



chronic
compulsive
eaters
anonymous

If eating is your problem, we have a solution.

Since 2011

Am I a chronic compulsive eater?

NORMAL EATING BEHAVIOR:

- You eat when you are hungry and stop when full
- You eat foods that you like and that help you feel energetic and happy
- Sometimes you may eat more than normal – but you don't worry about it
- Sometimes you eat less than normal, and also don't worry about it
- You can eat something or easily leave it alone
- Missing a meal isn't a big deal

COMPULSIVE EATING BEHAVIOR:

- You eat even if you're not hungry
- You eat to feel better emotionally
- Sometimes you eat so much that it hurts
- You try to strictly control what and when you eat
- You spend a good part of your day thinking about your body, weight, or food
- You fear that if you eat something extra, you will instangly gain weight
- You are ashamed of your eating, and fear that there is something fundamentally wrong with you
- You judge others' eating and think you know how they should eat
- You make firm resolutions, but relapse again and again

WHAT DOES IT MEAN – BEYOND HUMAN AID?

We have tried everyting: Diet plans. Weighing and measuring. Abstaining from certain foods. Fasting. Being a vegetarian, vegan, fruitarian. Paleo. Keto. All organic. Exercise plans. Accountability buddies. Fat loss surgery. Laxatives. Therapy. Professional help. Medication. The list can go on ... But nothing worked for us. We were beyond human aid.

Chronic Compulsive Eaters Anonymous
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www.ChronicEaters.org

But we have recovered. For all of us, the great promises in the Big Book of AA came true:

“ We are going to know a **new freedom** and a **new happiness**. We will not regret the past nor wish to shut the door on it. We will comprehend the word **serenity** and we will know **peace**. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will **suddenly** realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will **always** materialize if we work for them. ”

Alcoholics Anonymous, page 83

*Expect
a miracle.*



What CCEA does not do

- We don't promote or endorse diets or food plans
- We don't make medical or psychological diagnoses or prognoses
- We don't charge any dues or fees (CCEA is supported by voluntary contributions)
- We don't accept money or contributions from non-CCEA sources
- We don't recruit members or furnish initial motivation for compulsive eaters to recover
- We don't add or remove anything from the 12-step program as it is described in the book *Alcoholics Anonymous*
- We don't affiliate with any organizations, entities, or enterprises

We unite in this belief:

"Our chief responsibility to the newcomer is an adequate presentation of the program. If he does nothing or argues, we do nothing but maintain our own sobriety. If he starts to move ahead, even a little, with an open mind, we then break our necks to help in every way we can."

~ Bill W., Letter 1942 AA Grapevine

What about other food behaviors?

We can help anyone who has a problem with eating—overeating, bingeing and purging, obsessions with eating healthy, etc.

If a person can admit that they:

- a) cannot control the amount of food that they eat
- b) cannot stick to their own decisions, and keep doing things they swore they would never do

Then they may be a chronic compulsive eater and this program can help.



Join a meeting today and talk to a recovered compulsive eater:

www.ChronicEaters.org

ABOUT US

Chronic Compulsive Eaters Anonymous is a 12-step fellowship of compulsive eaters who have recovered from a seemingly hopeless state of mind and body by living the principles outlined in the Big Book of AA. We have found sanity, neutrality, and a solution for the obsession with our eating and our bodies. To show others precisely how we have recovered is the main purpose of our fellowship, so we meet regularly to carry the message of hope to those still suffering.

CCEA is not affiliated with any other organization or religion; we do not engage with issues other than helping other compulsive eaters to recover. The only requirement for CCEA membership is a desire to stop eating compulsively. Our primary purpose is to stay sane and help other compulsive eaters. We use the Twelve Steps outlined in the Big Book of AA, which has provided lifelong recovery for thousands of people.

"My life looks very different now. There is no struggle around food or body, as long as I continue to work my program. I can deal with life on life's terms."

~ D, recovered compulsive eater

"90% of my thoughts were around my food, my weight, and my body. And I couldn't do anything to stop that obsession. Now, for the first time in my life, both my thinking about food and my compulsive eating went away. It's a miracle!"

~ T, recovered compulsive eater

"I'll keep working my program for as long as I want to stay free from compulsive eating. It's like taking medication for a chronic illness. If I don't take it, the illness will come back. The same is true for my chronic compulsive eating illness."

~ J, recovered compulsive eater and bulimic