



CELEBRATE RECOVERY

Recognizing the Problem:

Food and eating are emotional issues. Some of us eat too little; some of us eat too much. The goal is to have a healthy body, weight, and lifestyle. If you think you have an eating disorder, read on.

Identifying/Symptom Checklist:

Do You Suffer From an Eating Disorder?

1. Do thoughts about food occupy much of your time?
2. Are you preoccupied with a desire to be thinner?
3. Do you starve to make up for eating binges?
4. Are you overweight despite concern by others for you to lose weight?
5. Do you binge and then vomit?
6. Do you exercise excessively to burn calories?
7. Do you overeat by bingeing or continuous grazing?
8. Do you eat the same thing every day and feel annoyed when you eat something different?
9. Do you binge and then take laxatives or use enemas to get rid of the food?
10. Do you hide stashes of food?
11. Do you avoid foods with sugar in them and feel uncomfortable after eating sweets?
12. Is food your friend?

13. Do you like to eat alone? Do you feel uncomfortable when you must eat with others?
14. Do you have specific ways you eat when you are emotionally upset, sad, angry, afraid, anxious, or ashamed?
15. Do you become depressed or feel guilty after an eating binge?
16. Do you feel fat even when people tell you otherwise?
17. Are you ever afraid you won't be able to stop eating when you are on a binge?
18. Have you tried to lose weight repeatedly only to sabotage your diet?
19. Do you binge on high-calorie, sugary, forbidden foods?
20. Are you proud of your ability to control your weight and the food you eat?
21. Do you have weight changes of more than 10 pounds after binges and fasts?
22. Do you feel your eating behavior is abnormal? Do you try to hide it from others?
23. Does feeling ashamed of your body weight result in more bingeing?
24. Do you make insulting jokes about your body weight or your eating?
25. Do you feel guilty after eating anything not allowed on your diet?
26. Do you follow unusual rituals while eating, such as counting bites or not allowing the fork or food to touch your lips?

If you checked five or more of the questions numbered: 1, 4, 7, 12, 13, 14, 15, 17, 18, 19, 22, 23, or 24, you may be dealing with compulsive overeating.

If you checked five or more of the questions numbered: 1, 2, 6, 8, 11, 13, 14, 16, 17, 20, 22, 25, or 26, you may have eating behaviors typical of Anorexia Nervosa.

If you checked five or more of the questions numbered: 1, 3, 5, 6, 9, 10, 13, 14, 15, 17, 19, 21, 22, or 26, you have eating behaviors common to Bulimia Nervosa.

Join us Tuesday and Friday nights at 7:00 pm to delve into these issues and begin to celebrate God's healing power through the Christ-centered 12 steps and the Eight Recovery Principles.

The Solution

Celebrate Recovery can help you conquer eating disorders. We seek to apply the Eight Recovery Principles to our lives and to our relationships.

Celebrate Recovery welcomes you. We cannot fix your problems and we will not seek to run your life. We will accept you and love you; this is a safe place.

Our group is not a therapy group or a study group. It is a Christ-centered support group. We do not give advice. We share our experiences, strengths, and hopes with each other.

In this nurturing environment, we learn a new way of living: How to experience healthy intimacy with others, how to trust, how to assert our needs, how to say no, how to express our feelings, and how to stand firm when all we want to do is run. Celebrate Recovery is a safe harbor within which to heal. The only requirement for membership in Celebrate Recovery is a desire to change your unhealthy eating behaviors.

For more information, please contact:

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