



**EDA Big Book
Step
Workshop
Week 01
September 6, 2018**

EDA Step Workshop

Week 1 Agenda

Introduction to EDA History and the Concept of Balance

▶ Welcome

▶ Introduction to EDA

- EDA and other Twelve-Step Fellowships: Distinct, yet the Same
- Reflections on the *Preface* – why EDA exists (Annette H, Gisele B)
- Reflections on Balance

▶ Panel/Q&A

▶ Wrap up/Assignments

- Read the EDA Big Book:
 - Preface (xi-xviii), Doctors' Opinions (xix-xxx), and
 - Letters of Support (xxxix-xlix)
- Write your eating disorders log ([Workshop Worksheets](#) pages 1 and 2)



EDA and other Twelve Step Fellowships

Distinct, yet the same

▶ Panel discussion:

▶ Key Distinctions:

- *Balance*, not abstinence (p. 490, ¶ 1; Appendix D, ¶ 1)
- *Milestones*, not numbers (p. xvi, ¶ 2)
- *Feelings*, not food, weight, exercise, or body image (p. XV, ¶ 3, line 3)
- **Full recovery!** (p. XVII, ¶ 1; p. 127, ¶ 1; p. 151, ¶ 1; p. 192, line 5; p. 228, line 3)

▶ Key Similarities

- A desire to recover is the only requirement for membership (p.487, ¶ 2)
- The Twelve Steps and Twelve Traditions! (Appendix A, pp. 482-489)
- The heart of the Twelve Steps is a *spiritual solution*, yet *anyone* (including atheists and agnostics) can work the Steps through reliance on *something greater than themselves* (a higher purpose) (p. xlv, ¶ 3; p. 78, ¶ 3)
- Support through sharing experience, strength, and hope (p. xvi, ¶ 1)
- Meetings (p. xv, ¶ 2; p. xvi, 1st bullet)
- Sponsorship (The 12th Step)



EDA and other Twelve Step Fellowships

Distinct, yet the same

▶ Reflections on the Preface

– **why EDA exists!**

EDA Big Book Pp xi – xviii

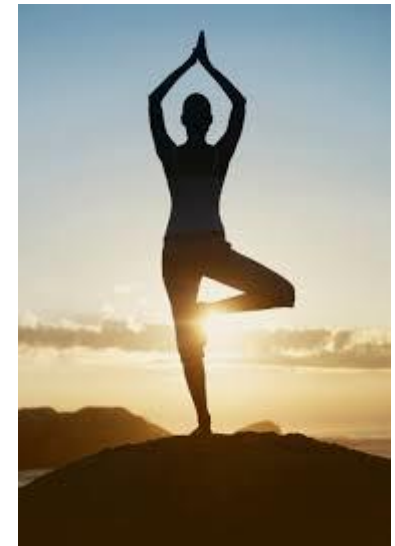


EDA Concept of Balance

▶ A Perspective on Balance

Selections from Appendix B

EDA Big Book Pp 490 – 499



EDA Concept of Balance

▶ More Perspectives on Balance!

Practical Applications of the Concept



Assignments for next week:

- Read the EDA Big Book:
 - Preface (xi-xviii), Doctors' Opinions (xix-xxx), and
 - Letters of Support (xxxi-xlix)
- Write your eating disorders log ([Workshop Worksheets](#) pages 1 and 2)





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Thank you all for being here!



Thank you.

