

The A.W.O.L (A Way of Life) Commitments

This AWOL asks us to take the following commitments to attain an abstinent, sane, and serene life:

ABSTINENCE:

Abstinence is defined as weighed and measured meals with nothing in between—no flour, no sugar, and the avoidance of all individual binge foods. It is strongly suggested that you also let go of all artificial sweeteners.

In addition, specific drugs and substances not allowed for the duration of this AWOL include caffeine, nicotine, alcohol, marijuana, and all medication taken with the intent to alter the mood at the moment or provide situational relief from the symptoms of addiction.

Taking prescribed medication out of necessity to address physical or mental conditions is between you and your healthcare providers. As our fellowship's book, *Food Addicts in Recovery Anonymous*, states in its preface, "FA has no position or opinion on medical, religious, or any other non-FA matters, including the use or discontinuance of prescription medications." In adherence with this statement, which captures the spirit of Tradition Ten, we take no position at this AWOL on this "outside issue."

SPONSORS:

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

MEETINGS & ATTENDANCE:

The AWOL meeting will start promptly. Arrive early to settle into your seat and have your camera on as part of your commitment to your recovery and the group. Dial-in options are provided as a backup option only.

This is a committed meeting and should be treated as such. Attendance at all AWOL meetings is strongly suggested.

It is strongly suggested that you not miss two meetings in a row. Attending every other meeting is not acceptable. It can be detrimental to your recovery and disruptive to the group. However, you may miss two meetings in a row ONCE in an emergency and still participate in the AWOL. With

your sponsor's help, it is required that you keep up with group readings and writing through any absence.

We will stick to the keys. If sharing gets lengthy or starts to go in another direction, we will bring it back to the keys. Please do not take this personally. Sharing 3-5 minutes at the outside is a best practice. Watch the clock, please.

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. There is no gum chewing in this meeting.

ANONYMITY:

Anonymity is very important. Be sure you are in a private setting, or your back is to the wall, and use headphones if necessary so that the anonymity of your fellows is protected during this meeting. And we may discuss only among ourselves what goes on at this meeting. For us 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.