

OA ACRONYMS

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
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	Forget Everything's All Right Face Everything And Recover Future Events Appear Real Future Events Already Ruined 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
FREE	Finding Recovery Everlasting Eternal Fortunately Recovery Enhances Everything
FROG	Fully Relying on God
FROM	From We Resolve on Monday
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
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
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
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