

## **COMMITMENTS FOR THIS AWOL**

AWOL is a comprehensive study of the Twelve Steps and Twelve Traditions in sequence intended for those who want to understand the cunning, baffling, and powerful nature of the disease of food addiction.

AWOL meetings are not FA meetings. There are no rules in FA but there are rules in AWOL. AWOL demands rigorous honesty, open mindedness, and willingness — the HOW of the program — practiced to the best of our ability.

In order to attain an abstinent, sane, serene life, this AWOL requires participants to commit to the following:

### **REMAINING ABSTINENT**

Abstinence is defined as weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods. Milk in tea or coffee is not allowed.

### **AVOIDING RECREATIONAL DRUGS**

Recreational drugs including — but not limited to — caffeine, alcohol, marijuana, and nicotine are not allowed, unless medically prescribed.

### **BEING SPONSORED**

AWOL participants are required to have a sponsor who is an FA member. We strongly suggest that your sponsor have completed at least one AWOL. Their experience and guidance will be helpful as you work through the Steps.

### **ATTENDING AWOL MEETINGS**

Consistency is essential as we progress through the Steps, so we do our best to attend every AWOL meeting. If we miss multiple “keys” of any Step, we will not benefit from the sequential study. Therefore, members who miss two meetings in a row must find another AWOL. Rather than punitive, this commitment helps maintain group cohesion and protects the recovery of AWOL members by ensuring they complete the Steps thoroughly. There are no exceptions to this rule. Please note that being more than 15 minutes late to a meeting counts as an absence.

### **BEING A MEMBER OF ONLY ONE AWOL**

You may belong to only one AWOL at a time, unless you are in this one and co-leading another one.

### **PROTECTING ANONYMITY**

For us to be free and open, we must trust each other. Therefore, we may discuss among ourselves *only* what goes on in the AWOL meeting.

### **WORKING THE TOOLS**

AWOL is a critical part of our recovery, but we can't rely on the AWOL meeting alone. Continue to connect with other food addicts on a regular basis. Regular attendance at other FA meetings is required.

## MISCELLANEOUS

This AWOL will meet weekly unless canceled for a holiday.

When sharing, we stick to the “keys” of each reading. Sometimes, sharing goes off in another direction and the AWOL leaders will ask you to bring your sharing back to the key. Though no one likes being “corrected,” this redirection is best seen as a gentle reminder to help the group stay focused on one key at a time.

We avoid crosstalk by focusing on our own experiences rather than commenting on, or even praising, what others have said.

To keep the message of recovery universal, please avoid the use of religious or political terms when sharing.

When sharing, you may mention food by name, but please refrain from food fantasies or details.

### **ZOOM USE + MEETING ETIQUETTE**

- During AWOL, please sit alone in a room and refrain from multitasking.
- Give each speaker your complete attention.
- Keep your video on to protect anonymity.
- Remain muted when not reading or sharing.
- Connect to Zoom at least five minutes early so you are ready to start promptly.