

**New Meeting of
Overeaters Anonymous
Beginning Thursday,
July 11, 2019, at
Up the Street Club
17400 El Camino Real
Suite 300, Webster, TX**

**Many symptoms, one
solution. The only
requirement for
membership is the
desire to stop eating
compulsively.**

15 Questions

Are You a Compulsive Eater?

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?
12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?



Is food a problem for you?

- Do you eat when you're not hungry?
- Do you binge, purge or restrict?
- Is your weight affecting your life?



PLACE Up the Street Club, 17400 El Camino Real #300, Webster, TX 77598

DAY Thursday TIME 6:30 p.m. CALL Marilyn, 713-299-7212