

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: _____

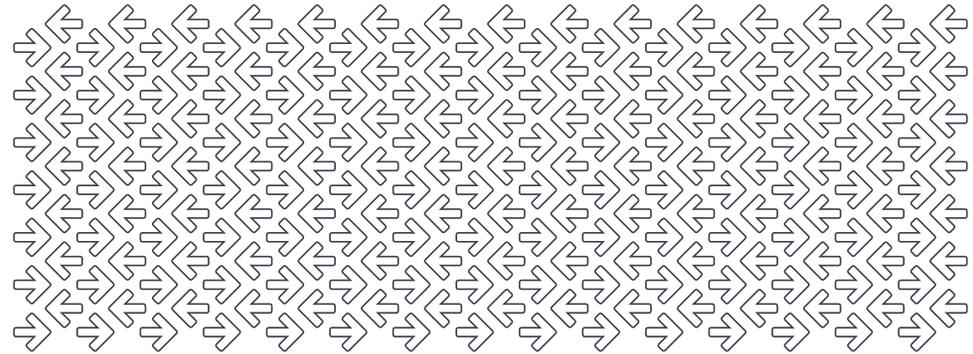


Address: 2350 SW Green Oaks Blvd. | Arlington, TX 76017 **Phone:** (817) 468-7729

Website: rushcreek.org/restore **E-mail:** restore@rushcreek.org

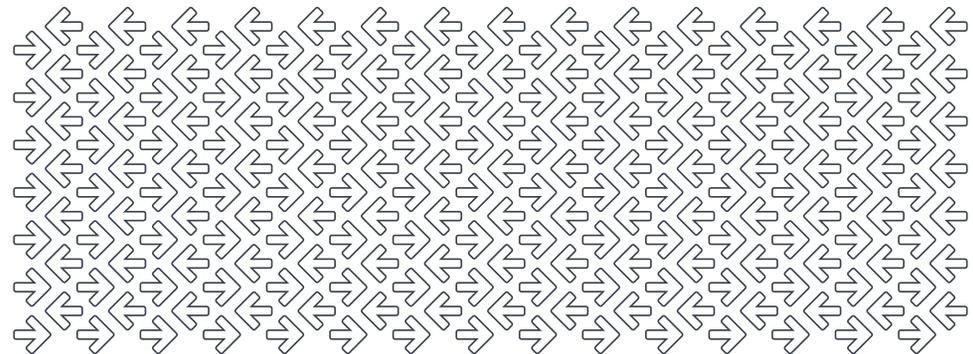
COMPULSIVE OVEREATING

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

Eating patterns are controlled or based on one's emotional condition.

WHAT TO LOOK FOR:

Most people are overweight due to emotional issues. Only a very small percentage of people are overweight due to physical, biochemical, or metabolic reasons.

12 Reasons for Compulsive Overeating:

1. Cultural pressures - these messages are all around us, especially in the advertising world.
2. A subconscious desire for protection against love and intimacy.
3. A craving for immediate gratification.
4. Using food as a tranquilizer.
5. Using food to avoid facing anxiety & the truth about oneself.
6. Using food to punish oneself or others.
7. Using food to relieve depression or stress.
8. Using food as a weapon of rebellion.
9. Using food to express the need to control one's circumstances.
10. Having a faulty body image.
11. Feelings toward food that were formed in childhood.
12. Using food to satisfy one's hunger for love.

Why Do I Eat?

- Do you eat when you are angry?
- Do you eat to comfort yourself in times of crisis and tension?
- Do you eat to stave off boredom?
- Do you lie to yourself & others about how much you have eaten or when you ate?
- Do you hide food away from yourself?
- Are you embarrassed about your physical appearance?
- Are you 20% or more over your medically recommended weight?
- Have significant people in your life expressed concern about your eating patterns?
- Do you fear your eating is out of control?

Denial Statements:

- "I can lose this weight anytime I want to."
- "I eat just like everyone else."
- "I just can't lose weight after a pregnancy."
- "When I'm ready to lose this weight, I can buckle down and do it by willpower."
- "There's no connection between food issues and the relationships in my life."

RECOMMENDATIONS:

Treating the underlying emotional pain is vital to overcoming compulsive eating. It is important to continue in a group like *Restore* for your health, support and recovery. You might also need to consider supplementing your healing journey with a few sessions of professional counseling, especially if the pain is deep and difficult.

The Path to Freedom:

1. Be sure that you have identified all your addictions.
2. Be sure you have broken through denial.
3. Be sure that you have identified your trigger foods and situations.
4. Be sure that you have enlisted your family's support.
5. Be sure that you are dieting for the right reasons.
6. Be sure that you have set reasonable goals.
7. Be sure that you understand the medical risks of being overweight.
8. Be sure that you have your doctor's approval before you diet.
9. Be sure that you understand why diets haven't worked in the past.
10. Be sure that you want to be free.

HELPFUL READING:

Love Hunger: A 10-Stage Life Plan for Your Body, Mind & Soul by Minirth, Meier & Hemfelt

"The Word of God became flesh and took up residence among us. We observed His glory, the glory of the one and only Son from the Father, full of grace and truth." John 1:14 HCSB