

**When you're feeling down, stressed out or emotionally overwhelmed, do you frequently find yourself in front of the refrigerator, searching your kitchen cupboard, at the office candy machine or at the take out window of the nearest fast food restaurant looking for something sugary, chocolatey or doughy?**

*If you have EVER found yourself in the above situation, then this workshop is for you!*



**welcomes you to:**

# **STOP Eating Your Feelings!**

- WHEN:** Saturday, April 11, 2020, 9:45 am to 12:15 pm  
(Newcomer meeting held from 9:30-9:45 am – come and get to know OA!)
- WHERE:** Holy Redeemer Lutheran Church  
1948 The Alameda, San Jose, CA 95126
- Entrance to meeting space is on McKendrie Street, proceed to second floor
  - Free parking available in back parking lot or along the street
- COST:** Suggested donation: \$5 in advance, \$7 at the door (seating is limited - register today!)  
No one will be turned away at the door.  
<https://www.eventbrite.com/e/stop-eating-your-feelings-tickets-96190720033>
- HOST:** Overeaters Anonymous, Silicon Valley Intergroup, [www.oasv.org](http://www.oasv.org)
- CONTACT:** Francine B., abstinent since 6-14-17, released 97-pounds, [francine.b@comcast.net](mailto:francine.b@comcast.net)

**AGENDA:**

- |             |  |
|-------------|--|
| 09:45-10:00 | Introduction to OA/Workshop  |
| 10:00-10:15 | Using the 12 Steps to Understand Your Feelings & Needs                   |
| 10:15-10:30 | Removing Blocks to Self-Compassion                                       |
| 10:30-11:15 | Universal Feelings & Needs – Connecting the Dots                         |
| 11:15-12:00 | Discover Three Effective Ways to Meet Your Needs & Stop Emotional Eating |
| 12:00-12:15 | Healthy Coping – What to Do Instead of Eating Your Feelings              |

Regrettably, for far too many of us – **compulsive overeaters, under-eaters, food addicts, anorexics, bulimics, binge eaters or over exercisers** – we learned to turn to food for comfort, failing to realize that food is actually fuel for the body and NEVER an effective “FIX” for uncomfortable, painful or overwhelming feelings and emotions. Once having **used food for ease and comfort**, we tend to return to it – AGAIN and AGAIN and AGAIN – the moment a hurtful or uncomfortable feeling arises. IT NEVER WORKS – and yet the compulsion remains, and once we take the 1<sup>st</sup> bite, the physical cravings are unleashed and the mental obsession builds. Only a power greater than yourself can STOP this insanity!

Because negative emotions can lead to a feeling of emptiness or an emotional void, we erroneously come to believe that certain foods can help us **fill that void** and create a false feeling of “fullness” or temporary wholeness. This NEVER works, but we hang on to our denial and follow this delusion into the gates of hell, insanity and, eventually, chronic illness, increasing physical pain and premature death!

Rather than treat food as fuel for our body, we turn to it as a way to **fix our feelings**. We learn to use specific foods – typically, sugar, flour and chocolate – as a way to suppress and soothe negative feelings we want to avoid feeling or acknowledging. And although we may come to feel horrible guilt or shame after eating this way, over time, this dysfunctional cycle of **eating to excess** only continues and worsens, eventually dominating our thoughts and, all too frequently, damaging our bodies.

**Learn how the Twelve Steps of Overeaters Anonymous can help you recover!**