Welcome to EDA!!!

Workshop Objectives

- Discuss how we work the Steps
- Work the Steps together to develop a shared understanding
- Demonstrate how we support one another in working each Step
EDA Step Workshop Week 2
Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA and other Twelve Step Fellowships

Distinct, yet the same

**Key Distinctions**
- *Balance*, not abstinence (p. 490, ¶ 1; Appendix B)
- *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 Step Workshop Week 2 Agenda

- **Reflections on last week’s homework**
  - Doctors’ Opinions (xix-xxx)
  - Letters of Support (xxxi-xl)
  - Eating disorders log (Workshop Worksheets pages 1 and 2)

- **Introduction to why we work the Steps**
  - How It Works (pages 110-115)

- **Hear a bit about what it was like, what happened, and what it is like now from three EDA members in full recovery:**
  - Gisele’s Story of Hope (pages 51-86, Gisele B)
  - Free at Last (pages 243-261, Annette H)
  - A Life Solution (pages 262-270, Nuria S)
Preparation for Taking the Steps

- Reflections on Doctors’ Opinions

EDA Big Book Pp xix – xxx
Preparation for Taking the Steps

- Reflections on Letters of Support

EDA Big Book Pp xix – xxx
Preparation for Step One

Write your Eating Disorder Log\(^{(p.209, \S 2)}\)

- How and when did your eating disorder get started?
- Different forms/manifestations of your eating disorder
- Other issues you have had
- Things you have done to try and address your eating disorder
- Events and ideas/feelings that made your eating disorder worse
- Events and ideas/feelings that helped you get better
- List examples of specific areas where you’d like to see some improvement in your life right now

Complete worksheet pages 1 and 2
Key Points in *How It Works*

EDA Big Book Pp 110 – 115

To recover, we have to allow a **FUNDAMENTAL TRANSFORMATION**
(aka spiritual awakening) (p. xii, ¶ 2) to occur within us by:

1. Replacing self-centeredness with God-centeredness or
   service to the greater good (p.112, #1)
2. Recognizing that **we cannot do this until we surrender**
   to take responsibility for meeting our own basic needs (p.112, #2)
   *(self-trust through trust in God/Higher Power/higher purpose)*

**How do we do this? WE WORK THE STEPS!!**
Assignments for September 20, 2018

Reading
- Chapter 1 (*Gisele’s Story of Hope*, pages 51-86)
- *Free at Last* (243-261)
- *A Life Solution* (262-270)
- Chapter Five, Step 1 (pages 110-117)

Writing
- Write your examples of powerlessness and unmanageability ([Workshop Worksheet](#) page 3)

More Reading!
- Chapter 2 (There is a Solution, pages 69-83)
- Chapter 3 (More on Eating Disorders, pages 84-98)
EDA Step Workshop Week 2

Q & A

- EDA Foundations
- Balance
- Doctors’ Opinions
- Letters of Support
- Eating Disorders Log
- How it works
- Stories of Recovery
EDA Step Workshop Week 2
Thank you all for being here!