

Promises



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Welcome to OA, Welcome Home!

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Have you ever wished you could lose ten pounds, twenty, forty, or a hundred or more? Have you ever wished that once you got it off you could keep it off?

Welcome to OA, Welcome Home!

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belong?

Welcome to OA, Welcome Home!

Have you ever wished your family would get back to work or school so that you could get busy eating?

Welcome to OA, Welcome Home!

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard?

Welcome to OA, Welcome Home!

Have you ever looked at the stars and wondered what an insignificant per-

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son like you was doing in the world anyway?

Welcome to OA, Welcome Home!

Have you ever cooked, bought or baked for your family and then eaten everything for yourself so that you wouldn't have to share? We know you in OA because we are you.

Welcome to OA, Welcome Home!

Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you?

Welcome to OA, Welcome Home!

Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet or the car so that you could eat without anyone seeing you?

Welcome to OA, Welcome Home!

Have you ever been angry, resentful, defiant - against God, your mate, your doctor, your mother, your father, your friends, your children, the salesperson in the store whose look spoke a thousand words as you tried on clothes - because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks?

Welcome to OA, Welcome Home!

Have you ever sobbed out your misery in the darn night because no one loved or understood you?

Welcome to OA, Welcome Home!

Have you ever felt that God (if God existed at all) made the biggest mistake when God created you? Can you see that this is where such feelings get turned around?

Welcome to OA, Welcome Home!

Have you ever wanted to get on a bus and just keep going, without ever once looking back? Did you do it?

Welcome to OA, Welcome Home!

Have you ever thought the whole world was a mess and if they would just think and act like you, the world would be a lot better off?

Welcome to OA, Welcome Home!

Have you ever thought that OA people might be just a bit nuts? That they might be compulsive overeaters, but you just have a weight problem which you can take care of beginning tomorrow; they might be one bite from insane eating, but you are just a little or a lot overweight?

Welcome to OA, Welcome Home!

Have you ever told anyone who would listen how great you are, how talented, how intelligent, how powerful - all the times knowing they would never believe it, because you didn't believe it?

Welcome to OA, Welcome Home!

Have you ever lost all your weight and found that you were thin-unhappy instead of fat-unhappy?

Welcome to OA, Welcome Home!

Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one would ever love or accept you? We accept you in OA. May we offer you a home?

Overeaters Anonymous extends to all of you the gift of acceptance. No matter who you are, where you come from or where you are heading, you are welcome here! No matter what you have done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, who you have loved or hated - you can be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself and shape yourself into what other people think you should be. Only you can decide what you want to be.

Welcome to OA, Welcome Home!

But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures just because we sometimes fail, and we'll hold out our arms, in love, and stand beside you as you pull yourself back up and walk again to where you are heading! You'll never have to cry alone again, unless you choose to.

Sometimes we fail to be all that we should be, and sometimes we aren't there to give you all you need from us. Accept our imperfections too. Love us in return and help us in our sometimes-falling failing. That's what we are in OA - imperfect, but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one.

Welcome to OA, Welcome Home!

Fifteen Questions to Help Determine If You Are a Compulsive Overeater

This series of questions may help you determine if you are a compulsive overeater. Many members of Overeaters Anonymous have found that they have answered "yes" to many of these questions.

- 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 meal-time?*
- 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?*