

Guidance and Gratitude

At an early age, I remember my parents having company downstairs while I was upstairs in their bedroom. They had a black and white TV and I would lie on their bed and watch show after show and eat junk food. It was my escape from life and my feelings.

Before CEA HOW, I tried all the commercial diets and pills, and my shelves were full of every diet book ever printed. I was searching for a solution that would help me stop overeating and lose weight. I later learned that my overeating was just a symptom of a much bigger problem.

In the summer of 2009, a friend met me for lunch. She looked great and seemed happy. Before the waitress came to our table, my friend pulled out a small bag with a few food items. I couldn't believe how disciplined she was so I asked her how she was staying so strong. She said, "God is helping me," then proceeded to tell me about CEA HOW. I went home and looked up CEA HOW on the internet and decided to go to a meeting. I was greeted at the door with hugs and felt loved and accepted right away. As people in the group started to share, they were telling MY story. I was ready to do whatever they said because I wanted what they had. CEA HOW has a healthy food plan that I can live with. By reading the literature and answering a question every day, I'm learning how I "feel" about different things. I'm learning to live in gratitude by listening to my sponsor and others in the program. I make outreach calls every day because the phone is my lifeline to help me stay in recovery.

CEA HOW gave me hope and a feeling of belonging. I am no longer that lonely little girl in my parent's bedroom watching TV and eating junk food.

I am maintaining a 48 pound weight release and I do this by working the CEA HOW program one day at a time.