

12 Traditions for Relationships

1. Our common welfare comes first; a healthy relationship depends upon unity.
2. For our family or relationship purpose, there is but one authority, a loving God as he expresses himself in our informed family conscience. Each partner is God's trusted servant, neither governs.
3. Two or more persons, when gathered together for mutual benefit, may call themselves a relationship. The only basic requirement for a good marriage or relationship is a mutual desire to be in that relationship and the willingness to make it work.
4. Each partner should be autonomous, except in matters affecting the other partner, or family, or society as a whole.
5. Each marriage or relationship has but one primary purpose, to serve as an expression of God's love.
6. A partner ought not be overly supportive—spiritually, emotionally, or physically—to the marriage or relationship, lest problems of ego gratification divert him or her from the primary purpose.
7. Each partner ought to strive to be fully self-supporting in the relationship—spiritually, emotionally, and physically.
8. Our marriage or relationship should remain forever a free, giving relationship – one to the other.
9. A family or relationship should be pliable in its organization, but our group conscience may appoint certain persons responsible to serve various functions
10. A relationship should avoid heated controversy; no one wins in a heated controversy. Both lose and both hurt—and when both lose and both hurt, so does the relationship.
11. Each partner best conveys his or her beliefs and philosophy by attraction, rather than promotion; Anonymity is a valued asset in the relationship.
12. Selflessness is the spiritual foundation of our way of life as a marriage, partnership or friendship, ever reminding us to place principles before personalities.

OA Traditions

Traditions for Relationships

Our common welfare should come first; personal recovery depends upon OA unity	1	Our common welfare comes first; a healthy relationship depends upon unity.
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	2	For our family or relationship purpose, there is but one authority, a loving God as he expresses himself in our informed family conscience. Each partner is God's trusted service servant; neither governs.
The only requirement for OA membership is a desire to stop eating compulsively.	3	Two or more persons, when gathered together for mutual benefit, may call themselves a relationship. The only basic requirement for a good marriage or relationship is a mutual desire to be in that relationship and the willingness to make it work.
Each group should be autonomous except in matters affecting other groups or OA as a whole.	4	Each partner should be autonomous, except in matters affecting the other partner, or family, or society as a whole.
Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.	5	Each marriage or relationship has but one primary purpose, to serve as an expression of God's love.
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.	6	A partner ought not be overly supportive—spiritually, emotionally, or physically—to the marriage or relationship, lest problems of ego gratification divert him or her from the primary purpose.
Every OA group ought to be fully self-supporting, declining outside contributions.	7	Each partner ought to strive to be fully self-supporting in the relationship—spiritually, emotionally, and physically.
Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.	8	Our marriage or relationship should remain forever a free, giving relationship — one to the other.
OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	9	A family or relationship should be pliable in its organization, but our group conscience may appoint certain persons responsible to serve various functions.
Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.	10	A relationship should avoid heated controversy; no one wins in a heated controversy. Both lose and both hurt—and when both lose and both hurt, so does the relationship.
Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.	11	Each partner best conveys his or her beliefs and philosophy by attraction, rather than promotion. Anonymity is a valued asset in the relationship.
Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.	12	Selflessness is the spiritual foundation of our way of life as a marriage, partnership or friendship, ever reminding us to place principles before personalities.

