

Questions Worth Asking About Your Plan of Eating

1. Am I fully committed to being **abstinent each and every day**?
2. Does my plan of eating address eating at home, in restaurants, when I travel or attend events? Does it define appropriate times between my meals?
3. Does it take into account all of the ways that I eat compulsively, portion control, unhealthy eating behaviors, and trigger foods that cause me problems?
4. Is my food plan designed to take me to a **realistic, healthy goal weight**?
5. Does my nutritionist know about my involvement in OA, and that abstinence may involve refraining completely from certain foods? (the allergy concept)
Am I willing to take suggestions from my sponsor to help define a food plan, or do I believe it's my job to tell my sponsor what I "intend" to eat?
6. Am I willing to write my food down in the morning and stick to it, without making spontaneous changes before checking in my sponsor or an OA member first?
7. Do I regularly speak with my sponsor about my struggles and successes?
Am I resistant to building in that type of ongoing accountability?
8. Do I eat differently when I **eat out or travel** than when I eat at home?
Do I view eating out as a reward, or something to "get a hit from" in any way?
9. Does my weight still fluctuate up and down? How much weight would I need to put on before admitting that I'm still overeating?
10. Have I been willing to adjust my food plan based on my **current individual needs**?
(Fluctuating weight, age, level of physical activity, health-related considerations)
11. If I'm underweight, am I dealing with my **food-fears and distorted body image**?
Am I eating enough food, including foods that are not low or non-fat?
12. If I'm bulimic, will my plan of eating allow me to attain a healthy body weight as **well as** refraining from my purging activities?
13. Do I use exercise to control my weight? Do I still work out when I'm injured? Am I always "in training", or consider myself different from others with regard to exercise?
14. Have I **diagnosed myself as hypoglycemic** so I can eat many times each day?
15. Does my food plan address existing health conditions made better through diet?
(Diabetes, Cholesterol, Blood Pressure, ADD/Poor sleep = avoiding caffeine)
16. Do I **overuse spices** and other flavor enhancers? (i.e. artificial sweeteners)
Do I defend using these things because "I deserve to enjoy my food, and I'm not going to let OA cramp my style"?
17. Do I have **food secrets** that I don't admit to because I might have to make changes?
18. Do I eat during food prep or when I clean up after meals; do I eat too fast, eat off other people's place, take food samples as I shop; and still consider myself abstinent? Would I feel more empowered if I didn't need to do these things?
19. Do I think these suggestions are an inappropriate invasion of my privacy, and that it's unreasonable to surrender in such precise ways just because I like eat this way?

An alcoholic who drinks periodically is considered an active alcoholic.
What is a compulsive eater that eats compulsively with any regularity?

How can I effectively sponsor others when my own food is not in order?
Do I have a personal responsibility to OA to get and stay abstinent?