

Story One - Overeater

Southeastern Arizona Intergroup Web Excerpt

www.oasouthernaz.org

I opened my eyes and was very disappointed to find myself still alive. I didn't think I was suicidal, but I wouldn't have minded if I had died in my sleep. I was so lonely, fat, and disgusted with my inability to use food appropriately. I was tired all the time. I was angry a lot of the time but I couldn't really figure out why. My self-talk, well let's just say it was anything but positive.

Trying to distract myself that Sat. morning, I found myself browsing through a library book sale and I bought a book called *Fat is a Family Affair*. In that book it talked about an organization called Overeaters Anonymous. By the grace of God, I soon found myself in a meeting. I had brought a book along to my first meeting because I certainly didn't want to engage in conversation with anyone. I sat, I listened, and I found other people like me...they understood my disease. Well, that was the beginning of my journey with OA.

Today I am maintaining a 30 lb. weight loss. I have found a sane way eating and living though working the 12 steps. I have better health. I don't berate myself all the time. Most importantly, I have found a closer connection to my High Power. In addition, I have dear and understanding friends, including a wonderful sponsor who shares her recovery with me. I can call them when life's problems are tempting me to misuse food, (an old habit that distracted me from facing life as it comes). I have OA's tools to use. Now I can live and contribute instead of simply exist.

I'm not perfect. Oops, I'm human. But I love myself now. I have lost the despair and depression, and have found, through active participation in OA, a healthy, sane way to live. I'm still growing and learning, aren't we all, and happy to be recovering in Overeaters Anonymous. I'm here for the long haul. There is help. You don't have to be unhappy all the time. Life is calling you to live more fully. OA can work for you too. God bless you on your journey.