For Citrus, Hernando, & Pasco Counties

# Is Food A Problem For You?

**Are You a Compulsive Overeater**

**Welcome to Overeaters Anonymous. This series of questions may help you to determine if you are a compulsive overeater.**

1. **Do you eat when you're not hungry?**
2. **Do you go on eating binges for no apparent reason?**
3. **Do you have feelings of guilt and remorse after overeating?**
4. **Do you give too much time and thought to food?**
5. **Do you look forward with pleasure and anticipation to the time when you can eat alone?**
6. **Do you plan these secret binges ahead of time?**
7. **Do you eat sensibly before others and make up for it alone?**
8. **Is your weight affecting the way you live your life?**
9. **Have you tried to diet for a week (or longer), only to fall short of your goal?**
10. **Do you resent others telling you to "use a little willpower" to stop overeating?**
11. **Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?**
12. **Do you crave to eat at a definite time, day or night, other than mealtime?**
13. **Do you eat to escape from worries to trouble?**
14. **Have you ever been treated for obesity or a food-related condition?**
15. **Does your eating behavior make you or others unhappy?**

**Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive overeating problem. We have found that the way to arrest this progressive disease is to practice the Twelve-Step recovery program of Overeaters Anonymous.**

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* Do you eat when you're not hungry?
* Do you go on eating binges for no apparent reason?
* Is your weight affecting the way you live your life?
* Is your eating overwhelming you?

- No Dues
- No Fees
- No Weigh-Ins
- No Diets

We are a 12-Step Fellowship

**You are not alone.**

## Call Overeaters Anonymous 1-800-544-6353

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