

私は摂食障害・過食嘔吐のMです。

私は、子供の頃から父親譲りの「ふくらはぎ」が太くてコンプレックスで、中学・高校と・・・体型も太り気味になりました。

人の中ではいつも、大人しくて自分の意見の言えない引っ込み思案の子供でした。

家の中では、父の存在が威圧的で恐くて言いたい事も押さえ、母には暴言や大声で怒鳴り、物を投げたりしてました。

高校卒業して就職して、実家から出て会社の寮に入りました。今までの環境からの新たなスタートのはずが、職場で

上手く人と関わってやっていくことが出来ず、そして当時付き合っていた彼の言葉に腹が立って・・・私にとって真面目という言葉が嫌いで・・・「真面目や大人しい」と、ずっと言われて来ていて、その事を言われて腹が立ちました。いつも大人しい・真面目・根暗な自分を変えたいと思っていました。でも環境変えても変わらなかった。

そして「もう辞めてやる」と、1ヶ月経たずに就職した仕事を辞めて地元へ逃げ帰って来ました。

その少し後、コンビニでバイトをしていた時、配送の仕事で店に来る男性に良く思われたいと思ったのをキッカケに、

ダイエットから、過食・下剤乱用・過食嘔吐の人生を15年してきました。

自分が嫌で、生きていくのも辛くて、薬を大量に飲んで自殺を試みた事もありました。本当に痩せたり太ったりの繰り返しの日々でした。

返しの日々でした。

自分に自信がなくて、痩せて綺麗になることしか私には価値が無いと思い、毎日過食嘔吐をしていました。

万引きをしたり、テレクラに電話をして男の人に会って、体でお金を稼いだ事もありました。

食べ物買う事・過食する事で自分の感情や現実から、頭を真っ白にして逃げてきました。もう一生私は過食嘔吐の人間・・・と諦めてましたが、OAミーティングで・・・時間掛けて、やっと自分の食べ物の問題を

正直に話せるようになって、回復してる仲間に出会って「私もああなりたい・何とかしたい」って前向きに思えるように

なり、仲間に助けられて今は過食嘔吐が止まっています。

病気になって大勢の人を傷つけてきました。両親・妹・親戚の人達・友人・昔の彼・仲間。私自身のことも沢山傷つけて

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今日一日づつ、ハイパーパワーを信じて、自分に出来る事をしながら、ステップをしつ

かり踏んでいきたいと思っています。
もっともっと自分の事を愛せるようになりたいです。

My name is M. and I am a bulimic and a compulsive overeater.

From early childhood I had a complex about my fat calf muscles, the same calf muscles my father was so proud of. By the time I reached junior high and high school, I was already plump. As a child, I was introverted and reserved, always quiet around others and unable to express my own opinion.

At home, my father was an overbearing presence and I felt unable to express my true thoughts and emotions out of fear. My father would often verbally abuse my mother, yelling loudly and throwing things at her.

After graduating from high school I found work and left home to move in to the dormitory living quarters of the company I had joined. It should have been a fresh start in a new environment, but at work I was unable to interact with other people effectively and carry out my job. Then, something my boyfriend of the time said to me made me furious...I hated the word "serious"...my whole life I had been told I was "serious" or "quiet", so when he told me that that's what he thought I was, I was so angry. I wanted so badly to change myself from that "serious" "quiet", "introverted" and moody person I was. But changing my environment, it seemed, had not helped to change me. So I thought "I'll quit then!", and I left my new job less than a month after I had started working, running back to my home town.

My 15 year career of dieting, bingeing, laxative abuse and bulimia began soon thereafter, when I wanted to get thin and win the favour of a man who delivered goods to the convenience store I was working in part time. I hated myself, and found life so difficult to face that I tried committing suicide by overdosing on pills. I was stuck in a constant cycle of losing weight, then gaining it all back again, and I did this repeatedly over and over again.

I had no self esteem whatsoever. I was bingeing and purging every day, sure that the only way I could ever become someone of value was by losing weight and becoming thin and beautiful. During this time I also shoplifted, and made phone calls to a telephone dating service, meeting men and selling my body for money.

I would buy food and binge to escape my reality and my own feelings, and white it all out. I had

given up, accepting the idea that I would binge and purge for the rest of my life...but then, in OA meetings, over time, I gradually became able to talk honestly about my problem with food. I met other members who were in recovery, and thought to myself "I want what they've got, I want to get better". I began to have hope and became able to think positively. Aided by the help of other members, today I no longer binge and purge.

In my disease, I hurt many of the people around me. My parents, my younger sister, extended family, friends, my former boyfriend, fellow OA members. I have also done a lot of damage to myself. I don't want to repeat the same experience any more.

Today, one day at a time, I want to do what I can, trusting in my higher power and work the steps to the best of my ability. And I hope to grow to love myself more and more.

Translated by G.S., Tokyo International Intergroup.