

## 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 my plan take into account all of the ways that I eat compulsively, portion control, unhealthy eating, and trigger foods that cause me problems?
  4. Is my food plan designed to take me to a **realistic, healthy goal weight**?
  5. If I use a nutritionist, do they 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 commit to write my food down in the morning and stick to it, without making spontaneous changes without checking in with an OA member first?
  7. Do I regularly report my struggles and my success with my sponsor?  
Am I resistant to creating 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. If I'm overweight, am I **consistently moving towards a healthy weight**?  
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. Is my food plan adjusted based on my **current individual needs**?  
(Fluctuating weight, age, level of physical activity, health-related consideration)
  11. If I'm underweight, am I eating enough food, including foods that are not low or non-fat in order to deal with my **food-fears and distorted body image**?
  12. If I'm bulimic, does my plan of eating focus on maintaining a healthy body weight **as well as** refraining from purging?
  13. Do I use exercise to control my weight? Is it almost impossible for me to consider reducing my exercise if it has been suggested that I might have a substitute addiction?
  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 cling to, reluctant to fess up to my sponsor?
  18. Do I eat as I prepare for or 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 private life, and that OA must be a cult if people are willing to surrender at such a specific level?
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An alcoholic who drinks periodically is considered an active alcoholic.  
What would you call a food addict that eats compulsively with any regularity?

**How can I effectively sponsor others when my own food is not in order?**

Is abstinence the beginning of the process of recovery for me, or the end?