



— Addictive Eaters Anonymous —

# Obsessed with food?

**AEA members have found recovery from binge eating, anorexia, bulimia, other forms of addictive eating and compulsive exercise.**

Through working the Twelve Steps of AEA, members find peace of mind and the ability to live a meaningful and productive life.

If you would like further information contact:

**Addictive Eaters Anonymous**

**Web:** [www.addictiveeatersanonymous.org](http://www.addictiveeatersanonymous.org)

**Email:** [contact@aeainfo.org](mailto:contact@aeainfo.org)

# Are you an Addictive Eater?

## 15 Questions to ask yourself

- Do you eat when you are not hungry?
- Do you find when you start eating you cannot stop?
- Do you constantly think about food?
- Are you always on diets but unable to stick to them?
- Do you binge, eat in secret, or keep secrets about what you have eaten?
- Are you embarrassed or ashamed about your weight or the way you eat?
- Have you ever felt your life would be better if you were thinner or able to control your eating?
- Do you envy people who are thin or appear to eat 'normally'?
- Do you use other substances in addition to food to change the way you feel?
- Are your family or friends concerned about the way you eat?
- Has your eating caused trouble at home, at work, or in your relationships?
- Do you use, or have you used, laxatives, diet pills, exercise, starvation or vomiting to try and control your weight?
- Is your eating adversely affecting your health?
- Have you had or are you considering weight loss surgery?
- Does the way you eat cause you physical or emotional pain?

If you find yourself answering 'yes' to more than one question, it may be that you have a problem with food. If that is the case, AEA can help.