

Are You a Compulsive Overeater?

Welcome to Overeaters Anonymous. This series of questions may help you 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 or 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.

Is OA for You?

Only you can decide that question. No one else can make this decision for you. We who are now in OA have found a way of life which enables us to live without the need for excess food. We believe that compulsive overeating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested. Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.

Copyright © 1986, 1989, Overeaters Anonymous, Inc. All rights reserved. Reprinted by permission of Overeaters Anonymous, Inc.; World Service Office. Copyright may not be reproduced in any manner without written permission of OA Inc.

OA In Baton Rouge

For more about OA in the BR area call our hotline at (225) 751-0259. You'll get a recording with the names and phone numbers of local OA members who can answer your questions and give you more information on our fellowship. Also, look at the "Meetings" section of this website for the times and places of local OA meetings.