

DAILY REMINDERS

1. I am a compulsive overeater and I am powerless over food.
2. Compulsive overeating is a debilitating, incurable, fatal DISEASE which requires daily monitoring and treatment.
3. Too much food and too much fat have been major stressors all my life. Early on, I was chronically miserable but lived in denial that I was doing anything to harm myself or others. Today, I am constantly reminded of the physical, emotional and spiritual consequences of the years of abuse I inflicted on my body. I also acknowledge that my disease has damaged all of my relationships.
4. I cannot reach my full potential as a human being, or as a child of God, if I don't manage my disease daily.
5. Today is all I have. Yesterday is gone and tomorrow isn't promised.
6. I must live One Day at a Time in order to stay abstinent.
7. If necessary, I must live One Moment at a Time, and use all of the tools of the OA program, starting with the willingness to do whatever it takes to live in recovery.
8. Today, I am willing to trust and surrender my life and my will to God.