

## Roberta S.

I recently came across this story that I'd submitted to a local CEA-HOW newsletter back in 2007...

*Prior to coming to CEA-HOW, I had spent two years in another compulsive eating 12 Step program. Whereas that experience helped me get, maybe, 85% of my eating disorder under control, there was still 15% of my life that was still clearly insane regarding food. For example, in this other program I got to define my Abstinence (and note that I was the one that defined my Abstinence!) as three meals a day with nothing in between. However, I purposefully did NOT draw a hard line around how much food I could eat at one meal. I did that on purpose because I was afraid that I couldn't keep my eating within a specified amount; I knew that the likelihood of me overeating was extremely high. So, I decided it was better to have a vague food plan rather than risk breaking my Abstinence.*

*And what was the impact of that vague food plan I had? Well, I compulsively overate of course! And the result? Not only a high weight, but frustration, anger, disappointment, and hopelessness...*

*But then a few months ago, someone mentioned the CEA-HOW program to me. And they gave me a newsletter to look at. And there on the front page was a featured article that carried the headline phrase, "Half Measures Avail Us Nothing."*

*Now I was familiar with that phrase. I'd heard many times in the other 12 Step program I'd been in. But this time, it really struck a chord, deep in my heart. I'd been trying only half measures to address my eating disorder. I had been the person deciding what my eating plan should be. And the fact that I still compulsively overate was an obvious indication that my half measures availed me nothing.*

*And so, with my resolve strengthened by the desire to try whole measures, I went to my first CEA-HOW meeting on January 30, 2007. And from the very first day of my CEA-HOW Abstinence, I was absolutely amazed at how the compulsion was lifted from me! Even as I write those words, I find there's no way to adequately describe what it felt like to finally be set free of the crazy thinking I had endured all my life...*

*...in these last few months, I truly have found a new freedom and a new hope. I now intuitively know how to handle situations (like knowing how to go out to restaurant to eat without overeating!) which used to baffle me. These are the Promises being fulfilled in my life, because of the CEA-HOW program.*

Again, I wrote that almost 15 years ago. But wanna know the best part of this story? All these many years later, I am still in CEA-HOW, I am abstinent, and I am still at my goal weight. Good Sponsorship all along the way (having a Sponsor, being a Sponsor). CEA-HOW works when you work it.