

# The A.W.O.L (A Way of Life) Commitments

AWOL meetings are not FA meetings. There are no rules in FA but there are rules in AWOL. AWOL is not for everyone. It is appropriate only for those who recognize the cunning, baffling, and powerful nature of the disease of food addiction. AWOL demands rigorous honesty, open mindedness, and willingness—the HOW of the program—practiced to the best of our ability. This AWOL requires us to take the commitments below to attain an abstinent, sane, serene life.

## **ABSTINENCE (SOBRIETY)**

FA defines abstinence as weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods. AWOL participants also agree to abstain from other addictive substances, including alcohol, recreational drugs, caffeine, and nicotine.

### **SPONSOR**

You are required to have a sponsor who is an FA member. We strongly suggest that your sponsor have completed at least one AWOL.

### **MEETINGS**

♣ Attendance will be taken at each session. If you miss two meetings in a row, you may not return. There are no exceptions to this rule.

♣ We stick to the keys. If sharing starts to go off in another direction, we bring it back to the keys. Please do not take this personally.

♣ You may belong to only one AWOL at a time. The only exception is when you belong to this AWOL and co-lead another AWOL.

♣ Reliance on the AWOL meeting alone is not healthy. Regular attendance at FA meetings is required.

♣ We do not participate in crosstalk or mention other member's names when we share; we share only from our own experience, using "I" statements.

## **ANONYMITY**

Anonymity is critical. We may discuss among ourselves only what goes on in the AWOL meeting. For us to be free and open with each other, we must trust each other. No portion of this meeting will be recorded. Doing so is a break of anonymity and threatens the safety and privacy of all participants.

## **VIDEO PLATFORM AWOL**

This AWOL uses a video platform. The meeting is to be treated as seriously as an in-person meeting. We will dress appropriately, and our faces must remain visible. There are no call-ins, unless previously decided upon by you and the AWOL leaders.

Sign into the AWOL 15 minutes early to say hello, resolve any technical issues or other concerns while meeting is in progress. Each participant is required to sit in a ready-to-learn position, alone, in a quiet room without the presence of other people, including babies, children, or pets which may prove to be a distraction to you or other participants.

Please refrain from using the 'Chat' feature or texting during the AWOL as it is distracting to others.

Multitasking, such as crafts, texting, working on the computer, using your phone, eating, or drinking, is not permitted. Anything less than your full participation will impede your own recovery.

Our video screens should remain open at all times, even if we need to step away.

## **MISCELLANEOUS**

We may mention food by name, but not fantasies or details.