

# COMPULSIVE OVEREATING

\*Characterized primarily by periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. While there is no purging, there may be sporadic fasts or repetitive diets and often feelings of shame and self-hatred after a binge. People who overeat compulsively may struggle with anxiety, depression, and loneliness which can contribute to their unhealthy episodes of binge eating. Body weight may vary from normal to mild, moderate, or severe obesity.