General Thoughts on Getting Newcomers Started

1. Set a time to talk or meet.

2. Set expectations in first conversation.

*honesty; daily scheduled calls; timeliness; assignments;*

*reading, writing; studying nature of problem*

3. Talk every day. Share your experience with getting honest with the food. Remember that they learn nothing when talking. They need to hear your recovery

4. Ask newcomers to view the ***Newcomer’s Orientation Video*** on <http://oahelps.org>.

5. Have them write their answer to the 15 questions for discussion with you on your first call. Go through the questions carefully with them. This is a focused self-assessment (with your help and sharing) of whether or not they have the disease. They might not or they might be in the early stages of our progressive disease, or they may already be enslaved by the disease, or somewhere in between all these things. Going through our pamphlets with them will help them assess this.

6. To help them **understand the nature of the disease** and eventually to establish a plan of eating - or to assess their plan if they already have a plan - have the newcomer read and highlight the ***Where Do I Start*** pamphlet***.*** Discuss it paragraph by paragraph (all 28 pages) with them sharing your experience. You are basically “teaching” them about the disease as you do this. This is the foundation of everything. This will take several calls

7. After the study of the ***Where Do I Start*** pamphlet, have them do the 3 column A/B/C exercise (handout, not OA literature) and, with your help, establish a precise plan of eating they will now follow.

8. After a week or two of committing their food to you and following the plan, start them on the steps. Continue daily calls and committing of food.

9. Options for questions for writing on first three steps:

- 30 questions in ***A Guide for Sponsors*** pamphlet (BB, OA 12&12, POE & Tools pamphlets)

- 48 Questions in ***OA Workbook*** (OA 12&12)

- 42 Questions in ***Sponsoring Through the Twelve Steps*** pamphlet (BB, both 12&12’s)

- 25 Questions in ***12 Step Workshop and Study Guide*** (BB, both 12 & 12’s)

10. Emphasize that they should not deviate from their daily food plan once agreed on and committed to you.

11. Ask them to weigh and measure their food – for now – in order to learn the portions that will eventually get them to a healthy body weight.

12. Suggest they weigh themselves only once a month.

13. Ask them to make daily telephone calls to three other members. Give them numbers or show them how to get numbers.

14. Get them to go to as many meetings as possible. The more meetings, the higher the probability of success.

15. By your example, begin demonstrating OA program principles, such as: *One Day at A Time, First Things First, Live and Let Live, Let Go and Let God,* no gossiping, no taking other people’s inventories, and other principles. Lead them to feel and know that our program is one of love, concern and support. We are a fellowship of people who share a common problem and a common solution.

16. Remember that slips are learning experiences. Don’t waste them! If the sponsee has a slip, have them do a slip inventory (handout, not OA literature). Emphasize that immediately telling you about the slip will empower them to get started again. Holding on to the secret usually leads to more eating. Slips do not need to become relapses.