

## Changes

Count your blessings, not the calories. Weigh your options, not your self-worth. Starve your self hatred, not your body. Hate the disorder, not yourself.

the source of my COE disease was a childhood filled with so much hatred, and anger, and pain. in the beginning it was inflicted on me from others. but i'm a fast learner, and within no time at all, the voices of my haters were in my own head. and i was hating on myself.

and those voices, those ancient tapes in my head just play on and on. no matter how old i was, or where i lived, or what job i worked, or what clothes i wore. the Negativity Band played on.

i have the sad and discouraging history of a million and two weight loss program failures (like many of us). i have had millions of dollars of therapy and millions of hours of support groups. and still the Band played on.

and one day, almost three years ago now, i walked down the steps to an OA meeting and put my ass in a chair. and i tapped into years and years of experience and wisdom and compassion and successes. i was surrounded by people who understood and didn't judge. but most importantly, i was plugged into a program that helped me change my whole way of life. not just my COE.

sure, it started out that way - the 12 steps for overcoming COE and all. but there's no way to truly work those steps and not change more than the way i ate.

with every step UP i take, there's a different view, new things to see about myself and the world around me. and new challenges, things to learn and muscles to strengthen for the climb UP to the next step.

and all along the way, i'm learning to count my blessings, instead of calories. i can now weigh my options, not my self-worth. i am slowly but surely starving my self hatred, not my body. and i'm learning to separate the disorder from my own not-love-enough body. learning to respect *and* refuse the disease, no matter how cunning and baffling it is, and learning, slowly but surely, to love myself.

thank G-d for this program. and thank G-d for all of you in the fellowship who are there to bear witness to, and support all our combined efforts and progress. together we can do what we cannot do alone