

# Still-Struggling Member Tips to Carry the Message

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## DOs

- √ Practice the Steps and Spiritual Principles daily throughout your life.
- √ Include the Steps when discussing potential solutions.
- √ Write/journal.
- √ Maintain contact with sponsors and OA friends to receive their active listening, acceptance, and compassion.
- √ Use the Serenity Prayer and other prayers and meditate.
- √ Listen for others' experience, strength, and hope—from all Twelve Steppers.
- √ Have a sponsor to talk to.
- √ Read sections from our literature that deal with your current problem.
- √ Remember that you are not alone.
- √ Write out and follow a plan of eating.
- √ Make a gratitude list.
- √ Remember that we do not control the world or other people.
- √ Ask for help.
- √ Ensure your feedback is welcome before giving it.
- √ Trust Higher Power.
- √ Attend meetings, face to face and/or online, to see familiar faces.
- √ Let go of your perfection. Keep in mind your progress.
- √ Recognize how you identify when others share their stories.
- √ Let go.

- √ Make a Twelfth Step outreach call to see who you can help.
- √ Do service throughout your life, not only in OA.
- √ Call/text immediately when you realize you are struggling.
- √ Remember that food does not fix it.
- √ Be patient. Remember what it was like when you were a newcomer.
- √ Attend retreats, workshops, marathons, and conventions, and listen to podcasts.
- √ Take responsibility for your recovery.
- √ Take the First Step every day.
- √ Consider taking food with you when you need to be away from home.
- √ Shut the kitchen down after meals.
- √ Develop and follow a plan of action.

## **DON'Ts**

- √ Take yourself and your issues too seriously.
- √ Criticize.
- √ Treat your commitments as optional.
- √ Be inflexible or insist that your sponsees work their program exactly as you dictate. Allow for personality differences and seek out what will work.
- √ Preach.
- √ Psychoanalyze.
- √ Expect your sponsor to save you.
- √ Ignore what appears to be the truth, just to spare someone's feelings. Ask questions, with gentle love.
- √ Isolate.

## **TRADITION FIVE**

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

## **OA RESPONSIBILITY PLEDGE**

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