

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners: _____

R e c o v e r y I s s u e s

EATING DISORDERS

We meet every Friday night...
6:00 – 7:00p.m. Dinner
7:00 – 8:00p.m. Main Meeting
8:00 – 9:00 p.m. Small Groups
9:00 – 10:00 p.m. Connection Café

Real Life, Moscow Campus
Eastside Marketplace Mall

For Celebrate Recovery – Moscow Info
www.CRMoscow.com

For World Wide Information on CR
www.celebraterecovery.com

The Problem

Some of us have struggled with an eating disorder and have experienced the shame that comes with it. We want to eat normally but we have fears greater than we know how to do with. We have come to believe that it is impossible to break our habits.

There are three basic categories considered as eating disorders; anorexia, bulimia and EDNOS (Eating Disorders Not Otherwise Specified). Those of us with anorexia see ourselves as overweight when we are in fact underweight. We are engrossed with eating or not eating, weighing ourselves, and food measurement. We experience fear of eating in public and fear of gaining weight. We excessively exercise, refuse to eat, and deny that we are hungry. It can affect our mood, social interactions, and sleeping. Those of us who struggle with bulimia typically binge eat voraciously and then compensate through self-induced vomiting, use of laxatives or diuretics, disproportionate exercise, or a combination of these activities. We have a negative, unhealthy focus on body shape and weight, and a distorted view of self. Anorexia is characterized by gaining total control over food consumption and weight gain, while bulimia is characterized by being out-of-control and seeking comfort.

Binge eating and compulsive eating are considered in the category called Eating Disorders Not Otherwise Specified (EDNOS). These are related problems but do not fit the criteria of anorexia or bulimia. A person with EDNOS may have some anorexic symptoms but not be below weight or a person may have bulimic symptoms but purge less than twice a week. More people fit the EDNOS criteria closer than a classic eating disorder.

In struggling with an eating disorder, we have trusted in our food habits and rituals in an attempt to manage life apart from God. We don't see ourselves as the world sees us. As anorexic's, we seek our hope in control. Rules and rituals surround our food choices, preparations, and habits. As bulimic's, we consume large amounts of food seeking comfort and relief.

The Process of Recovery

There are a variety of opinions regarding the roots of eating disorders including physical, emotional, social, media, genetics, and other associated disorders. However, most agree that learning how to deal with our emotions plays a significant role in recovery. Celebrate Recovery begins with the recognition that we are powerless to control our lives and that we need a source outside of ourselves to seek comfort in.

Since eating disorders are entangled in deception and secrecy, we look for a safe community to be honest about our struggles. We also learn to ask for help which may include seeking medical help and/or counseling. In severe cases hospitalization and medication may be necessary. We want to be realistic regarding what the media displays as normal body weight and ideal body image. Since media doesn't often represent a realistic view on body image it may be necessary to find accountability partners to help us cultivate a healthy and realistic view of ourselves. We can ask someone we can trust to help us find role models as we may have a hard time judging what a healthy body look like. It's helpful to resist skipping meals or dieting as this triggers unhealthy eating and makes it difficult to cope with stress. We can keep a journal regarding our feelings about our behaviors. This serves as a record of our behaviors and also helps us recognize our triggers.

Begin the process of recovery and working through the 12 steps to heal and start living the life God has planned for us. We use the tools of recovery: calling our accountability partners, journaling and reading the Bible.

The goal of recovery is not simply a new form of food management. Recovery includes learning to care for our bodies through healthy eating, healing the pain that drives us to comfort, and releasing the control of our lives to our faithful God. As we heal we begin to realize that God has created us with a unique set of gifts, talents, and abilities. As we learn to see ourselves as God sees us, we find healing and freedom from our addictions and disorders.