

Discussion Topic Ideas

(Have someone pick a number, or these can be cut up to form a “kitty” from which to draw ideas. This topic list may be expanded or shortened per group conscience.)

1. Step 1: We admitted we were powerless over our eating disorder – that our lives had become unmanageable.	2. Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.
3. Step 3: Made a decision to turn our will and our lives over to the care of God as <i>we understood God</i> .	4. Step 4: Made a searching and fearless moral inventory of ourselves.
5. Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	6. Step 6: Were entirely ready to have God remove all these defects of character.
7. Step 7: Humbly asked God to remove our shortcomings.	8. Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.
9. Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.	10. Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Step 11: Sought through prayer and meditation to improve our conscious contact with God as <i>we understood God</i> , praying only for knowledge of God’s will for us and the power to carry that out.	12. Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.
13. Tradition 1: Our common welfare should come first; personal recovery depends upon E.D.A. unity.	14. Tradition 2: 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.
15. Tradition 3: The only requirement for E.D.A. membership is a desire to recover from an eating disorder.	16. Tradition 4: Each group should be autonomous except in matters affecting other groups or E.D.A. as a whole.
17. Tradition 5: Each group has but one primary purpose – to carry its message of recovery to others with eating disorders.	18. Tradition 6: 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.
19. Tradition 7: Every E.D.A. group ought to be fully self-supporting, declining outside contributions.	20. Tradition 8: Eating Disorders Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

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21. Tradition 9: E.D.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	22. Tradition 10: Eating Disorders Anonymous has no opinion on outside issues; hence the E.D.A. name ought never be drawn into public controversy.
23. Tradition 11: 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.	24. Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.
25. Faith	26. Prayer, meditation and action
27. Prayer, meditation and action	28. Anger: How to find safe outlets and change
29. Adversity: how to handle	30. Fear: How to calm down and face
31. Instincts: learn to trust, learn to reason	32. God or Higher Power
33. Working the Steps	34. Honesty (also being calm and kind)
35. Working with others	36. Meetings: what makes people come back?
37. Willingness	38. Acceptance
39. Spiritual Growth	40. Progress not perfection
41. Sponsorship	42. Outreach calls
43. Power struggles	44. First things first
45. Fear of Food: How to handle	46. Humor: how to build and maintain
47. Calming down	48. Resentment
49. Surrender	50. Trust
51. Courage	52. Humility
53. Forgiveness	54. Freedom
55. Perseverance	56. Patience
57. Charity	58. Love
59. Equality	60. Accountability
61. Health	62. Act, not react
63. Live and let live	64. Balance, not abstinence
65. Show up, do the work, tell the truth, & let go	66. Be an adult: this takes training and practice
67. Eat "real" food	68. Safety is job 1: sleep, nutrition, support
69. Feelings are neither right nor wrong	70. Treat yourself well; we are selfish until we do
71. No magic about recovery: it is hard work	72. Building trust with oneself
73. Lean on God and walk with people	73. Don't blame others (taking responsibility)
74. Gratitude journals: focus on what's right	75. Focusing on the solution
76. We can't reason when malnourished	77. Making mistakes does not mean starting over
78. Safe ways to vent emotions	79. How to feel heard and validated when angry
80. Talking about mistakes	81. Building a process to comfort self, face reality
82. Building and practicing new coping skills	83. Regaining adult perspective when we lose it
84. Treating ourselves and others well	85. Writing about feelings to sort out emotions
86. Carrying the message to others	87. Build recovery: make and keep commitments
88. Planning for recovery	89. Making our own decisions
90. Getting basic needs met	91. Eat when hungry, stop when moderately full