

The Twelve Traditions of Processed Food Anonymous

1. Our common welfare should come first; personal recovery depends upon PFA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for PFA membership is a desire to stop ingesting processed food.
4. Each group should be autonomous except in matters affecting other groups or PFA as a whole.
5. Each group has but one primary purpose — to carry its message to the processed food addict who still suffers.
6. A PFA group ought never endorse, finance, or lend the PFA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every PFA group ought to be fully self-supporting, declining outside contributions.
8. Processed Food Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. PFA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Processed Food Anonymous has no opinion on outside issues; hence the PFA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**Our Primary Purpose is
to abstain from processed
foods, and to carry the
message of recovery
to other processed
food addicts.**

**You are not alone;
together we can.**



**ProcessedFoodAnonymous.org
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**Processed
Food
Anonymous**



Are You a Processed Food Addict?

To help you decide, you may want to answer the following questions as honestly as you can.

1. Do you believe that on some level (one day) you will gain control and enjoy ingesting processed foods?
2. Do you often hide what you ingest or disguise the amount you ingest?
3. Are you baffled as to why you are successful in many ways, yet seem to have a total inability to manage the amount of processed food you ingest?
4. Even though you know the consequences, you cannot 'stay' stopped when it comes to ingesting processed foods?
5. Do you find once you 'stop' ingesting processed foods, you experience withdrawal symptoms such as feeling depressed, anxious, irritable or angry, which can ONLY be relieved by going back and ingesting more processed foods?
6. Do you find all is well, then out of the blue you are compelled to ingest processed foods, and before you know it, you have taken that first bite again and cannot stop?
7. Have you substituted other substances such as diet sodas, gum or sweeteners,

diet pills, nicotine, narcotics, alcohol, etc., to 'manage or control' your processed food problem?

8. Is being thin or losing weight the most important thing in your life above everything else?
9. Is your work life, home life or life in general becoming unmanageable or out of control?
10. Do you turn to processed food to manage your life's ups and downs?



1. We admitted we were powerless over processed food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to processed food addicts and to practice these principles in all our affairs.

