



Before the First Compulsive Bite

Self-Examination Exercises

Why am I doing this?

What was the person I was born to be (or that my Higher Power wants me to be)? How will staying in the food impact that?

How do I feel about my relationships, overall, when I'm in the food? How does compulsive eating affect those relationships?

How do I feel about myself when I am in the food?

What has the food taken from me? What are some examples of how food limited or changed my life?

What circumstances will change if I get and stay abstinent?

How will I feel about myself changing if I get and stay abstinent?