

# COMMITMENTS FOR THIS AWOL

AWOL is a comprehensive study of the Twelve Steps and Twelve Traditions-- in sequence. 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)**

Abstinence is defined as weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods. If you choose to drink tea or coffee, it must be decaffeinated. Milk in tea or coffee is also not allowed.

## **SPONSOR**

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

## **MEETINGS**

This AWOL will meet weekly; attendance at each AWOL meeting is strongly suggested. If you miss two meetings in a row you cannot return. There are no exceptions to this rule. This rule is not meant to be punitive in anyway: Recovery is rooted in working the steps in sequence, and in full. Missing multiple “keys” of any Step will negatively impact one’s personal recovery. It may also have a negative effect on the AWOL group as a whole.

The AWOL meeting will start promptly. It is suggested that you arrive on time. It would be nice if everyone arrived early, before we begin, in order to get to know one another.

We will stick to the “keys” of each reading. If sharing starts to go off in another direction, the AWOL leaders will ask you to bring your sharing back to the keys. Please do not take this personally. From time to time, the leaders may also interject a comment, before or after someone is sharing. You may belong to only one AWOL at a time unless you are in this one and co-leading another one.

Reliance on the AWOL meeting alone is not healthy. Regular attendance at other FA meetings is required. If there are no FA meetings in your area, you must attend AA meetings. Telephone conference calls, which allow us to maintain our isolation, are not considered meetings.

## **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 one another, we must trust each other.

## **MISCELLANEOUS**

- Crosstalk (speaking back to the person sharing, giving advice, clapping, etc.,) is discouraged.
- To keep the message of recovery universal, please avoid the use of religious terms when sharing.
- When sharing, we may mention food by name, but not fantasies or details.