OA's Strong Abstinence Checklist

1. Have I been abstinent today?
2. Did I pray and meditate today?
3. Am I maintaining or working towards a healthy body weight?
4. Did I rely on my Higher Power to get or stay abstinent today?
5. Is what I am currently doing working for me to remain abstinent?
6. If I am having problems have I asked someone else what they are doing?
7. Have I made an OA call today?
8. Did I have an attitude of gratitude today?
9. Did I plan my food today?
10. Have I helped someone else today?
11. Did I have an action plan in place to stay abstinent today?
12. Do I have a sponsor and am I working the Steps with that person?