



— Addictive Eaters Anonymous —

Obsessed with food?

AEA members have found recovery from binge eating, anorexia, bulimia, other forms of addictive eating and compulsive exercise.

Through working the Twelve Steps of AEA, members find peace of mind and the ability to live a meaningful and productive life.

If you would like further information contact:

Addictive Eaters Anonymous

Web: www.addictiveeatersanonymous.org

Email: contact@aeainfo.org

Are you an Addictive Eater?

15 Questions to ask yourself

- Do you eat when you are not hungry?
- Do you find when you start eating you cannot stop?
- Do you constantly think about food?
- Are you always on diets but unable to stick to them?
- Do you binge, eat in secret, or keep secrets about what you have eaten?
- Are you embarrassed or ashamed about your weight or the way you eat?
- Have you ever felt your life would be better if you were thinner or able to control your eating?
- Do you envy people who are thin or appear to eat 'normally'?
- Do you use other substances in addition to food to change the way you feel?
- Are your family or friends concerned about the way you eat?
- Has your eating caused trouble at home, at work, or in your relationships?
- Do you use, or have you used, laxatives, diet pills, exercise, starvation or vomiting to try and control your weight?
- Is your eating adversely affecting your health?
- Have you had or are you considering weight loss surgery?
- Does the way you eat cause you physical or emotional pain?

If you find yourself answering 'yes' to more than one question, it may be that you have a problem with food. If that is the case, AEA can help.