

## THE 12 TRADITIONS: A DESIGN FOR LIVING WITH OTHERS

1. Our common welfare should come first; personal recovery depends upon OA unity.  
SPIRITUAL PRINCIPLE – UNITY

2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.  
SPIRITUAL PRINCIPLE – TRUST

3. The only requirement for OA membership is a desire to stop eating compulsively.  
SPIRITUAL PRINCIPLE – IDENTITY/ INDIVIDUALITY

4. Each group should be autonomous except in matters affecting other groups or OA as a whole.  
SPIRITUAL PRINCIPLE - AUTONOMY

5. Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.  
SPIRITUAL PRINCIPLE – PURPOSE

6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige, divert us from our primary purpose.  
SPIRITUAL PRINCIPLE – SOLIDARITY