

All of the messages I heard at my first meeting eased my feelings of why I was different from other eaters. The answer came when the leader announced "I have a disease of fear, doubt and insecurity which has manifested itself into compulsive overeating." She continued by saying "It is not a moral issue." I started to cry. These people understood me. Everyone's heads were bobbing up and down as each speaker spoke of their own experiences in living with the disease and what they have done in recovery. I was sold. People were announcing how long the weight had been off from their bodies. The statement from my doctor was that this program had the best success not only losing weight, but keeping it off. Ten years, five years: it didn't matter, I knew I was in the right place. My sponsor showed me a paper with the food plan she was on. I followed all her suggestions.

My mind was always in dieting mode, so I followed it easily. Diets, at least most of them, was to abstain from snacks midday or evening. I was so ready to get the weight off, that I followed all her suggestions.

I had to make a list of what foods were troublesome. Mostly, it was about quantities, so I weighed and measured everything. I only went to one restaurant per month. I made a list of white, black or grey foods. Sometimes my list was yes, no or maybe. The lists didn't matter, my actions did. I still abstain from certain foods. On a daily basis, I ask G-D to help me remember I am a compulsive overeater and to help me put down the substances and quantities that are harmful for me. I bring food with me when I am not sure if I can find abstinent food, I call restaurants, or hotels. I ask hostesses about their menus. I have no problem taking care of myself and protecting my health. I have some food allergies, cannot eat spices, and restrictions put upon me by doctors. I lead a simple life. I eat for nutrition to my body, not to get excited about where and when I would be for food. I take G-D with me and ask G-D to help me choose. G-D chose me for this program, so I always take G-D with me.

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