

## **MY EATING BEGAN TO SCARE ME**

From early childhood into adulthood there were some things that didn't change. I was very fearful of being rejected by people. I was afraid of my feelings and kept them bottled up inside. My life goal was to be invisible. I hated myself and abused myself with food. My eating was continuous and consisted of uncontrollably stuffing myself with food. I always felt pure joy when eating food, cooking food, talking about food, or thinking about food. Food was part of the best memories from my childhood and adulthood. Food was love.

A few years ago I realized I had a problem; food was no longer a source of joy. I had absolutely no control over what and how much food I put in my body. This food related behavior progressively got worse and it began to frighten me. I remember googling "I can't stop eating" which led me to Overeaters Anonymous (OA). I knew I was different even abnormal when it came to food but I didn't know what was wrong. I found some recovery in OA and within the year was introduced to CEA HOW. I got a sponsor and began to change on the inside.

Today by the grace of God I am still in the CEA HOW rooms. Over the years this disease has driven me in and out of this program as I repeatedly looked for an easier way. I thank God that I finally realized that this program works if I work it and that it *is* the easier way. So I kept coming back after being out there two sometimes three years on three different occasions. I'm thankful that this last return led me to finally surrender and accept my food addiction and this has made all the difference. I've been abstinent from flour and sugar for over 300 days now and that is a miracle. I know there are so many more miracles that will come if I continue to work my program and do my part today. Thank God for CEA HOW!