

The 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 demands rigorous honesty, open-mindedness, and willingness – the HOW of the program – practiced to the best of your ability. This AWOL asks us to take the following commitments to attain an abstinent, sane, and serene life.

ABSTINENCE (SOBRIETY): Abstinence is defined as weighed and measured meals with nothing in between — no flour, no sugar, and avoidance of all individual binge foods. No milk of any kind in decaffeinated tea or coffee is allowed. In addition, the specific drugs and substances not allowed for the duration of this AWOL include caffeine, nicotine, alcohol, and marijuana. Taking prescribed medication out of necessity to address physical or mental health issues is between you and your healthcare providers.

SPONSORS: You must have a sponsor who is an abstinent FA member. We strongly suggest that your sponsor has completed at least one AWOL.

MEETINGS & ATTENDANCE: The AWOL meeting will start promptly at 7:00 PM. Please be sure to arrive on time as part of your commitment to your recovery and the group. If you will be late to the AWOL, please get in touch with one of the leaders and let them know. Attendance at all AWOL meetings is strongly suggested. You cannot miss two meetings in a row. There are no exceptions to this rule. Attending every other meeting is not acceptable. It can be detrimental to your recovery and disruptive to the group.

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.

We do not participate in crosstalk or mention other member's names. We share only from our own experience using "I" statements.

ANONYMITY: Anonymity is essential. We may discuss only among ourselves what goes on at this meeting. 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.