

## **COMPULSIVE EATING IS A SPIRITUAL DISEASE**

My disease is of isolation from God's love. I put myself there through my addictive behaviors.

Without a spiritual experience of my Higher Power, I would still be fighting with my bare hands, trying to wrestle more enjoyment, momentary highs, money, success, achievement and accolades out of every single day. I would be feeling just as worthy as my last compliment, successful flirtation or checking account balance. I would be in opposition to everyone else -- even those I love -- because life would be a zero-sum game with one winner and 7.9 billion losers.

God changes all that. My fists open up. I unclench my teeth. I breathe deeply and recognize the power of hope. I let God control the world, recognizing my value as both a small piece of the universal puzzle and God's most valuable child. I am free to love others instead of competing with them. I am truly free.