

You are not alone

Problematic eating is very personal. People often keep concerns about their eating private. It is common to be ashamed and secretive about how you eat. You might feel guilty, frustrated or disgusted with yourself. This can be a cycle, as these distressing feelings can then also trigger you to eat.

**If you feel that your eating is out-of-control,
you are not alone!**

Throughout this workbook you will hear from others who share concerns similar to yours.

Here are some examples of their “You are not alone . . .” stories and quotes:

I am successful in my profession. I am a well-organized person and excel at most of the things I do in my life. Eating is my only problem. I don't understand why I can't have control over my eating when I'm able to control everything else.

When I get stressed I just want to climb into the fridge and close the door.

I have been on every diet ever invented! I have been losing and gaining weight my whole life. I'm tired of having to think about everything I put into my mouth. I don't want to feel deprived anymore!

I used to think that I was experiencing physical hunger all the time even though I was eating 8 to 10 times a day. Then I had to have surgery and wasn't allowed anything to eat or drink for three days. That was when I really felt the physical symptoms of hunger. What was I feeling before?

The reason I think that I have an emotional eating problem is that many times I am not hungry, but want to eat, and eat a lot. At these times, I seem to want or desire something, rather than being hungry. It's like I'm filling some need with food. I do not understand what is happening. Some days, eating is the only way to feel a little better.

My family keeps me so busy. Everyone wants a piece of me . . . so I have to eat so there's enough of me to give!