

Are you having trouble controlling the way you eat?

Food Addicts in Recovery
Anonymous (FA) can help



FOOD ADDICTS
in recovery anonymous

Food Addicts in Recovery Anonymous (FA) offers a solution for all forms of food addiction. Many people are finding recovery in FA from obesity, undereating, bulimia, and obsession with food. There are no dues or fees; we are self-supporting through our own contributions.

What is FA?

FA is a program based on the Twelve Steps of Alcoholics Anonymous. There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

Who joins FA?

FA members are men and women of all ages from all over the world. Some of us have been obese; others have been undereaters, bulimic, or so obsessed with food or weight that we could not freely live our lives. Among us are people who have weighed as little as 62 pounds, those who have weighed more than 400 pounds, and others who have been of normal weight but were obsessed with food or dieting.

Does the program really work?

Typically, FA members have tried any number of solutions to their problems with food, including (for many of us) years of diets or exercise. In FA, we have finally found an answer that is long-term. FA members have maintained normal weights and found freedom from obsession for more than twenty-five years. As more and more newcomers enter the program, the number of people with five or ten years of recovery continues to grow.

Twenty Questions

Are you a food addict?

To answer this question, ask yourself the following questions and answer them as honestly as you can.

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Have you ever wanted to stop eating and found you just couldn't? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you constantly think about food or your weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you find yourself attempting one diet or food plan after another, with no lasting success? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you eat differently in private than you do in front of other people? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Has a doctor or a family member ever approached you with concern about your eating habits or weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you eat large quantities of food at one time (binge)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Is your weight problem due to your "nibbling" all day long? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you eat to escape from your feelings? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you eat when you're not hungry? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you ever discarded food, only to retrieve and eat it later? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Do you eat in secret? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Do you fast or severely restrict your food intake? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Have you ever stolen other people's food? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Have you ever hidden food to make sure you will have "enough"? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Do you feel driven to exercise excessively to control your weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Do you obsessively calculate the calories you've burned against the calories you've eaten? | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Do you frequently feel guilty or ashamed about what you've eaten? | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Are you waiting for your life to begin "when you lose the weight"? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Do you feel hopeless about your relationship with food? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered YES to any of these questions, you may be a food addict. YOU ARE NOT ALONE. FA offers hope through a long-term solution for food addiction.



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