

Moving Forward with Recovery

I came to OA because I had failed at every other eating plan and I know 12 Step programs work. Before I joined Overeaters Anonymous, I was totally out of control with my food. I would do stuff that was crazy. I would lie about what I ate; I would eat behind people's backs. I would say that I did not eat at other places so I could eat again. I can think of times when I would be totally full and continue to eat anyway. I would use people to get what I wanted. I would get to their house and the very first thing I would do is ask what they had to eat. I would lie and steal food from my parent's house.

The first day that I came to OA, I knew that it was for me. I felt like these people understood me. I have just started my journey, but I know that it is going to be the best thing that ever happened to me.

I am an addict. I know I am addicted to food. I've only been in this program a short period of time, but know this is the program for me.

Someone in the program awhile suggested I get a sponsor. After some hesitation and uncertainty, I did just that. Right now my sponsor and I are focusing on the first three steps. I hope to game more spirituality. As I go through the next nine, I hope to have a better understanding of myself and my defects. And as a result, become more honest with myself and others.

I thought my life was in control. It is not with food. I know that if I don't get my life under control with food, it will kill me. I will move slowly and work the steps. I am going to keep an open mind and continue coming to meetings because I know it will work.

Todd