

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

FOOD ADDICTION

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

Food addiction is difficult to overcome because we simply cannot stop eating. Various diets fail because we attempt to “control” instead of dealing with the underlying issues driving food addiction. There are various symptoms for food addiction which include:

A. Physical Symptoms

- Overeating despite consequences, even dire consequences.
- Craving specific industrialized foods full of sugar, fats, and additives.
- Unable to discern when we have become physically hungry or full.
- Irregular eating habits such as bingeing, nibbling throughout the day, severe restrictive diets, or eating when we are not hungry contribute to the out-of-control nature of food addiction.
- May develop a tolerance to foods and find that they satisfy them less and less.

B. Emotional Symptoms

- Turning to food for comfort in our anger, pain, and fear.
- We obsess over body image, food, and diets instead of living a healthy lifestyle.
- We eat when we are upset and reward ourselves with food when something good happens.

C. Social Symptoms

- We find ourselves stealing food, hiding food, or hoarding food.
- We often eat differently in private than we do with others.
- We are more interested in what food is being served at a social gathering than enjoying the people present.

D. Spiritual Symptoms

- We experience feelings of guilt, failure, and being unlovable when we can't control our appetite.
- We wait to live until we lose weight.
- We look for full-proof diets or pills to fix the problem but nothing works.
- We deny that food can be our drug of choice.

The Process of Recovery

Because the problem is multi-faceted, the solution needs to be multi-faceted. We stop trying to control food and start making healthy life-style changes that are long-term. We begin to see our bodies as vessels to be cared for instead of to be comforted.

A. Physical Solutions

- We are dedicated to learning about healthy eating.
- We learn to see food as fuel and we don't eat unless we are physically hungry and stop eating when we are physically full.
- We learn what foods trigger compulsive eating and begin to choose foods that we enjoy that are healthy.

B. Emotional Solutions

- We learn to assess the difference between eating because of hunger and emotional eating.
- We are willing to turn to God instead of food when we are not physically hungry.
- We learn to see our character defects and are open and honest as we work through our emotions as we move toward change.
- We learn to see our bodies as a beautiful gift to be cared for.

C. Social Solutions

- We are willing to find a Sponsor and Accountability Partners to share our hurts, fears, anger, and victories with.
- We also find safe people to be open and honest about our habits in social situations.

D. Spiritual Solutions

- We came to realize that we are powerless and could not control our addiction.
- We are ready to face our denial and accept the truth about our lives and our food addiction.
- We move our daily focus from food to God.
- We are willing to begin the process of recovery and working through the 12 steps to heal and start living the life God has planned for us.
- We will use the tools of recovery: calling our accountability partners, journaling and reading the Bible.