

Here we learn a new way of living. We learn, at our own pace, to experience in a healthy way intimacy and sharing with others. We learn to trust, to ask for our needs to be met, to say no when no is appropriate, to express our feelings, and to hang around when all we want to do is run. Here no one shames us for what we have done or are still doing. Here we have a safe harbor within which to heal, and for that we are grateful. The only requirement of membership in our group is a desire to change our unhealthy eating behaviors.

Those of us who have experienced life change through this program offer this challenge to you. This program works as we complete the work with the help and supervision of a sponsor or accountability partner. If you do not have a sponsor or accountability partner, we encourage you to enlist one, complete the written work in the Celebrate Recovery Workbooks and share your work with your sponsor or accountability partner. We are happy you are here. We encourage you to take one day at a time and keep coming back...it works.

This recovery support group's purpose is to conquer the painful effects of eating disorders. To that end we support each other as family. We seek to apply the 8 Recovery Principles to our lives and to our relationships.

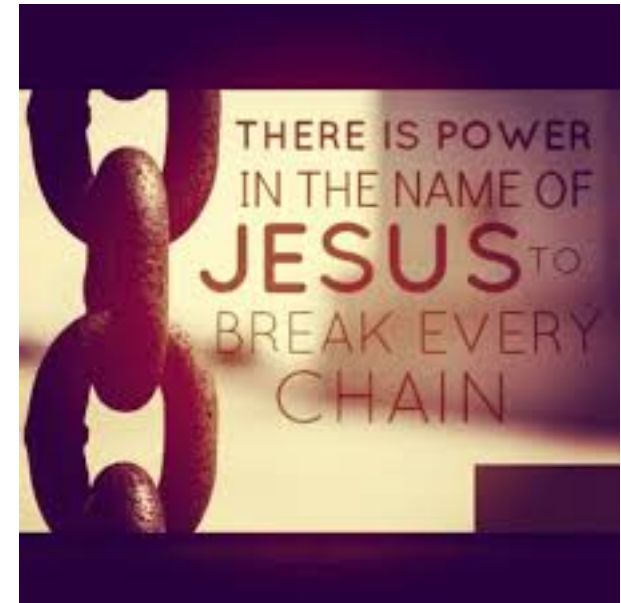
We welcome you. We cannot fix your problems and we will not seek to run your life for you. We will accept you and love you. This is a safe place.

When we attended our first meeting, many of us were having a variety of feelings. We were relieved to find a place where people might understand our pain and despair. We were angry that we had to get help and could not manage our lives alone. We felt lonely and ashamed of the way our lives had become. We had secrets that we were reluctant to share.

Our group is not a therapy group or a study group. It is a Christ centered support group. We do not give advice. We share our experience, strength, and hope with each other.

Faith based Recovery
Oak Hill Bible Church
40 Sacarrappa Rd. Oxford, Ma. 01540
www.celebraterecovery.com
Weekly Meetings: Tuesday at 7pm For more information: 774-272-1358 or email gchalifoux1@gmail.com
Exit 4A off 395 in oxford, Ma. go towards Market Basket/Home Depot lights, take left onto Lovett Rd, follow and bare right onto Sacarrappa Rd. church is on left.

EATING DISORDERS



Faith
Based
Recovery

A Christ Centered
12 Step Recovery Program

SELF-EVALUATION

The following inventory can help you in the recognition process as you seek to determine the health of your eating habits.

Check the boxes of the statements that apply to you.

<input type="checkbox"/>	1	Do thoughts about food occupy much of your time?
<input type="checkbox"/>	2	Are you preoccupied with a desire to be thinner?
<input type="checkbox"/>	3	Do you starve to make up for eating binges?
<input type="checkbox"/>	4	Are you overweight despite concern by others for you to lose weight?
<input type="checkbox"/>	5	Do you binge and then vomit afterward?
<input type="checkbox"/>	6	Do you exercise excessively to burn off calories?
<input type="checkbox"/>	7	Do you overeat by bingeing or by grazing continuously?
<input type="checkbox"/>	8	Do you eat the same thing every day and feel annoyed when you eat something else?
<input type="checkbox"/>	9	Do you binge and then take enemas or laxatives to get rid of the food you have eaten?
<input type="checkbox"/>	10	Do you hide stashes of food for future eating or bingeing?
<input type="checkbox"/>	11	Do you avoid foods with sugar in them and feel uncomfortable after eating sweets?
<input type="checkbox"/>	12	Is food your friend?
<input type="checkbox"/>	13	Would you rather eat alone? Do you feel uncomfortable when you must eat with others?
<input type="checkbox"/>	14	Do you have specific ways you eat when are emotionally upset, sad, angry, afraid, anxious or ashamed?
<input type="checkbox"/>	15	Do you become depressed or feel guilty after an eating binge?
<input type="checkbox"/>	16	Do you feel fat even when people tell you otherwise?
<input type="checkbox"/>	17	Are you ever afraid that you won't be able to stop eating when you are on binge?
<input type="checkbox"/>	18	Have you tried to diet repeatedly only to sabotage your weight loss?
<input type="checkbox"/>	19	Do you binge on high-calorie, sugary, forbidden foods?
<input type="checkbox"/>	20	Are you proud of your ability to control the food you eat and your weight?
<input type="checkbox"/>	21	Do you have weight changes of more than 10 pound after binges and fasts?
<input type="checkbox"/>	22	Do you feel your eating behavior is abnormal? Do you try to hide it from others?
<input type="checkbox"/>	23	Does feeling ashamed of your body weight result in more bingeing?
<input type="checkbox"/>	24	Do you make a lot of insulting jokes about your body weight or your eating?
<input type="checkbox"/>	25	Do you feel guilty after eating anything not allowed on your diet?
<input type="checkbox"/>	26	Do you follow unusual rituals while eating, such as counting bites or not allowing the fork or food to touch your lips?

If you checked 5 or more of the questions numbered 1, 4, 7, 12, 13, 14, 15, 17, 18, 19, 22, 23 or 24 you may be dealing with compulsive overeating.

If you checked 5 or more of the questions numbered 1, 2, 6, 8, 11, 13, 14, 16, 17, 20, 22, 25 or 26 you have eating behaviors typical of anorexia nervosa.

If you checked 5 or more of the questions numbered 1, 3, 5, 6, 9, 10, 13, 14, 15, 17, 19, 21, 22 or 26 you have eating behaviors common in bulimia nervosa.

We recommend several actions to help you begin recovery:

1. Attend several meetings before you decide this group is not for you.
2. Participation in the meeting is your choice. You can pass when it is your turn.
3. We guard the anonymity and confidences of group members carefully. We do not share who you see or what you hear in these meetings with any person or prayer list.
4. Keep coming back. God will change your life as you apply the Christ centered 8 Recovery Principles.