

## TWELVE STEPS TO A SLIP

Every slip has a beginning. Know your danger signals.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can eat like 'normal people' again.
4. Let the other members do the 12th step work in your group. You are too busy.
5. Become conscious of your OA "seniority" and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.
9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If an unfortunate member has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.