

## **Unbelievable Freedom**

In May of 2009 while at a funeral luncheon I had eaten two brownies in front of everyone. On my way back to my office I grabbed another brownie. My daughter happened to come into my office and said, "Mom, what are you doing?" In that moment, I finally acknowledged I had a problem with compulsive eating.

By the grace of God I found an ad for Overeater's Anonymous in the newspaper. I started attending OA in June of 2009. My first meeting was a speaker meeting. The speaker told her story and how she did not eat cake at her daughter's wedding. I thought, how sad for her. How happy for me when three months later I did not eat cake at my daughter's wedding.

I had been overweight since I was a child. I ate for any reason: sad, happy, tired, bored, lonely, celebrating, because it was there, because I could. Any reason to eat was good enough for me. I had two granddaughters and really wanted to be able to interact with them more. I wanted to stop eating like I had been. I wanted to be a normal weight.

I was blessed that I became abstinent within a month of my first meeting. The first person I asked to be my sponsor said yes, and I was off and running. A food plan was "suggested" to me. I studied the food plan and would call and report my food to my sponsor. The first 'no' I heard from her was when I asked her if I could have sugar-free Jell-O. She said, "No, there is no nutritional value in it." I believe I even looked at the box of Jell-O to find some nutritional value, but then put it down and decided not to have it. She always assured me along the way they were suggestions. I didn't have to do as she suggested but I saw what she had and I wanted it too!

The freedom I have found is unbelievable. It really is not about the food anymore. I am so grateful for this program. I am able to deal with life on life's terms (for the most part) Answers do come to me when I am willing to wait for them. My relationship with my family, friends and higher power is better than it has ever been. Thank God for OA!

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