

**AT MY WITS END:**

**What it was like:** I ate my life away. By the time I got to a Twelve Step program I was very much at my wits end. I could not stop eating. Life was in turmoil. All I thought about was food; foods that were full of sugar and substances that kept me eating more.

**What Happened:** I came to the program, got a sponsor, went to meetings, wrote my food down, called it in, sponsored, called people in program, did service and went to program workshops, conventions, conferences, and assemblies. I got abstinent, released weight, and changed as a person.

**What it's Like Now:** I love the CEA HOW Program. It has been more than I can explain in a few words. I know I have to have this program. There is no doubt in any part of me that I must keep working this program if I am to recover from compulsive eating.