

## **A.W.O.L "A Way of Life" Commitments**

AWOL meetings are not FA meetings. There are no rules in FA, there are rules in AWOL. AWOL is not for everyone - only for those who realize how cunning, baffling, and powerful this disease is. AWOL demands rigorous honesty, open mindedness, and willingness; the HOW of the program, practiced to the best of your ability. AWOL asks us to take commitments to attain a sober-sane-serene life.

### **ABSTINENCE (SOBRIETY):**

Abstinence is defined as weighed and measured meals with nothing in between except water, black decaffeinated coffee, decaffeinated tea or sugar-free decaffeinated beverages. Milk in tea or coffee is not allowed. Specific drugs not allowed include: sugar, flour, caffeine, nicotine, alcohol, marijuana. Prescribed or over the counter medications taken as directed are to be used only to promote good physical and mental health, not to soothe the symptoms of addiction. Everyone who adheres to these commitments is welcome. In keeping with FA's 10th Tradition, we take no position on outside issues, including those medical decisions made between you and your doctor.

### **SPONSORS:**

You are required to have a sponsor who is an FA member. We strongly suggest that your sponsor has gone through an AWOL before.

### **MEETINGS:**

Attendance at all AWOL meetings is strongly suggested. If you miss two meetings in a row, you cannot return. There are NO exceptions to this rule.

The AWOL meeting will start promptly. It is suggested that you come on time. It would be nice if everyone arrived early, before we began, in order to get to know each other.

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

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

Regular attendance at other FA meetings is required. Reliance on this meeting alone is not healthy.

### **ANONYMITY:**

Anonymity is very important. We may discuss among ourselves only what goes on at this meeting. For us to be free and open with one another, we must trust each other.

### **MISCELLANEOUS:**

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

Commitment to be taken at the 1 and 2" closed meetings:

Do you agree to the commitments just read and are you willing to give the Twelve Steps your best effort?