



Can You Relate?

1. Are you, at times, unable to stop (or start) eating even when you really want to?
2. Do you feel guilty about eating?
3. Are you, at times, afraid to eat?
4. Do you feel like people watch you when you eat?
5. Do you sneak food or hoard food so people won't know how much or how little you are eating?
6. Are you ritualistic about eating?
7. Do you obsess about food or body weight?
8. Do you spend much of your time thinking about what, when and where you will eat next?
9. Are you constantly making resolutions about eating and not following through?
10. Do you often feel panicked?
11. Do you regularly feel useless, unworthy, disgusted or powerless?
12. Do you often eat so much or little that it affects your plans for the day?

If your honest answer is "yes" to three or more of these questions, you may have a problem with food. In fact, you may have an eating disorder.

Now What?


Well, the most important thing is to approach this problem calmly. You did not "get" a problem with food or an eating disorder overnight: it will not go away overnight, either.

There are many options for learning to live with your condition. Any effort you make in addressing your problem will have the positive effect of helping you accept yourself as you are: self-acceptance is a very important key to recovery.

Solving the Problem

In most if not all cases, working with a qualified therapist is very helpful. Many of us have found it essential. A therapist can help you evaluate what other forms of treatment might be appropriate in your case. Many of us have found working with a nutritionist beneficial as well.

There is no magic about recovery. It is hard work. Those who have worked hard at leveling their pride, being honest with themselves and others, and attempting -- repeatedly -- to do "the next right thing"




This work, however, typically requires much inspiration and support. There are bound to be setbacks and moments of terror and frustration. Support groups provide the necessary example and inspiration, and provide opportunity for turning the most deeply painful and humbling experiences to useful purpose. E.D.A. is one such support group.

What is EDA?

Eating Disorders Anonymous is a voluntary fellowship of individuals who meet together to share solutions for and recovery from eating disorders. The only requirement for membership is a desire to recover from an eating disorder. Our primary purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.

How EDA is Supported

Each EDA group is fully self-supporting through voluntary contribution of its members. There are no dues or fees for membership.





How EDA Members Maintain Recovery

Recovery is maintained by:

- Sharing our experience, strength and hope with each other.
- Application of the Twelve Step and Twelve Traditions.
- Using the tools of recovery as outline in EDA literature and the "Big Book," Alcoholics Anonymous.

Relations with Outside Agencies

EDA has adopted a policy of "cooperation but not affiliation: with other organizations and professionals concerned with the problem of eating disorders. EDA, as such, has no opinion on outside issues and neither endorses nor opposes any outside causes. EDA is not allied with and sect, denominations, politics, organization or institution.



What EDA Does Not Do

In EDA, we focus on the solution, not the problem. We are not a "diet and calories club". EDA endorses sound nutrition and discourages any form of rigidity around food. Food is nourishment for mind, soul and body.

BALANCE IS OUR GOAL

In meetings, we discuss our disordered thinking that we might also discuss how to work a solution. Diets and weight management techniques do not solve our thinking problem. Because of our competitive natures, we discourage discussion of numbers (weight, calories, time spent exercising, etc.)

How to Find EDA

Look for meetings, publications & more at:
www.eatingdisordersanonymous.org

Email:



info@eatingdisordersanonymous.org

Facebook:

facebook.com/EDAnonymous

or write to:

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Could You Be?