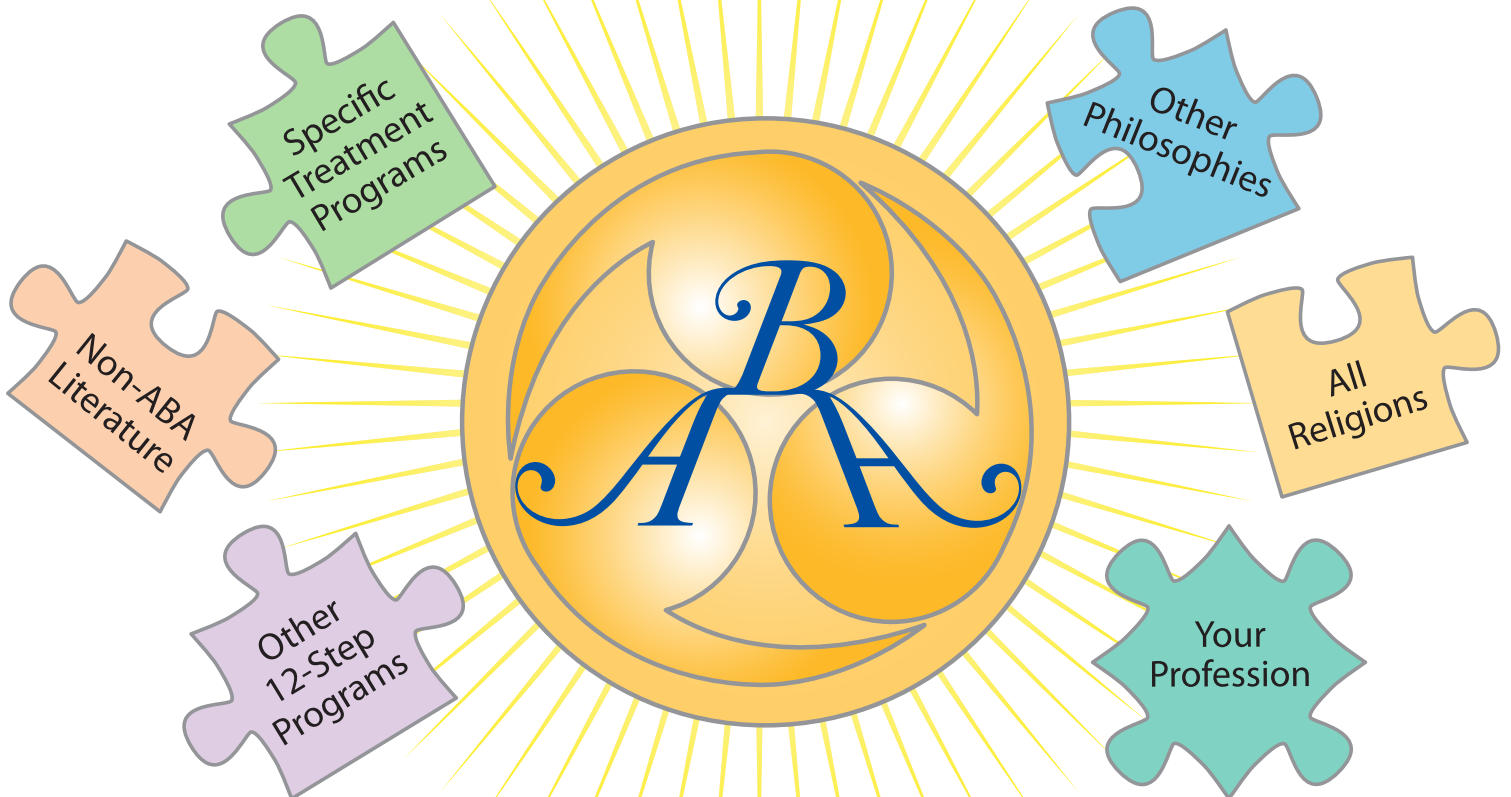


Our unity is our most precious attribute, so the message we carry must be simple and clear to avoid confusing anyone or blurring the unique nature of ABA. ABA is not a "food fellowship" and we are not addicted to food. There are many concepts and terms which don't fit with our approach and which obscure the unique message of ABA. Examples include "food addiction," "abstinence," a common meal plan, "trigger foods," "binge foods," "bad" or "good" or "unsafe" or "safe" foods, "food sponsor," "sugar allergy," weighing and measuring food, diet plans, calorie-counting, weight-monitoring, and food journals. These ideas do not belong in ABA meetings.

In keeping with our 12 Traditions (particularly Traditions 6 & 10) we also ask people to refrain from referring to specific treatment programs and professionals, all religions, other philosophies, your profession, literature not endorsed by ABA, other 12-Step programs, and all outside issues.

Keep the focus on our program please!

These pieces don't fit in ABA meetings...



Please keep the focus on our program!