

Definition of Sobriety

Our group's basic definition of sobriety for the bulimic is the act of eating without bingeing and/or purging, for our fellow anorexic sobriety is not denying our bodies of nutrients and sustenance for sustained periods of time and for the compulsive overeater basic sobriety is not bingeing. These definitions are basic requirements and each of us will also need to allow God to give us a clear understanding of what will be the most beneficial additions to our individual sobriety. For example, avoidance of sugar or other "trigger" foods.

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.

*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to Celebrate Recovery Ministry Leader.

EATING DISORDERS



WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

Central Church- Henderson Campus

1001 New Beginnings Drive

Henderson, NV 89011

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The Problem

Eating disorders are unique. It is a three fold issue—emotional, physical and spiritual. Our behaviors range from, but not limited to daily binges, excessive exercise, starvation and/or vomiting. We may engage in a high intake of specific foods and unusual rituals while eating. For some of us we have used our bodies to create an outward illusion that gave us a false sense of self-worth. We jeopardize our relationships, health, jobs, morals and values; all the while, we rationalize our addictive behaviors. We have learned to numb our feelings to cope with our inadequacies by reaching out for a cure that would ultimately destroy us.

Many of us state:

- Thoughts of food occupy much of my time.
- I become depressed or feel guilty after I eat.
- I exercise excessively to burn off calories.
- I am overweight despite concern by others.
- I am preoccupied with a desire to be thinner.
- I have dieted repeatedly, only to sabotage it.
- I feel comfort in food when I am hurt, angry or frustrated.
- I have tried over and over to gain control over my eating habits and am now left feeling guilty, incapable and unlovable.

The Solution

I have come to discover that my problem is spiritual, emotional, and physical. Mistakenly, I had thought that food was the problem. Having discovered that my problem was not food, I saw that I had been using food to escape my feelings. Food was simply the physical expression of uncontrolled emotions. As I stopped running from my feelings through my obsession with food and opened myself to experience that around me, I began to feel again. I became willing to face my own defects. The more I faced and worked through my own issues, the greater my freedom from the obsession with food. I have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living. I will experience a new freedom through:

- Allowing God to direct my life and working the 8 Principles & 12 Steps.
- Forming an Accountability TEAM: Sponsor, Accountability Partners.
- Weekly attending the Open Share Group.
- Commitment to a daily quiet time in the Celebrate Recovery Bible.
- Reading about this area of recovery.
- Understanding the root of each core issue I identify with and become willing to experience grief, forgiveness, and acceptance.
- Identify triggers: specific foods, places and people.
- Avoid people, places, and things that tempt my addiction.
- Accept God's standards for food and establishing my own sobriety.

As a result, the obsession over food is removed on a daily basis.