

OVEREATING

- Do you struggle with overeating or constant dieting?
- Have you been on a diet and lost all the weight, but need support not to go back to unhealthy behaviors?
- Do you ever feel out of control and unable to stop eating?
- Do you eat out of frustration, anger, or fear?
- Does it seem impossible to eat only when you are hungry and stop when you are full?
- Do you eat to feel comfort?

THE PROBLEM

- Throughout our lives many of us have turned to food to ease our pain or fear.
- We felt comfort in eating and found ourselves turning to food whenever we were hurt, angry or frustrated.
- Food became our comforter, our friend.
- Some of us may have one certain food that we can not stop eating, or are unable to eat only in healthy amounts.
- Some of us may have been emotionally, physically or sexually abused and use food to cope with the emotions of those events
- Some of us may have had healthy eating habits as children or young adults, but at some point in our lives we chose to overeat and lost the ability to discern when we were physically hungry or when we were physically full.
- Some of us may have turned to food after obtaining sobriety in other areas.
- We thought food was "safe," not realizing it could become our "drug of choice".
- We have focused on our body image instead of our health.
- Many of us have tried various diet programs, exercising, medications or many other ways of trying to control our eating habits.
- We have failed over and over and are left feeling guilty, incapable and unlovable.
- We have given in to the idea that there is one perfect diet or pill out there that can save us, if only we could find it.
- Some of us believe that thin people do not struggle with food addiction. We have also failed to recognize food as our "drug of choice".
- As a result of our food addiction we feel out of control and may struggle with many other areas of our lives.
- Some of us have low self esteem which may affect our motivation, and our relationship with God and others.

THE SOLUTION

- We came to realize that we could not control our addiction to food and that we are powerless.
- We understand that our problems are emotional and spiritual.
- We have become ready to face our denial and accept the truth about our lives and our food addiction.

- We are ready to accept responsibility for our actions and make Jesus the Lord of our lives.
- We are dedicated to learning about healthy eating.
- We are committed to learning the difference between physical and emotional hunger.
- We are willing to turn to God when we are not physically hungry.
- We will begin to view food as fuel for our body so that we will not eat unless we are physically hungry and stop when we are physically full.
- We are willing to begin the process of recovery and working through the 12 steps to heal ourselves, and start living the life God has planned for us.
- We are willing to find a sponsor and accountability partners.
- We realize our group provides a safe place to share our fears, hurt or anger and also is a place to rejoice in victories.
- We have become willing to face our character defects and work through these feelings in our group.
- We are willing to take the focus off of food and focus on God.
- We recognize that recovery from food addiction is not about our body image or what foods we eat, but it is about trusting God and having an intimate relationship with Him.
- We are willing to believe and trust in God's love for us, and to see ourselves as He sees us.
- We are willing to seek a closer relationship with God.
- By facing our fears we have realized that Jesus Christ and the Holy Spirit are what we need to overcome them.
- As we surrender our food addiction to God, we will come to know that He is all we need.
- We will continue to seek a daily quiet time with God and will rely on the Holy Spirit as our source of comfort. We will be transformed by the renewing of our minds.
- We will use the tools of recovery: calling our accountability partners, journaling and reading the Bible.