

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: _____

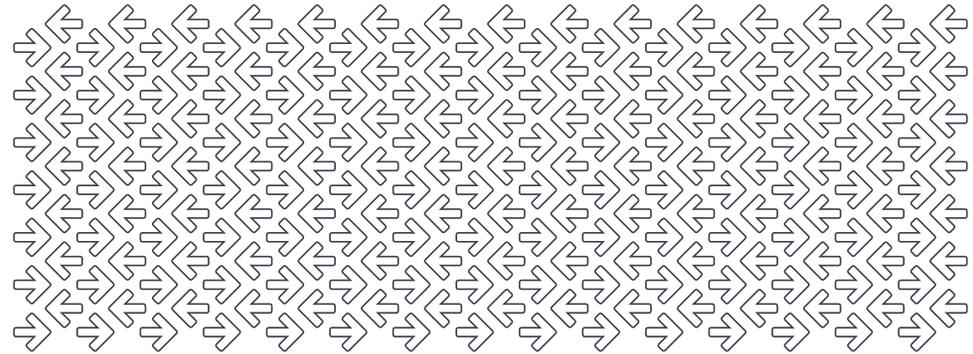


Address: 2350 SW Green Oaks Blvd. | Arlington, TX 76017 **Phone:** (817) 468-7729

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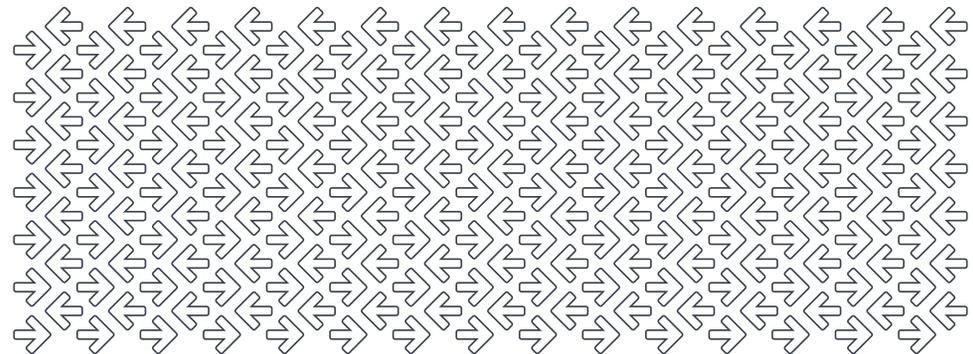
EATING DISORDERS

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

An obsession with food for the use of controlling or numbing one's emotions and/or perceived body image.

Eating Disorders can take the form of:

- Anorexia Nervosa – this is a compulsive, voluntary self-starvation, which can involve an obsession with food, dieting, and/or exercise.
- Bulimia – this involves the inability to control one's eating once it has begun followed by purging, i.e. self-induced vomiting or laxatives.
- Bulimarexic – alternates between Anorexia and Bulimia, sometimes from month to month or year to year.

WHAT TO LOOK FOR:

1. Worrying throughout the day about what I will or will not eat.
2. Getting angry when people ask questions about what or how I eat.
3. Getting angry when people push food on me and try to get me to eat.
4. Panicking when I miss my exercise routine, afraid of gaining weight.
5. My friends tell me I am thin, but I feel fat.
6. Wishing I was slimmer than all my friends.
7. Feeling terrible about myself if I gain 2 or 3 pounds.
8. Overwhelming fear that I will be or am too fat.
9. Feeling depressed and irritable, and spending increased amounts of time alone.
10. My eating habits are different from those of my friends and family.
11. Feeling that I can't talk to anyone about my eating habits, because they will not understand.
12. I enjoy cooking with others as long as they don't expect me to eat.
13. Spending hours absorbing information on weight loss.

Specific Signs of Anorexia:

- An obsession with control in general and food in particular.
- Low self-esteem.
- Distorted body image, i.e. "I'm too fat!"
- Obsessive & excessive exercise.
- Ritualized behavior involving food and exercise.
- Obsessive perfectionism.
- Introverted and withdrawn behavior.
- Depression, irritability, lying and sneaking, self-hatred, guilt.

Specific Signs of Bulimia:

- Compulsive, secretive cycle of bingeing and purging, followed by a period of extreme guilt.
- Being within 5 to 15 lbs. of ideal body weight.
- Use food as a friend to help numb emotional pain.
- Sometimes experiencing periods of chewing food and then spitting it out without swallowing it.
- Obsessive perfectionism.
- Ritualized behavior involving food and exercise.
- An emotional longing for relationships and approval.

(Adapted from The Spiritual Life Guide by Minirth, Meier & Arterburn.)

RECOMMENDATIONS:

Many individuals struggling with eating disorders need professional assistance. It is best to be assessed by a professional counselor. You might need to seek medical treatment, medication, and/or gain the assistance of a nutritionist. All of these can be assessed by your counselor.

It is also important that you deal with the underlying issues of obsessive perfectionism, depression and low self-esteem. These can all be dealt with in **Restore**, but we have found that coupling **Restore** with professional assistance is the best option and provides the safest time of healing.

You can contact the Rush Creek Counseling Center for treatment or referrals at (817) 704-6991.

HELPFUL READING:

Hope, Help, & Healing for Eating Disorders by Gregory L. Jantz
Getting Unstuck by Linda Mintle

"Therefore, do not let your good be slandered, for the kingdom of God is not eating and drinking, but righteousness, peace, and joy in the Holy Spirit. Whoever serves Christ in this way is acceptable to God and approved by men." Romans 14:16-17 (HCSB)