

## **GOD LIFTED MY DESIRE TO EAT COMPULSIVELY**

My weight was an issue for my parents from a very young age. First I was too thin and I did not eat enough. They (my parents) would tell me the wind was going to blow me away. When I was five years old I was sexually abused by two of my neighbor's sons that were 16 and 20 years old. The following year I had a near fatal accident and fell off the high diving board at the country club landing on the cement. I broke both of my jaws and had my teeth wired together for 6 months. I could only eat food through a straw and Mother would feed me mashed potatoes or milk shakes. I put on quite a bit of weight so my parents took me to the doctor. I look back at pictures during that time and I was only slightly overweight.

Upon entering adolescence my father told me I would never find a boyfriend if I was fat. Now, my father was overweight and struggled with his weight his entire life. When I turned 14 years old I dieted for the first time without my parent's participation. I believed my father was right and I was unlovable because I was fat. This diet started the pattern that lasted my entire life. You can look at the big book and see all the ways an alcoholic tries to control his drinking. I went on the Adkins diet, joined Weight Watchers, tried low fat diets, tried only eating sugar outside of my home and then back to Weight Watchers.

God chose to open a door for me and I saw a friend that had lost 80 pounds and she was happy, joyous and free. I asked her how she did it and she shared with me about Compulsive Eater Anonymous. I held this woman in high regard and knew she was being straight with me. God lifted my desire to eat sugar and flour the very first time I went on the Compulsive Eaters Anonymous food plan.