

The Spiritual Byproducts of Working the Tools

Plan of Eating

Accepting the need for help (Humility), taking personal responsibility.
Abstinence as an act of love (not restriction/deprivation). Perseverance.
Daily commitment to honesty. Developing integrity & self-discipline.

Sponsorship (Being one and having one)

Trust in something outside of ourselves; Partnership. Risking being known.
Learning to accept others. Developing empathy/compassion. Accountability.

Meetings

Finding one's true voice (courage). Becoming part of a spiritual community.
Seeking help, or bringing hope to others. Tolerance. Accept others as they are
Counting yourself in. Commitment to a common cause. Dropping masks.
Witnessing obvious miracles of recovery.

Telephone

Overcoming fear. Reaching out to others in the spirit of service. Accepting help.
Making an investment in overcoming a problem. Surrender. Humility.

Literature

Wisdom - Learning from others' experience. Expanding our perspective to
include new ideas. Willingness to better understand the extent of the problem.
Taking direction. Learning to receive by giving. Personal responsibility (to OA)

Writing

Self-examination. Seeking peace. Gain insight of the underlying causes of our
disease. Courage to face unhealthy thoughts & emotions. Trust in the process.

Anonymity

Putting principles before personalities. Moving away from ego. Seeing value in
boundaries. Respect for others and self. Avoiding gossip.

Service

Unselfishness. Taking positive action to support OA / others. Finding joy in the
little things. Making a difference to someone else. Being open-minded.
Learning by doing new things. Commitment.

Other qualities that we acquire from working the tools include:

(1) Clarity / Organization (2) Attention to detail (3) Awareness of strengths &
weaknesses, (4) Self-confidence (5) Ability to see hidden gifts (6) Seeing the
cause and effect of our actions (7) Learning that to give is really to receive
(8) Much of what seems random has a purpose