

family crisis arises and the individual is told to “let go” they have experience in this process in their first dealings with weighing and measuring and a food plan.

**Weighing and measuring become a prototype** of accepting things as they really are and letting go of wishful thinking. We define what we eat and how much we consume so that the task later on of defining who we are and how we fit into the scheme of things has meaning and history. All of this gives us insight into new levels of feelings and allows us to separate the imagined aches and pains of being an addict from the real aches and pains of living in the real world. Above all we approach things quietly and thoughtfully and learn to “weigh and measure” decisions, relationships and choices in our lives and in what we see in other’s lives.

**Weighing and measuring gives us distinctive boundaries.**

### **The Serenity Prayer**

**God grant me the Serenity  
To Accept the things I cannot change  
Courage to change the things I can  
And Wisdom to know the difference**

### **The Unity Prayer (Roseanne’s Prayer)**

**I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for a power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.**

HOW-OA NORTHERN CALIFORNIA INTERGROUP, INC.

## **Weighing and Measuring from a Food Plan 6-16-2018**



(this document is downloadable from HOW-OA.ORG, RESOURCES)

Those who suffer from weight and eating disorders are more than aware of food and its “rightness” or “wrongness” as a means to weight loss or weight control. If anything, when it comes to food, people who suffer with a food addiction do battle so long that they become grandiose about their ability to make choices when it comes to food, meals and eating in general. In fact, what they fail to realize is that after dieting, starving, fasting and exercising for so many years, they know

less about their real relationship with food than they did when they encountered their first diet. If anything, this grandiosity may be the setup for constant failure in the area of controlling a food addiction.

**Food takes on a life of its own.** Somehow addicts tend to destroy any semblance of boundaries about the one thing that is posed to do us in, food and eating. We steadfastly refuse to acknowledge that when it comes to food, we are down for the count. The food addict unwittingly insists that in the area of food and eating they can make choices and choose well even though time and experience have shown this not to be so.

**In HOW-OA we establish boundaries** by insisting that mastery over the physical aspects of weight and eating disorders begins with the acts of weighing and measuring every morsel of food eaten. These acts clearly define what is eaten, how much is eaten and the meaningful beginning of honesty. The feeling

among those who are recovering from food addiction, eating disorder or weight disorders is that the reason food addicts are so resistant to weighing and measuring is to remove the element of “control” from their purview. Addicts want control over their substance and weighing and measuring tell the addict that they are no longer in the driver’s seat.

**Weighing and measuring also speaks to willingness** of the recovering food addict. Someone else has established the quantities that may be eaten, the time and frequency of the meals and what is acceptable “abstinence” as it manifests itself in the **HOW-OA** program. The addict has turned over control of everything concerning food. They accept that they must weigh and measure from a food plan. For some, it is the only means of recovery when, to eat or not to eat, becomes a critical decision.

**So in HOW-OA we have a food plan** and we utilize it as a schematic, a blueprint to begin the process of honesty and willingness. However, that process can only be manifest if

the recovering individual is willing to weigh and measure.

Further since we weigh and measure and utilize a food plan, we know about boundaries of **“that first compulsive bite”**.

The boundaries are crossed and you are “out” again. Stay within them and there is a safety and security that comes with adherence to a plan of recovery. Stay within these guidelines and guilt about food takes a back seat to mastery over the addiction. Suddenly all decisions concerning food and quantities are made and accepted. **Anxiety, worry and angst take a back seat to the exhilaration and renaissance.**

The simple act of weighing and measuring from a food plan offers us a chance to become someone new, someone different, someone whole. From this feeling of newness and rejuvenation comes openness. There comes feelings and actions that speak to a new person, not the one that started on the quest and begrudgingly weighed and measured their food from a food plan. This is a serene individual, centered in the now, dedicated to living in the moment and self-assured that

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all food decisions have been made and a life of debate is over. Food decisions become part of the life routine which frees the food addict to make life decisions without being under the influence.

**A food plan and the act of weighing and measuring affirm the physical nature of this disease.** It offers a cause and effect relationship to the most obvious problem we have – overeating. It also allows us to focus on other physical problems that we can no longer blame on our weight, our diet, our job or our family. It shines a glaring light on the effect food has upon us and which problems we are having that are not food related. By weighing and measuring we get a picture of just how much we actually have eaten and the difference in what we are eating. For years we protested that we did not eat “that much” but utilizing a weighed and measured food plan points out just how much we did eat.

**Further, a food plan is the beginning of acceptance.** We must accept that someone other than ourselves is doing what is right for us. We need to believe that the plan of

eating and the disciplines connected with it are a means to a successful end.

**Further, weighing and measuring offers us a baseline or database from which to judge how we are doing.**

Initially, weight loss is the only way we can attest that we are **“doing it”**. Weighing and measuring is our foundation for recovery. If all else goes wrong in the abstainer’s life, they weigh and measure with even greater vigor and dedication. Thus, if they are experiencing chaos in other areas, they are experiencing calm with their food. We accept life as it is because all we can do to control any part of our life is to weigh and measure.

Also, it is through the use of a food plan that we learn to **“let go”** of other things going on in our lives. On a food plan there are foods that the individual feels have been left out and are healthy and necessary. We often share our knowledge with our Sponsor whose response is **“I only Sponsor what is on the food plan”**. The newcomer then strains at the bit, but eventually wants what the Sponsor has, so learns to **“let go”**. When a

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