

Nuking Guilt and Shame

By Ron Petit

It's the guilt and shame and the merry-go-round of unhealthy eating, alternating with dieting and other compulsions like exercise that actually drives eating difficulties and eating disorders.

The key is, you can't fix the guilt and shame. Guilt and shame defy this kind of tactic. The only thing that works is sharing the stuff we don't want to share regarding our eating, hurts and things we judge about ourselves in the presence of people like ourselves who can understand. The magic of sharing our dark side and then being cared for anyway cannot be overstressed. This takes us out of the realm of trying to fix ourselves or whip ourselves into shape and there is no substitute for it.

Equally as important is also holding in confidence what we hear in our group. What's said here stays here. No exceptions. Come check us out, we might be able to help.

For more information call 266-2444