

My truth is that I am a compulsive overeater and state it every day when I start my morning prayer to G-D, my Higher Power by saying "I humble myself to You as a compulsive overeater." I will always be a compulsive overeater, but as long as I do not practice the actions and behaviors that can get me into trouble (relapse), follow the plans laid out in the steps, literature to read, be honest with myself and my sponsor, share at meetings, and connect with other recovering souls, I have a good chance I will not pick up the foods and quantities that took me down a deep hole several year ago, and lasted too long. I wasn't even smart enough to realize what was going on. One food led to another. So when people ask or look at me and say I am too thin, I do not insult them and tell them to mind their own business, but I do ask if they ever saw me too fat, at 304 pounds. Subject closed.

Each day, I say steps 1,2,and 3. I believe in all the steps, but the first three have to be activated as I say to G-D that I DO turn my life and my will over to You.

I work a very disciplined program. The repetition of day after day helps, along with the perseverance, patience, practice and prayer which lead to my progress.

Program first. Every day there are challenges in my life and I ask for help with the challenges and decisions. I also ask G-D to help me remember I am still a compulsive overeater and need help to keep the foods and quantities out of my hands.

I have no pride about my disease. Neither do I have fear any more, or guilt and shame.

Thank You G-D for taking care of me by choosing me for recovery, for giving me what I need on a daily basis, for removing what needs to be removed on a daily basis, and for loving me as the person I have become.

I entered Overeaters Anonymous as a scared woman of 38 years, afraid I was going to die every day, with a diagnosis of 'seriously high' high blood pressure. I am now 81 and looking forward to each day and the miracles around me.

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