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# TO THE

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# TEEN

If you have a problem with food, give yourself the following quick quiz. Be honest — you're doing this for YOU!

## Are You a Compulsive Overeater?

1. Do you eat as a response to all kinds of feelings — highs, lows and in-betweens? Yes  No
2. Does your overeating make you miserable? Yes  No
3. Do your eating habits interfere with your social life; or does your social life revolve around food? Yes  No
4. Do you eat normally in front of others and binge when you're alone? Yes  No
5. Do you drift off in class because you're thinking about food or losing weight? Yes  No
6. Do you hate gym and other activities because of your weight? Yes  No
7. Do you spend more than you would like to on junk food? Yes  No
8. Do you sometimes steal food — or money to buy it? Yes  No
9. Do you pass up dances and other events because you can't fit into nice clothes? Yes  No
10. Do you resent people's comments and "helpful suggestions" about your weight or the amount of food you eat? Yes  No

If your answer to most of these questions is "Yes," you're not alone. Many people, including a lot of teenagers, suffer from the disease of compulsive overeating — a disease from which we can recover.

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Overeaters Anonymous can help make your teen years some of the best years of your life. How? By sharing the experience, strength and hope of those who came before you and who were helped to overcome the problem we have in common — compulsive overeating.

No matter how hard we tried on our own, we could not control our eating. In OA we found the help we needed to stop overeating and start feeling better about ourselves.

We learned to live just one day at a time. We lost weight and kept it off. Best of all, we found peace of mind and a place where we belong.

OA is not a diet club. The only requirement for membership is a desire to stop eating compulsively. We do not weigh you. We charge no dues or fees. We do not sign you in. We do not tell you what you should eat. We talk about what is eating us instead of what we are eating.

In OA, we help each other make responsible choices — not only about food but about other aspects of our lives as well.

Our twelve steps of recovery have helped thousands of teenagers — and compulsive overeaters of all ages — to find new, healthy ways of dealing with their feelings so they no longer need to escape into food. The steps can help you break out of the prison of compulsive overeating.

## HOW YOU CAN FIND OA...

To attend a meeting or to learn more about the Overeaters Anonymous program of recovery, contact:



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