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 (xxxi-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)
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)
EDA Step Workshop Week 01
Thank you all for being here!