day's A Miracle
DIGNITY	Developing Individual Growth New Independence Through Yourself
DOVE	Divine Order Verified Eternally
EGO	Easing God Out Edging God Out
END	Effort Never Dies
FACES	Fully Accept Complete Experience, Surrender
FADE	Fearful, Angry, Discouraged, Embarrassed
FAIL	First Attempt In Learning
FAILURE	Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty
FAITH	Fantastic Adventure in Trusting Him Facing All In Trusting Her/Him Facing All Inner Turmoil Hopefully <ul style="list-style-type: none"> • Finding Answers in the Heart • Facing An Inner Truth Heals Forgive, Accept, I Can Choose Peace, This Too Shall Pass, Humility For Always I Trust Her/Him Found Always in Trusting Him

FALTERS		Fear, Anger, Lovelessness, Tired, Emotional, Resentful, Sensitive
FAT		Food as Terrorist
FATE		From All Thoughts Everywhere
FEAR	**	Future Events Already Ruined False Evidence Appearing Real Forget Everything's All Right Face Everything And Recover Frustration, Ego, Anxiety, Resentment Faith, Effort, Accomplishment, Rest Free Every Anxious Reaction
FEEL		Focus on Feelings, Experience, Express Constructively, Let Them Go
FINE		Fed up, Insecure, Neurotic, Emotional Feeling, Insecure, Numb, Empty
FOMO		Fear Of Missing Out
FREE		Finding Recovery Everlasting Eternal Fortunately Recovery Enhances Everything
FROG		Fully Relying on God
FROM		From We Resolve on Monday
FUN		Fulfill Unproductive Needs
GAS		God Abstinence Service
GIFT		Give Important Fun Time God is Forever There
GIFTS		Getting It From Steps
GOAL		God Oriented Abstinent Living Giving Ongoing Abstinence Life
GOD		Good Orderly Direction Giver of Direction Gift of Desperation

		Going on Digitally
		Grow Or Die
		Gifts Offered Daily
		Grateful Or Dead
		Gift of Desire
	**	Go Out Doors
		Good Old Directors
	**	Good Others Do
		Grace Over Despair
		Gratitude, Obedience, Discipline
		Great Out Doors
		Grace Order Divine light
GRACE		Gently Releasing All Conscious Expectations
	**	God Resolutely Accepts and Cherishes Everyone
		Give Respect and Compassion to Everyone
		Goodwill, Respect, Acceptance, Compassion, Encouragement
GRATITUDE		Gladly Receiving Abstinence Today, I Thank U at Day's End
		Gifts of the Program, Received Daily, Acceptance, Taught
		How to Live, Impulse Control, Thanks for the Promises,
		Understanding, Daily Reprieve, Emotional Health, Serenity
GROW		Grateful, Reliant, Open, Willing
GUILT		Godless, Useless, Insane, Loveless, Thought
GUT		God's Undeniable Truths
GUS		Guy Up Stairs
HALT		Hurt, Half-Hearted, Haphazard, Hapless, Hardship, Hair- Brained, Has Been, Head-Strong, Heavy-Hearted, Hesitant, Hopeless, Hostile, Hurried, Helpless
		Angry, Awful, Awkward, Apathetic, Anxious, Amiss, Afraid
		Annoyed, Afflicted, Absent-Minded, Abandoned, Alone
		Lost, Loser Lousy, Lovelorn, Lonesome, Livid, Loveless, Late, Listless, Left Out
		Tired, Tense, Tearful, Terrified, Touchy, Tragic, Traumatized, Troubled
		Hungry, Angry, Lonely, Tired

		Healthy, Abstinent, Lifelines, Tributes
		Hoarding, Automatic, Lying, Tantrums
		Horrendous, Appalling, Ludicrous, Tedious
		Honest, Accepting, Loving, Thankful
HAPPINESS		Health, Appearance, Personality Pleasure, In Love, Novelty, Economic Security, Self-Expression, Status
HAPPY		Having a Purpose Past Yesterday
HEART		Healing, Enjoying and Recovering Together
HEAL	**	Happiness, Enjoyment, Acceptance, Laughter Have, Enrich, Absorb, Link the Positive and Eliminate the Negative
HELP	**	Hope, Encouragement, Holiday, Patience His Ever-Loving Presence Hello Eternal Loving Presence
HIGHER POWER		Happy, Intelligent, Generous, Here, Ethereal, Ready Persevering, Open-Mindedness, Willing, Energetic, Responsible
HOLIDAY		Honor, Ongoing Lovingly Induced Daily Abstinence, Y My Disease Does Not Take a Holiday
HOME		Hugs, Open arms, Merrymaking, Enjoyment of Life Here
HOME GROUP		How I Spend Only Group I commit to 100% as I depend on it M- Depends on Me Environment that is safe Give time and money here first Responsible to see it follow traditions Over and above other groups United in purpose People who are a major part of my life, together we grow, cry, laugh, struggle
HONESTY		Hearing Our Not-so-nice Emotional Side Today with You

HOPE		Happy Our Program Exists
	**	Hang On, Pain Ends
		Help, Organization, Planning, Encouragement
		Hugs, Open arms, Pleasure, Experience
	**	Helping Other People Everyday
		Helping Other People Everywhere
		Hearing Other People's Experience
		Holding On, Praying Earnestly
	**	Hold Onto Positive Energy
		Hear, Open, Practice, Education
		Honesty, Openmindedness, Patience/Persistence, Enthusiasm
HOW		Honest, Openminded, Willing
HUMAN	**	Having Unnecessary Misery About No-Nos
HUMILITY		Honesty, Understanding, My Instincts, Limitations, Triumphs
HURT		Humility, Unity, Responsibility, Trust
IDEAL		Individual Day Experiencing Abstinent Life
IDEAS	**	Imagination, Dreams, Education, Application, Success
INTEGRITY		Intuitively, Nurturing, Truthfulness, Embracing, Goodness, Righteous in all, That, You do
ISM		I Self Me
		I Sponsor Myself
		I See Me
		I Sabotage Me
		I am incredible short in memory
	•	Internal Spiritual Malady
JADE		Justify, Argue, Defend, Explain
JEDDI		Just Every Day Do It
JEERS		Judgment, Ego, Expectations, Resentments, Self-Pity
JOYOUS		Just Owning Your Own Opulent, Unimagined Spirituality
KISS		Keep It Simple, Sweetie
LAST		Listen, Acknowledge, Solve, Think

LAUGH		Love, Acceptance, Unconditional, Gratitude, Humor
LAVA		Love, Attention, Validation, Affection
LENT		Let's Eliminate Negative Thinking
LET		Listen, Encourage, Thank
LIFELINE		Lifeline to OA I am not alone Food obsession only HP can remove Experience, strength and hope Love I can do it with Higher Power's help New insights Exclaim gratitude
LIGHT	** **	Laughing Internally Gets Hilarious Teachings Loving Instantly Gets Higher Thinking Living in God's Holy thoughts Luxuriating in Good Happy Times
LISTEN	**	Lovingly Invite Spirit to Enter Now
LORD		Loving Energy, Orchestrating Minds, Recovery Daily
LOVE	** **	Letting Others Voluntarily Evolve Life Of Vitality and Excitement Listen, Observe, Validate, Empathize
MEDITATION		Myriad Energies Dissolve into the Absolute Time is Only Now My Easy Daydreams I Transcend, Aware They're Illusions of Nothing Mundane Empty Desires Increase the Attachment to Impermanent Oppressive Needs Mystical Earth Divulges Its Treasures All Types In One, Numerous ** Moments Each Dawn I Talk, Appreciating the Infinity of Nature
MIRACLE		Mindfulness, Intuition, Responsibility, Acceptance, Courage, Love, Enthusiasm

MISS	Maintain Incessantly Some Semblance
MY PART	Manifest Your Power, Accept, Relax, Trust
NEED	Never Ending Expectations and Demands
NO	Next Opportunity
NOW	** No Opportunity Wasted No Other Way
NUTS	Not Using The Steps
OA	Of Abstinence
OVEREATERS ANONYMOUS	Open-minded, Vigorous, Earnest, Receptive, Exuberant, Abstinent, Trusting, Eager, Recovering, Spiritual, Action-minded, Nourished, Open, Non-procrastinating, Yearning, Motivated, Organized, Uplifted, Sincere
PALS	People Accidentally Linked Somehow
PACE	Positive Attitudes Change Everything
PAUSE	Practice Awareness Until Spirit Emerges Pray and Use Spiritual Energy Paying Attention Unveils Spiritual Experience Pause and Use Step Eleven Postpone Action Until Serenity Enters
PEACE	Please Enter A Calm Experience Providing Experienced Attitude Change Everyday
PENCIL	Portable Erasable Nib Cryptic Intercommunication Language
PhD	Purpose, Hope, Direction
PILLS	Prayers, Introspection, Learning, Lasting life, Service
PLAN	Prepare Life Ahead Now Practice Living Abstinely Now
POWER	Prayer, Outreach call, Writing, Eating plan, Reflection Problems Overcome While Exercising Reliance on God

POWERLESS	Persuaded Our Will Endangers Recovery, Let go Ego, Self Surrender
PRAISE	People Respond Admirably In Sincere Encouragement
PRAY	Presence Resonates At You
PRAYER	Pursue God, Re-examine self, Affirm positively what God can do, Yield self-will, Expect positive results, Rejoice Positive Reinforcement At Your Earnest Request
PRIDE	Personal Recovery Involves Deflating Ego
PROGRAM	People Relying On God Relaying a Message
PROMISES	Promoting Reality, Onward Mobility, Instilling Service, Experiencing Serenity
PURGE	Push Up, Release Gobs of Emotion
PUSH	Pray Until Something Happens
Q-TIP	Quit Taking It Personally
RAGE	Repressed Anger Gets Expressed Resentment, Anger, Guilt, Expectations
RAINBOWS	Responsibility, Recovery, Right Abstinence Integrity, Identification, Inspiration, Illumination No Shame, Not God, Need to Turn it Over to God Beauty, Bravery Order Work the Steps, Weight Loss Service to All Also, Responsibility, Recovery, Right with God, Read conference- approved literature, Report food Abstinent Integrity, Identification, Inspiration, Illumination, Intuition No shame, Need to turn it over, Not God Beauty, Bravery Order Wacko, Weight Loss, Work steps Source, Serenity, Sanity

RECOVER		Remorseful Ego Can Overcome Vain Efforts' Resistance
RELAPSE		Relentless Ego Leads A Poor Soul Errant
SANE	**	Simply Accepting, Never Expecting
SANITY	**	Serene Abstinence Now Is The Yardstick
SERENE		Special Engineering Review of Events Nobody Envisioned
SHAME		Should Have Already Mastered Everything
SHIT		Simply How I Think
SLIP		Sobriety Losing Its Priority
SLOW		Spirit, Literature, Outreach, Write
STEPS		Solution to Everyday Problems in Sobriety
SIT	**	Stay In Today
SOAR		Straightforwardness, Openness, Acceptance, Reliability
SOBER		Spiritually On Beam, Everything's Right
SPEED		Service, Prayer and Meditation, Exercise, Emotional Sobriety, Dietary Wellness
SPONSOR		Sober Person Offering Newcomers Suggestions on Recovery Supportive Person Offering Newcomers Secrets of Recovery
STAR		Self-interest/service, Trust, Authenticity, Responsibility
STOP	** **	Spiritual Time Out Please Start Thinking/ Thanking Our Program
SUCCESS		Spiritual Understanding of Controlling Concepts, Embracing Spiritual Sustenance
SUGAR		Single Use Gives Addicts Remorse Since Unhealthy Granules Activate Relapse Surrender Unconditionally Gains Abstinence Recovery

SURRENDER	Stubborn Until Realization Enlightens, Now Defeat Enables Recovery Seriously Understate Real Recovery Entails Not Debating Every Rationalization
SWAT	Surrender, Willingness, Acceptance, Trust
TEAM	Together Everyone Achieves Much
THANKS	Thoughtful, Helpful, Always Nice, Kindhearted, Supportive
THINK	The Happiness I Never Knew Thank Heaven I Now Know Is it: Truthful, Honest, Intelligent, Necessary, Kind
TIME	This, I Must Experience
TODAY	Tracking Ongoing Daily Abstinence, Y?: because I have a body that can't handle food and a head that tells me I can
TRUST	Try Relying Upon Steps and Traditions To Really Understand Steps Two, Three and Twelve
UNITY	Undivided, Nationally Inspired, Together Year-after-Year Understanding, Non-Judgmentalness, Integrity, Trust, Yellow (for color of sun)
WAIT	Why Am I Talking?
WELL	Willing Emotional Lively Loving We Enjoy Living Life
WHO	Willing, Honesty, Openmindedness
WIN	What's Important Now
WIRED	Walk In Recovery Every Day
WOMAN	Warm, Openmindedness, Mature, Attractive, Nurturing
WOW	Willingness Over Willpower Women Of Worth
YET	You're Eligible To You're Entitled To