

# Lifeline

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# WEEKLY

CHECK OUT the  
March/April 2012 Lifeline  
issue for stories about  
"How I Realized I Was  
a Compulsive Eater"

## If I Returned to Overeating . . .

I would feel under tension, possessed by the compulsion to stuff myself, always in a hurry to eat it all up before someone finds out.

Headaches and sugar hangovers in the morning. Awake all night with itching feet. Worried about having a heart attack in the middle of the night or dying in a diabetic coma. Looking dowdy. Cut off from everyone because I'm embarrassed to have my friends and acquaintances see I've gained weight.

Racing nonstop from one food to another. Not enjoying. Not tasting. Cramming it down my throat. Not able to stop. Feeling as if I'm on a bobsled run, sliding downhill on ice without any brakes. Panic. Worry. Terror.

Knowing I'm eating myself into my grave, digging it with shovelsful of food. Trying to stop. Praying to God. Keeping on eating. Promising God I'll stop but not being able to stop. Discouraged and depressed.

Feeling worse. Flatulence. Diarrhea. Constipation. Bloating. Hating to leave the house. Wearing a coat even on warm days. Seeing

other fat women and asking my husband whether I am that big. Afraid to hear the truth.

Feeling like a madwoman in hell. Every morning feeling as if I have a mountain to climb and I can't do it.

Horrible as it is, I'm grateful for this vivid reminder of the old days. I am on my way up. I don't want to slide back into the muck and slime of compulsive overeating ever again. With the help of my Higher Power, this program and my beloved sponsor, I won't.

— Lifeline, April 1984

Overeaters Anonymous  
[www.aa.org](http://www.aa.org)



## Inspiration

Living free of  
obsession with food  
and weight is an  
incredible gift.

— Lifeline,  
November 2007

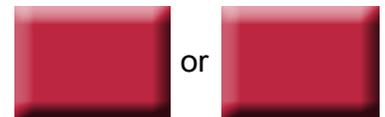
## A Call To Service

Reese T. from Glenview, Illinois USA has served by talking to clergy about OA, welcoming newcomers and writing stories for *Lifeline* magazine. He says he doesn't collect any gold stars; but at the end of the day, he knows he's made a contribution to OA.

*How will you serve this week?*

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