

The Twelve Traditions of Eating Disorders Anonymous*

- One – Our common welfare should come first; personal recovery depends upon E.D.A. unity.
- Two – For our group purpose there is but one ultimate authority – a loving God as God may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
- Three – The only requirement for E.D.A. membership is a desire to recover from an eating disorder.
- Four – Each group should be autonomous except in matters affecting other groups or E.D.A. as a whole.
- Five – Each group has but one primary purpose – to carry its message of recovery to others with eating disorders.
- Six – An E.D.A. group ought never endorse, finance or lend the E.D.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
- Seven – Every E.D.A. group ought to be fully self-supporting, declining outside contributions.
- Eight – Eating Disorders Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- Nine – E.D.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- Ten – Eating Disorders Anonymous has no opinion on outside issues; hence the E.D.A. name ought never be drawn into public controversy.
- Eleven – Our public relations policy is based on attraction rather than promotion; we need maintain personal anonymity at the level of press, radio, film and web.
- Twelve – Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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The Twelve Traditions of Alcoholics Anonymous (Short Form)

- One -- Our common welfare should come first; personal recovery depends upon AA unity.
- Two -- For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- Three -- The only requirement for AA membership is a desire to stop drinking.
- Four -- Each group should be autonomous except in matters affecting other groups or AA as a whole.
- Five -- Each group has but one primary purpose -- -to carry its message to the alcoholic who still suffers.
- Six -- An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
- Seven -- Every AA group ought to be fully self-supporting, declining outside contributions.
- Eight -- Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- Nine -- Alcoholics Anonymous as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- Ten -- Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.
- Eleven -- Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
- Twelve -- Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.