

The Thursday Meeting Group Program Guidelines

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INTRODUCTION

The Thursday meeting was founded in 2017 by a group of OSPA members whose disease reached such a critical level they required a more structured and disciplined approach to working the steps and pathway to sponsorship. We found the consistency and unity of working with others at the same level of commitment essential to our abstinence and recovery. We became accountable for our actions, not to check items off of a list, but in a spirit of continuity, support, and service.

The Group Program Guidelines are derived from other 12-step fellowships and built on the spiritual principles of Honesty, Open-mindedness, and Willingness. We believe that abstinence is the only means to freedom from skin picking, and is the foundation of a spiritual life. We practice the Tools to help us with our skin picking behaviors. We work the Twelve Steps and follow the Twelve Traditions to experience freedom from our skin picking addiction.

The Group Program Guidelines were designed to help us both as sponsor and sponsee create transparency in our program by holding us all accountable. It is working the Twelve Steps and Twelve Traditions and using the Tools in a consistent and structured way. If a sponsor is not adhering to the guidelines the sponsee has a right to identify it and find a new sponsor. If a sponsee is not following the guidelines, the sponsor can identify if the relationship isn't working or using these guidelines is not a fit at this time.

For those of us using these guidelines, we are committed to this approach. We find it's not for people who want it or for people who need it, it's for people who do it.

The Group Program Guidelines capture our experience, strength, and hope as a collective group conscience by and for the Thursday meeting. These guidelines are not for everyone in the OSPA fellowship, and do not represent OSPA as a whole. It is suggested both sponsor and sponsee discuss these guidelines prior to committing to using them. Ultimately, the way in which you work your OSPA program is between you, your sponsor, and your Higher Power.

We pray you will find the recovery you seek. In the Thursday meeting our commitment to ourselves, each other, and the fellowship helped all of us recover together, one day at a time. We hope it does the same for you.

Welcome. We are glad you are here.

GENERAL PROGRAM

This is the program of recovery practiced by those of us using these guidelines. We have found that by approaching our recovery from skin picking in this way we are able to transition, through abstinence, into working the Twelve Steps and Twelve Traditions of OSPA and physical, emotional, and spiritual recovery.

We use the Tools of the program to support our abstinence while we work the Twelve Steps and Twelve Traditions of OSPA. In time and with practice, we learn which Tools are most effective in each situation. We may use one Tool at a time or a combination of multiple Tools. Gradually the Tools become integrated into a working part of our daily lives. For further readings on Tools see the Literature List by Topic.

Readings and writing for each of these items may vary with individual sponsors. A collection of suggested readings and writings from OSPA and other 12 step fellowships has been compiled in the Literature Lists by Topic and Program at the end of this document.

Structure of the Program

- Pre-Commitment Questions
- Qualifying Questions
- Defining Behavior Lists
- The Twelve Steps of OSPA
- The Twelve Traditions of OSPA
- Self-Care Plan
- Recovery Actions
 - Daily Reading & Writing
 - Daily Sponsor Call
 - Daily Outreach Calls
 - Weekly Meetings

Tools of the Program

1. The Behavior Lists
2. Sponsorship
3. Self-Care Plan
4. Literature
5. Writing
6. Bookending
7. Telephone & Outreach
8. Meetings
9. Anonymity
10. Service
11. Prayer and Meditation
12. Travel Plan

DAILY RECOVERY

We practice our recovery on a daily basis. Only through this consistent practice are we able to maintain our abstinence and strengthen our recovery, one day at a time with the help of our Higher Power. The following is a guide to how we structure our daily recovery.

I. Daily Reading & Writing

- We set aside 15 minutes each day to complete reading and writing as guided by our sponsor.
- If we feel we need more time to complete our writing, we may write for more than one day on a particular question or reading.
- If we find it difficult to understand or relate to the reading, we can reflect and write on why.
- Remember: There is no perfect writing, and there is no right or wrong writing.

II. Daily Sponsor Call

- We call our sponsor at the agreed upon time. This is not about perfection. It eliminates vagueness and affirms our commitment to recovery.
- Our reading and writing is completed in advance of the call.
- Our call lasts 15 minutes and follows the suggested format:
 - Start with a prayer
 - 2 minute check-in – Feelings, Qualifying Behaviors List, Days of Abstinence
 - Reading our writing as written
 - Reflection on our writing as it relates to our program
 - Receiving experience, strength, hope, and guidance
 - End with a prayer
- If issues arise outside of our daily call, we can schedule additional time with our sponsor or reach out to other OSPA members for support.
- We plan in advance with our recovery in mind. If we will be without access to the telephone, we arrange with our sponsor ahead of time another means of regular communication.
- If our sponsor will be unavailable, or has relapsed, we may “Call Out” our reading and writing to another sponsor.
 - Call Outs may be pre-arranged in advance or scheduled temporarily until our sponsor returns or a new sponsor is found.

III. Daily Outreach Calls

- We make or receive at least one telephone call per day to another OSPA member. Outreach calls help us build a network of support, and decrease our isolation.

Connecting with other members reminds us we are not alone, we share a common solution, and we help each other.

- If no one is available, we leave voicemail messages.
- Voicemail messages offer accountability to our own program, while giving service to another. Examples of voicemail messages include how we're feeling, our length of abstinence, step or program insights, sharing on the tools, a gratitude, or a planned Recovery Behavior.
- Although there are many forms of technology, telephone calls are part of our daily outreach. Experience shows our disease can hide behind texts, chats, and emails, presenting the illusion of companionship and support.

IV. Weekly Meetings

- We attend a minimum of 3 meetings per week, 1 or more of which is an OSPA meeting.
- Meetings may include face-to-face, telephone, or online meetings.
- We commit to an OSPA "home meeting" when possible, and attend that meeting regularly.
- We offer service at our recovery meetings, and in business meetings.
- We rotate our service positions for the health of ourselves, and our meetings.
- We are encouraged to share our experience, strength, and hope in meetings. Even as newcomers, we all have something positive to contribute.

ABSTINENCE

We believe that abstinence is essential to our recovery, and helps create the foundation of a spiritual life. We define our abstinence by using the tool of the Behavior Lists.

I. The Behavior Lists

- There are three Behavior Lists: Qualifying Behaviors, Dangerous Behaviors, and Recovery Behaviors.
 - Qualifying Behaviors define our abstinence, we abstain from all behaviors we have placed in this list.
 - Dangerous Behaviors increase our awareness, these behaviors may place our abstinence at risk.
 - Recovery Behaviors are life affirming, they bring us closer to our Higher Power, to ourselves, and to each other.
- Each of our Lists are defined with the help of a sponsor.
- After our Lists are complete, we start our days of abstinence and begin working the Steps.

- We discuss with our sponsor before making any changes or updates to our lists.

II. Relapse

- We define relapse as engaging in any of our Qualifying Behaviors.
- If there is a question around a Qualifying Behavior or a break in abstinence, we call our sponsor as soon as humanly possible to discuss the issue.
- Sponsors who relapse may release sponsees until recommitted continuous abstinence, as well as any other sponsored direction. This gives the sponsor the opportunity to focus on their own program.

III. Program Lapse

- We define a program lapse as:
 - Not calling on time or missing calls
 - Not doing daily reading & writing
 - Not making or receiving outreach calls
 - Not attending the minimum weekly meetings / meetings/week
- We discuss with our sponsor right away any life events, other 12-step commitments, or outside issues which create challenges in our ability to participate in our OSPA program.

SPONSORSHIP

We have found it essential to have a sponsor and to be a sponsor. A sponsor is a recovering skin picker who guides us through our program by using the Tools and working the Twelve Steps and Twelve Traditions of OSPA.

I. Sponsor Considerations

- Before starting to sponsor we discuss it with our sponsor.
- If a sponsor's recovery requires closer attention, they may stop sponsoring for a while to work on their own program.
- Before changing our sponsoring we discuss it with our sponsor.

II. Sponsor Boundaries

- Sponsors can only sponsor up to the level of their own recovery. We cannot give what we haven't experienced ourselves.
- Sponsors are fellow skin pickers who share their experience, strength, and hope. If a sponsee needs professional guidance for mental health, legal, social, or medical reasons, these are considered outside issues and beyond the role of sponsorship.
- Sponsors help each other. We do not sponsor alone. If a sponsor has a question regarding any part of the program, they call other sponsors to discuss the issue within the parameters of anonymity.

SELF-CARE PLAN

We support our abstinence and eliminate any vagueness or compulsivity in our personal grooming with a self-care plan. A self-care plan helps us perform our self-care mindfully, thoroughly, and gently. A self-care plan can also attend to other areas of our life such as nutrition, rest, and exercise as we establish balance in our recovery.

I. Creating a Self-Care Plan

- We consult with a physician or other professionals to create a clear and concise plan. We do not write it ourselves.
- We discuss our self-care plan with our sponsor. Our sponsor listens to make sure the plan is clear, easy to follow and does not include any Qualifying Behaviors.

II. Committing to a Self-Care Plan

- We follow our self-care care plan as written. We do not change or modify it without discussing it first with our sponsor.
- If we deviate from our self-care plan it is not a lapse in abstinence, however it might indicate a lack of willingness on our part and a warning we may be entering into dangerous behaviors.

PRE-COMMITMENT QUESTIONS

We have found it helpful to prepare for our commitment to recovery with a series of pre-commitment questions. We answer these after connecting with a sponsor and prior to working the Steps or defining our abstinence. These questions bring awareness to our resources and availability and offer insight on our Honesty, Open-mindedness, and Willingness.

1. What physical literature - pamphlets, books, etc. - do you have from all 12-step programs?
2. Have you written down any phone numbers from other OSPA members? If yes, how many? If no, why not?
3. Have you used any of these phone numbers to make outreach calls? If yes, what was your experience? If no, why not?
4. How many OSPA outreach calls are you currently making each day? Why or why not?
5. Do you attend OSPA meetings each week? If yes, how many? If no, why not?
6. Do you have an OSPA "home" meeting or meeting you regularly attend? Why or why not?
7. Do you do service at OSPA meetings? (Ex: reading, timing, showing up early and greeting others, staying after in fellowship, welcoming newcomers, etc.)
8. Are you currently working any other programs? If yes, which step are you on?
9. Do you have sponsors in other programs? If yes, are they aware of you working multiple programs?
10. Do you have service commitments in other programs? If yes, what are they? (Ex: chairing a meeting, representing a meeting, sponsees, etc.)
11. What are your everyday priorities? Is recovery in OSPA your highest priority? Are you being fully honest with yourself?
12. What do you hope to receive from working the Twelve Steps of OSPA?
13. What do you hope to receive from Sponsorship in OSPA?
14. Are you open to receiving guidance and direction toward a new way of recovery from skin picking? Why or why not?
15. Have you reached out to other OSPA members to ask what they are doing in their program and for their recovery? If yes, what resonated with you? If no, why not?
16. What is your definition of abstinence?

17. Do you think abstinence from skin picking is important? Why or why not?
18. Do you believe there is a difference between abstinence and recovery? If so, what is it? If no, why not?
19. What are you currently doing to get abstinent? Is it working? Why or why not?
20. Are you afraid to get abstinent? Why or why not?
21. What tools or resources are you using to control your skin picking? Are they working? Why or why not?
22. Do you secretly believe someday you will be able to control your skin picking? Why or why not?
23. Are you willing to go to any lengths for your abstinence and recovery? What does that look like for you?
24. Are you willing to discard all picking materials, items and triggers you are currently aware of and are within your ability to do so?
25. Do you believe skin picking is an addiction? Why or why not?
26. Do you believe skin picking is a disease of the mind, body, and/or spirit? Why or why not?
27. What place does skin picking have in your life today?
28. What place does recovery have in your life today?
29. Does skin picking affect your quality of life? If yes, how? If no, why not?
30. In what areas are you still dishonest, close-minded, and unwilling to do whatever it takes to get abstinent and stay abstinent from skin picking?

TWELVE QUALIFYING QUESTIONS

We answer these questions to help determine our Qualifying Behaviors. We work closely with our sponsor as we go through them. It is important to be as thorough as possible and to answer them with rigorous honesty. They are not meant to be critical or shaming, rather to shed light on the ways in which we have been affected by the disease of skin picking.

1. Have you ever tried to control how much you pick at your skin or how often you pick at your skin?
2. Have you made promises to yourself or others or repeated attempts to stop picking and continually found yourself unable to do so?
3. Do you feel shame, remorse, anger, or regret after picking or isolated and alienated by the aftermath and scarring?
4. Do you feel secretive about your skin picking and go to great lengths to hide it, not wanting anyone to know or discover the behavior?
5. Do you get euphorically “high” after picking or find yourself moody and irritable if you have to interrupt the process of picking?
6. Are you unable to stop picking even though you know it is destructive to you, and relationships around you?
7. Have you ever had to seek medical or dental attention as a result of your skin picking behaviors?
8. Does your skin picking affect your home, family, friendships, personal relationships, or work?
9. Have you ever missed important opportunities or engagements because you are unable to cover up picking wounds or scars?
10. Do you go into a trance, disassociate, or “process” feelings or emotions when you pick?
11. Have you picked at times or in places you never thought you would have or found yourself picking even though you really didn’t want to?
12. Do you feel caught up in a picking cycle you cannot escape or control?

LITERATURE LIST BY TOPIC

I. HOW Concept / Introduction

- A.A. Book - Alcoholics Anonymous
 - [Freedom From Bondage - p. 549-550](#)
- OSPA - [OSPA Welcome](#)
- OSPA - [OSPA Preamble](#)
- OSPA Thursday Meeting - The Pre-Commitment Questions

II. Addiction & Compulsive Disease

- A.A. Book - Alcoholics Anonymous
 - [The Doctor's Opinion](#)
 - [Bill's Story](#)
 - [There is a Solution](#)
 - [More About Alcoholism](#)
 - [A Vision for You](#)
- NA Pamphlet
 - [IP No 1 - Who What How and Why](#)
 - [IP No 5 - Another Look](#)
 - [IP No 12 - The Triangle of Self-Obsession](#)
- SAA Green Book - [Our Addiction](#)
- SAA Pamphlet - [The Bubble](#)

III. Sponsorship

- A.A. Book - Alcoholics Anonymous - [Working with Others](#)
- A.A. Pamphlet - [Questions & Answers on Sponsorship](#)
- DA Leaflet - [Sponsorship](#)
- NA Pamphlet - [IP No 11 - Sponsorship, Revised](#)
- SAA Booklet Tools of Recovery - [Sponsorship](#)
- SAA Green Book - [Sponsorship](#)
- SAA Pamphlet - [Getting a Sponsor](#)

IV. The Behavior Lists

- OSPA - The Twelve Qualifying Questions
- SAA Booklet Tools of Recovery
 - [The Three Circles](#)
 - [Getting Honest about the Middle Circle](#)
 - [Outer Circle Activities](#)
- SAA Green Book - [Defining Abstinence](#)
- SAA Pamphlet
 - [Abstinence](#)
 - [First Step to Recovery](#)
 - [Three Circles](#)

V. Withdrawal & Relapse

- DAHOW - [30 Day Recommitment Questions](#)
- NA Pamphlet - [IP No 6 - Recovery & Relapse](#)
- SAA Booklet Tools of Recovery - [Living Through the Discomfort of Withdrawal](#)
- SAA Green Book
 - [Withdrawal & Relapse](#)
 - [Keep Coming Back](#)

VI. Tool Tuesday

- A.A. Booklet - [Living Sober Online](#) & [Living Sober PDF](#)
- DAHOW Tools of Recovery - [Meeting Format Excerpt](#)
- DA Leaflet
 - [A.A. Literature](#)
 - [Anonymity](#)
 - [Business Meetings](#)
 - [Service](#)
- DA Pamphlet
 - Awareness
 - Meetings
 - Using the Telephone and the Internet
- NA Book - Living Clean: The Journey Continues
- NA Pamphlet
 - [IP No 8 - Just for Today](#)
 - [IP No 9 - Living the Program](#)
- OA Pamphlet - The Tools of Recovery
- SAA Booklet - [Tools of Recovery](#) (36 Tools)
- SAA Green Book
 - [Meetings](#)
 - [Outside Help](#)
 - [Tools of Recovery](#)

VII. The Twelve Steps of OSPA

- A.A. Book - Alcoholics Anonymous
 - [How It Works](#) (Step Three to Step Four)
 - [Into Action](#) (Step Five to Step Eleven)
 - [Working with Others](#) (Step Twelve)
 - [We Agnostics](#) (Step Two)
 - [Appendix II - Spiritual Experience](#) (Step Two)
- A.A. Twelve Steps and Twelve Traditions – [Step One to Step Twelve](#)
- DA Book - The Twelve Steps, Twelve Traditions, and Twelve Concepts of Debtor's Anonymous – Step One to Step Twelve
- DAHOW - [Resources](#)

- [90 Questions on Steps One through Three](#)
 - [30 Day Recommitment Questions](#)
 - [Fourth Step Close Study](#)
 - [Sixth Step Close Study](#)
 - [Steps Six through Twelve](#)
 - [Seventh Step Close Study](#)
 - [Eighth Step Close Study](#)
 - [Step Eight and Nine Worksheet](#)
 - [Step Eleven Prayers and Meditations](#)
- DA Pamphlet
 - Spirituality
 - The Twelve Steps of D.A.
- NA Book
 - It Works and Why: The Twelve Steps and Twelve Traditions of Narcotics Anonymous - Step One to Step Twelve
 - The Narcotics Anonymous Step Working Guides - Step One to Step Twelve
- NA Booklets
 - [An Introductory Guide to NA](#)
 - [White Booklet](#)
 - [Working Step Four in NA](#)
- OA Book - Twelve Steps and Twelve Traditions
 - Introduction
 - Step One to Step Twelve
- SAA Green Book
 - [Our Program](#)
 - [Step One to Step Twelve](#)
 - [The Steps are the Spiritual Solution](#)

VIII. The Twelve Traditions of OSPA

- A.A. [The Twelve Traditions Illustrated](#)
- A.A. Pamphlet - [A.A. Tradition How it Developed](#)
- AA Twelve Steps and Twelve Traditions - [Tradition One to Tradition Twelve](#)
- A.A. [Twelve Traditions Checklist](#) from the A.A. Grapevine
- DA Book - The Twelve Steps, Twelve Traditions, and Twelve Concepts of Debtor's Anonymous - Tradition One to Tradition Twelve
- NA Book - It Works and Why: The Twelve Steps and Twelve Traditions of Narcotics Anonymous - Tradition One to Tradition Twelve
- OA Twelve Steps and Twelve Traditions
 - Introduction
 - Tradition One to Tradition Twelve
- SAA Green Book
 - [Our Purpose: Service](#)
 - [Tradition One to Tradition Twelve](#)

IX. Group Service

- Al-Anon Leaflet
 - [Taking a Group Inventory G-8](#)
 - [Taking a Group Inventory G-8a](#)
 - [Taking a Group Inventory Methods and Reflections G-8b](#)
- Al-Anon Booklet - [Al-Anon Service Manual 2018-2021](#)
- DA Booklet
 - [Debtors Anonymous Manual for Service](#)
 - [Treasurer's Manual](#)
- DA Leaflet
 - [50 Ways to Be of Service](#)
 - [Business Meetings](#)
 - [How to Keep Your Meeting Alive](#)
 - [Group Inventory](#)
 - [GSO: General Service Office](#)
 - [GSR: General Service Representative](#)
 - [Service](#)
- NA Booklet
 - [The Group Booklet, Revised](#)
 - [Twelve Concepts for NA Service](#)
- NA Pamphlet
 - [IP No 2 – The Group](#)
 - [NA: A Resource in Your Community](#)
- OA Leaflet - [How to be an Effective Trusted Servant](#)
- SAA Pamphlet
 - [Group Guide](#)
 - [Intergroup Guide](#)

X. Additional Support

- A.A. Book - Alcoholics Anonymous
 - [To Wives](#)
 - [The Family Afterwards](#)
 - [To Employers](#)
- SAA Green Book - [Outside Help](#)
- SAA Booklet - [Tools of Recovery](#) (Outside Help)

XI. Daily Readers

- A.A. Book
 - As Bill Sees It
 - [Daily Reflections](#)
- Al-Anon Book

- Courage to Change
 - Hope for Today
 - One Day at a Time
- NA Book - Just for Today: Daily Meditations for Recovering Addicts
- SAA Book - [Voices of Recovery](#) - Daily Meditation Book

XII. History of the Twelve Step Program

- A.A. Book - Alcoholics Anonymous
 - [Forward to the First Edition](#)
 - [Forward to the Second Edition](#)
 - [Forward to the Third Edition](#)
 - [Forward to the Fourth Edition](#)
- A.A. Book - A.A. Comes of Age: A Brief History of A.A.
- A.A. Book - Dr. Bob and the Good Oldtimers (The life story of the Fellowship's co-founder interwoven with recollections of early A.A. in the Midwest)
- A.A. Book - Pass It On: The Story of Bill Wilson and How the A. A. Message Reached the World (Biography of A.A.'s co-founder and the development of the Fellowship)

LITERATURE LIST BY PROGRAM

- **Alcoholics Anonymous Literature**

- https://www.aa.org/pages/en_US/aa-literature

- A.A. Book - Alcoholics Anonymous
 - [Forward to the First Edition](#)
 - [Forward to the Second Edition](#)
 - [Forward to the Third Edition](#)
 - [Forward to the Fourth Edition](#)
 - [The Doctor's Opinion](#)
 - [Bill's Story](#)
 - [There is a Solution](#)
 - [More About Alcoholism](#)
 - [We Agnostics](#)
 - [How It Works](#)
 - [Into Action](#)
 - [Working with Others](#)
 - [To Wives](#)
 - [The Family Afterward](#)
 - [To Employers](#)
 - [A Vision for You](#)
 - [Freedom From Bondage - p. 549-550](#)
 - [Appendix II - Spiritual Experience](#)
- A.A. Books
 - A.A. Comes of Age: A Brief History of A.A.
 - Dr. Bob and the Good Oldtimers (The life story of the Fellowship's co-founder interwoven with recollections of early A.A. in the Midwest)
 - Pass It On: The Story of Bill Wilson and How the A. A. Message Reached the World (Biography of A.A.'s co-founder and the development of the Fellowship)
- A.A. Booklet [Living Sober Online](#) & [Living Sober PDF](#)
- A.A. Daily Readers
 - As Bill Sees It
 - [Daily Reflections](#)
- A.A. Pamphlets
 - [Questions & Answers on Sponsorship](#)
 - [A.A. Tradition How It Developed](#)
- A.A. [Twelve Steps and Twelve Traditions](#)
- A.A. [Twelve Traditions Checklist](#) from the A.A. Grapevine
- A.A. [The Twelve Traditions Illustrated](#)

- **Al-Anon Literature**

<https://al-anon.org/for-members/members-resources/literature/>

- Al-Anon Daily Readers
 - Courage to Change
 - Hope for Today
 - One Day at a Time
- Al-Anon Leaflet
 - [Taking a Group Inventory G-8](#)
 - [Taking a Group Inventory G-8a](#)
 - [Taking a Group Inventory Methods and Reflections G-8b](#)
- [Al-Anon Service Manual 2018-2021](#)

- **Debtors Anonymous Literature**

<https://debtorsanonymous.org/fellowship-services/order-literature/>

- DA Book - The Twelve Steps, Twelve Traditions, and Twelve Concepts of Debtors Anonymous
- DAHOW - [Resources](#)
 - Tools of Recovery - [Meeting Format Excerpt](#)
 - [90 Questions on Steps One through Three](#)
 - [30 Day Recommitment Questions](#)
 - [Fourth Step Close Study](#)
 - [Sixth Step Close Study](#)
 - [Steps Six through Twelve](#)
 - [Seventh Step Close Study](#)
 - [Eighth Step Close Study](#)
 - [Step Eight and Nine Worksheet](#)
 - [Step Eleven Prayers and Meditations](#)
- DA Leaflets
 - [A.A. Literature](#)
 - [Anonymity](#)
 - [Business Meetings](#)
 - [Debtors Anonymous Manual for Service](#)
 - [50 Ways to Be of Service](#)
 - [Group Inventory](#)
 - [GSO: General Service Office](#)
 - [GSR: General Service Representative](#)
 - [How to Keep Your Meeting Alive](#)
 - [Service](#)

- [Sponsorship](#)
 - [Treasurer's Manual](#)
 - [Fifteen Questions to Ask Yourself about Compulsive Debting](#)
 - [Twelve Signs of Compulsive Debting](#)
 - [Twelve Promises of Debtors Anonymous](#)
 - DA Pamphlets
 - Awareness
 - Meetings
 - Spirituality
 - The Twelve Steps of D.A.
 - Using the Telephone and the Internet
- **Narcotics Anonymous Literature**
 - <https://www.na.org/ips>
 - NA Book
 - It Works and Why: The Twelve Steps and Twelve Traditions of Narcotics Anonymous
 - The Narcotics Anonymous Step Working Guides
 - Living Clean: The Journey Continues
 - NA Booklets
 - [White Booklet](#)
 - [The Group Booklet, Revised](#)
 - [Twelve Concepts for NA Service](#)
 - [An Introductory Guide to NA](#)
 - [NA: A Resource in Your Community](#)
 - [Working Step Four in NA](#)
 - NA Daily Reader - Just for Today: Daily Meditations for Recovering Addicts
 - NA Pamphlets
 - [IP No 1 - Who What How and Why](#)
 - [IP No 2 – The Group](#)
 - [IP No 5 - Another Look](#)
 - [IP No 6 - Recovery & Relapse](#)
 - [IP No 8 - Just for Today](#)
 - [IP No 9 - Living the Program](#)
 - [IP No 11 – Sponsorship, Revised](#)
 - [IP No 12 - The Triangle of Self-Obsession](#)
- **Obsessive Skin Pickers Anonymous Literature**
 - <https://www.osparecovery.org/literature>

- OSPA Thursday Meeting - The Pre-Commitment Questions
- OSPA - [The Twelve Qualifying Questions](#)
- OSPA - [OSPA Welcome](#)
- OSPA - [OSPA Preamble](#)

- **Overeaters Anonymous Literature**
<https://bookstore.aa.org/>
 - OA Book - The Twelve Steps and Twelve Traditions of Overeaters Anonymous
 - OA Pamphlets - The Tools of Recovery

- **Sex Addicts Anonymous Literature**
<https://saa-recovery.org/literature>
 - [SAA Green Book](#)
 - Our Addiction
 - Meetings
 - Sponsorship
 - Defining Abstinence
 - Our Program: The Twelve Steps of SAA
 - Tools of Recovery
 - Withdrawal and Relapse
 - Outside Help
 - Our Purpose: Service
 - The Twelve Traditions of SAA
 - Keep Coming Back
 - The Steps are the Spiritual Solution
 - SAA Daily Reader - [Voices of Recovery](#) – Daily Meditation Book
 - SAA Booklets - [Tools of Recovery](#)
 - SAA Pamphlets
 - [Abstinence](#)
 - [First Step to Recovery](#)
 - [Getting a Sponsor](#)
 - [Group Guide](#)
 - [Intergroup Guide](#)
 - [Recovery from Compulsive Sexual Avoidance](#)
 - [The Bubble](#)
 - [Three Circles](#)