

Tradition Three

As Tradition Three implies, a desire to abstain, to refrain from eating compulsively, is at the heart of OA membership. There are many opinions among us, about what it means exactly, to stop eating compulsively. Nobody is excluded from OA Membership because of his or her personal opinion of how to achieve abstinence. **Note, too, that while the desire to stop eating compulsively is required, a person doesn't have to be abstinent to be welcome at OA meetings. We encourage one another to keep coming back, no matter what.**

(pages 129-135 from the pages of The Twelve Steps and Twelve Traditions of Overeaters Anonymous)