

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 has completed at least one AWOL.

MEETINGS

Attendance is 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 going off in another direction, we return it 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 members' names when we share; we share only from our own experience, using "I" statements.

ANONYMITY

Anonymity is critical. We may discuss among ourselves only discuss what goes on in the AWOL meeting. 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. Meeting in a private space is critical to preserving the confidentiality of AWOL. Headsets and earbuds also support anonymity.

VIRTUAL AWOL REQUIREMENTS

Unless previously decided upon by you and the AWOL leaders, our screens should always remain on, even if we need to step away. We do not allow virtual backgrounds. If you are late and miss the roll call and have not previously contacted a Leader, you will be counted as absent. If you are late more than 15 minutes twice in a row, this will equate to two absences, and you will no longer be able to participate in the AWOL.

Each participant must dress becomingly and sit in a ready-to-learn position, alone, in a quiet room without other people, including babies, children, or pets, which may distract you or other participants.

Multitasking, such as crafts, texting, eating, or drinking, is not permitted. Anything less than your full participation will impede your recovery.

MISCELLANEOUS

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