

# OA SLOGANI

- ▶ Vsak dan posebej. — *One day at a time.*
- ▶ Spusti in prepusti. — *Let go and let God.*
- ▶ Lepo po vrsti. — *First things first.*
- ▶ Živi in pusti živeti. — *Live and let live.*
- ▶ Držati zamero je enako kot piti strup, zato da bo druga oseba umrla. — *Holding a Resentment is like drinking poison and expecting the other person to die.*
- ▶ Napredek, ne popolnost. — *Progress, not perfection.*
- ▶ Ne mislim si manj o sebi, manj mislim nase. — *I don't think less of myself, I think of myself less.*
- ▶ Treznost ne pomeni postati trezen, temveč ostati trezen. — *Sobriety is not about getting sober, it's about staying sober.*
- ▶ Če se osredotočim na program, bom izgubil kilograme. Če se osredotočim na kilograme, bom izgubil program. — *If you focus on the program, you'll lose the weight. If you focus on the weight, you'll lose the program.*
- ▶ Okrevanje je vseživljenjsko delo. Zato imamo celo življenje časa, da ga opravimo. — *Recovery = a lifetime of work. That's why we're given a lifetime to do it.*
- ▶ Ne odnehaj, dokler se ne zgodi čudež. — *Don't give up until the miracle happens.*
- ▶ Ko človek poskusi kontrolirati svojo odvisnost, je že izgubil kontrolo. — *When a person tries to control their addiction they have already lost control.*
- ▶ Človeka ne vodi v norost izziv današnjega dne, temveč obžalovanje in grenkoba preteklih dni ter strah pred tem, kaj prinesejo prihodnji dnevi. — *It is not the experience of today that drives people mad----it is the remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.*
- ▶ Ne prenašaj odvisnika, prenašaj sporočilo. — *Don't carry the addict, carry the message.*

- ▶ Abstinenca me osvobodi in mi omogoči, da izbiram zdravo hrano, zdrave prijatelje in zdrave misli. — *Abstinence frees me to choose healthy foods, healthy friends, and healthy thoughts.*
- ▶ Izolacija je črna soba, v kateri razvijem svoje negative. — *Isolation is the dark room where I develop my negatives.*
- ▶ Bolezen hrani bolezen. — *Disease feeds the disease.*
- ▶ Hrana je gorivo. Ni moj ljubimec ali prijatelj. — *Food is fuel. It is not my lover or friend.*
- ▶ Na OA srečanja pridem le v 2 primerih: če hočem ali če nočem. — *There are two times when you go to an OA Meeting: when you want to and when you do not want to!*
- ▶ Ne razlagaj Višji sili kako veliki so tvoji problemi, svojim problemom pojasni kako velika je tvoja Višja sila. — *Don't tell GOD how big your problems are, tell your problems how big GOD is.*
- ▶ Ključ do prihodnosti je odpuščanje. — *The key to the future is forgiveness.*
- ▶ Pred OA smo imeli glavo, polno znanja in srce, polno praznine. — *Before OA, I had a head full of knowledge and a heart full of nothing.*
- ▶ Potrebujem meje okoli hrane ali pa me bo hrana pokopala. — *I need boundaries around food or I would bury myself alive with food.*
- ▶ Hrana me je ohranjala v nevtralnem razpoloženju, zato da ne bi čutil bolečine ali veselja. — *FOOD kept me neutral so I would not feel pain or joy.*
- ▶ Iskrenost me ozdravlja. — *The honesty is healing me.*
- ▶ Če me je Višja sila pripeljala do sem, me bo vodila tudi skozi to. — *If God brings you to it, He will bring you through it.*
- ▶ Pomni: lahko pogledaš nazaj, vendar ne strmeti. — *Remember: It's ok to look back but don't stare.*
- ▶ Ne zahvaljujem se Višji sili, ker mi je odprla vrata do nebes in me spustila notri. Zahvaljujem se Višji sili, ker mi je odprla vrata pekla in me spustila ven. — *I don't thank God for opening the gates of Heaven and letting me in, I thank God for opening the gates of Hell and letting me out*

- ▶ Obstaja Bog, vendar to nisem jaz. — *There is a GOD and I am not it.*
- ▶ Hvala Bogu za OA in hvala OA za Boga. — *Thank God for Overeaters Anonymous and thank Overeaters Anonymous for God.*