

# OA DAILY JOURNAL

## **Who am I and what am I doing?**

*(Anonymous, North Jersey OA Intergroup)*

*I am a food addict and I want to recover.*

*To that end my job today is to trust God, clean house and help others.*

*I am powerless over food and my life was unmanageable until I came to believe  
that a power greater than myself could restore me to sanity.*

*Today I humbly turn my will, my thinking and my actions (my whole life)  
Over to the care and protection of my higher power.*

## **The OA Promise**

**(also known as Rozanne's Prayer and the Unity Prayer)**

*I put my hand in yours, and together we can do what we could never do alone.  
No longer is there a sense of hopelessness, no longer must we each depend on  
our own unsteady willpower.*

*We are all together now, reaching out our hands for power and strength  
greater than ours, and as we join hands, we find love and understanding  
beyond our wildest dreams.*

## **Serenity Prayer**

*God grant me the serenity to  
Accept the things I cannot change;  
Courage to change the things I can;  
And the Wisdom to know the difference.*

What many of us do not realize is that the Serenity Prayer was written by theologian Reinhold Niebuhr, and has additional verses as follow:

*Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;*

*Taking, as He did, this sinful world  
As it is, not as I would have it;*

*Trusting that He will make all things  
Right if I surrender to His will;  
That I may be reasonably happy in this life  
And supremely happy with Him forever in the next.*

## **Our Task**

*"Reviewing our recent behavior, keeping our Higher Power in charge of our lives, asking for guidance,  
and promptly admitting our errors, becomes a sane and satisfying way of life.*

*(From the OA 12&12, p. 90)*

**Plan of eating:** *Today, extra food is not an option*

**Gratitude's:** *Today, I thank God for:*

Water: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )

(a grateful heart doesn't overeat)

Breakfast: \_\_\_\_\_

1. Abstinence

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

Lunch: \_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

Snack: \_\_\_\_\_

Something I like about myself:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

Something to keep in mind today:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Outreach calls made today** \_\_\_\_\_

**Daily Writing:** Source: \_\_\_\_\_ Pages: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

**Evening Review:** (or anytime as the need arises)

Today, was I:

Resentful? \_\_\_\_\_

\_\_\_\_\_

Selfish? \_\_\_\_\_

\_\_\_\_\_

Dishonest? \_\_\_\_\_

\_\_\_\_\_

Jealous? \_\_\_\_\_

\_\_\_\_\_

Fearful? (1. of losing something? 2. of not getting what I want? 3. of being found out?)

\_\_\_\_\_

\_\_\_\_\_

Irritable, restless or discontent? \_\_\_\_\_

\_\_\_\_\_

Was I kind and loving toward all? \_\_\_\_\_

Do I owe an apology? \_\_\_\_\_

What did I do for others? \_\_\_\_\_

What could I have done better? \_\_\_\_\_

What did I do well? \_\_\_\_\_

**Freedom from bondage Prayer:** Refer to "Self Will \* God's Will" chart on last page:

*Grant me freedom from \_\_\_\_\_ and replace it with \_\_\_\_\_*

*Grant me freedom from \_\_\_\_\_ and replace it with \_\_\_\_\_*

*God, I pray for the health, prosperity, happiness and well-being of: \_\_\_\_\_*

*All the things I pray for myself, I pray also for: \_\_\_\_\_*

<b>Self-Will:</b>	<b>God's Will</b>
Selfish and Self-Seeking Dishonest Frightened Inconsiderate Pride Greed Lust Anger Envy Sloth Gluttony Impatient Intolerant Resentment Hate Harmful Acts Self-Pity Self-Justification Self-Importance Self-Condensation Suspicion Doubt	Interest in Others Honest Courage Considerate Humility Giving Care Calm Grateful Action Moderation Patience Tolerance Forgiveness Love Good Deeds Self-Forgiveness Responsibility Modesty Self-Forgiveness Trust Faith