



Diagnose Yourself

“If when you honestly want to, you find you cannot quit entirely, or if when drinking* you have little control over the amount you take, you are probably alcoholic. ** If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.”

(Big Book of AA, p.44)

* **Compulsively eating**

** **A compulsive eater**

Overeaters Anonymous welcomes everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Each group has but one primary purpose to carry the message to the compulsive overeater who still suffers.

Overeaters Anonymous, Inc.(OA)

World Service Office (WSO)

www.oa.org

Overeaters Anonymous, Inc. is a non-profit organization

Phone meetings (Eastern Time)

Saturday 6:00 pm & 7:00 pm

Monday-Friday 7:30 pm

Sunday-Friday 9:00 pm

435-777-2200 code# 300600#

Monday—Thursday 8:00 am

563-999-2090, code # 476274

Every Night 11:00 pm

712-432-5200, code 4285115


For more information go to:

www.oabigbooksolutiongroup.org

YOUR LOGO HERE

All meetings are registered with OA WSO and can be found on www.oa.org

Overeaters Anonymous Big Book Solution Group



Do you have a
Serious problem
With compulsive
Eating?



Anonymous. Free of Charge .

Normal food related behavior:

Eat when you are hungry, stop when you are full

Eating foods that you like and help you feel energized and healthy

Sometimes eating more than necessary, but not worrying about it

Sometimes eating less (e.g. when you don't like a certain food) - and also not worrying about it

If food is around, you can take it or leave it alone

Exercising moderately, to support your health.

Problem food related behavior

Eating when you are not hungry

Eating until you're stuffed or even sick

Regularly eating foods you know are bad for you or make you feel badly

Eating for emotional reasons (e.g. to calm your nerves or soothe disappointment)

Eating in a way that makes you feel guilty, ashamed, or embarrassed

Spending a lot of time thinking about food, dieting, and or your weight or shape

Compulsively counting calories

Exercising more than reasonably, even if you can't (you're injured) or don't want to (e.g. illness, fatigue, weather)

THINGS WE HAVE TRIED

Studying nutrition. Not eating alone. Eliminating certain ingredients from our diet.

Changing jobs. Rewarding ourselves with money for being "good" on our diet. Eliminating flour and sugar. Consulting psychologists and nutritionists. Eating disorder clinics. Seminars. Emotional techniques. Hypnosis. Affirmations. Self-help books. Pills and teas for losing weight. Moving to another state or country.

Attempting to figure out the reason for our compulsive behavior.

Keeping food in the freezer.

Throwing away food. Getting rid of the refrigerator and buying food only for one day. Throwing up, laxatives and surgery. Physical exercise until exhaustion.



And still we
relapsed

There is a Solution

Compulsive eating is an illness, but there is a solution. We are the chronic variety of compulsive eater and have recovered by working the 12-steps as outlined in 1939 in the 'Big Book' of *Alcoholics Anonymous*, adapted for compulsive eating. We found freedom, joy, and a new way of life. "We feel as though we had been placed in a position of food neutrality." (Big Book AA, p.85).

OA Big Book Solution Group. (n.d.). Retrieved from :

<http://www.oabigbooksolutiongroup.org/>

If you would like to learn more about compulsive eating and the 12-step program of recovery, you can dial in to a phone meeting.

You may also wish to visit-

www.obigbooksolutiongroup.org