

OR CALL 781-925-1903  
Visit [www.aa.org](http://www.aa.org)

- Do you eat when you're not hungry?
- Do you eat to escape from worries or trouble?
- Do you go on eating binges for no apparent reason?
- Does your eating behavior make you or others unhappy?
- Do you have feelings of guilt and remorse after overeating?
- Do you give too much time and thought to food?
- Do you plan these secret binges ahead of time?
- Do you eat sensibly before others and make up for it alone?
- Is your weight affecting the way you live your life?
- Have you tried to diet for a week (or longer), only to fall short of your goal?
- Do you resent others telling you to "use a little willpower" to stop overeating?
- Do you crave to eat at a definite time, day or night, other than mealtime?
- Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
- Do you look forward with pleasure and anticipation to the time when you can eat alone?
- Have you ever been treated for obesity or a food-related condition?



**Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive overeating problem. We have found that the way to arrest this progressive disease is to practice the Twelve-Step recovery program of Overeaters Anonymous.**

Will anyone say I've been there?

One of the OA program's basic principles is that of **anonymity**. Meetings are confidential, and we do not disclose whom we see or what we hear at meetings to anyone.