

COMMITMENTS FOR THIS AWOL

AWOL meetings are not FA meetings. AWOLs are not for everyone, only for those who realize how cunning, baffling, and powerful this disease is. This AWOL demands rigorous honesty, open mindedness, and willingness to practice to the best of your ability. You must have the desire to stop eating addictively and the desire to avoid any food, substance or behavior that soothes the symptoms of food addiction.

This AWOL asks us to take commitments to attain an abstinent, sane, serene life. The co-leaders will not be taking anyone's inventory in regard to these commitments; however we would like to remind you that a commitment is something to be taken seriously and we expect each member (including ourselves) to keep to these commitments in order to remain in the AWOL group.

A.W.O.L - A WAY OF LIFE

SPONSOR:

I commit to having a sponsor who is an FA member with 6 or more months of continuous abstinence.

PARTICIPATION:

Attendance at all AWOL meetings is strongly recommended. I commit to not missing two meetings in a row.

FOCUS:

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

MEETINGS:

I understand that regular attendance at other FA meetings is encouraged and very important, and that reliance on this meeting alone is not healthy. You may only belong to one AWOL. The only exception to this rule is that you may belong to this AWOL and co-lead another AWOL.

ANONYMITY:

For us to be free and open with one another we must trust each other. I understand that anonymity is of utmost importance. I commit to only discussing any content of these meetings with current members of this group.

ABSTINENCE:

In order to focus our energies towards our recovery and working these steps, we have found that it is very important for our food to already be in its proper place. As such, I commit to maintaining my abstinence, defined as weighed and measured meals with nothing in between — no flour, no sugar and the avoidance of all individual binge foods. As co-leaders we feel it is important for you and your sponsor to work out any issues regarding the quality of your abstinence. If you feel you have had a break in abstinence, please discuss the situation with your sponsor and decide together if you qualify to continue in the AWOL.

DRUGS AND SUBSTANCES:

I commit to not imbibing specific drugs and substances including caffeine, nicotine, alcohol, recreational marijuana, and any medication taken without the guidance of my medical professional with the intent to alter the mood in the moment or provide situational relief from the symptoms of addiction.

Our recovery is based upon following the 12 Steps and 12 Traditions to the best of our abilities.