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 3

Introductions

- Founders/sponsors in the room
- Sponsors on the phone
Preparation for Step One
- Reflections on Chapter Five, *Step One* (pages 110-117). Key ideas:
  - We think we are here to be of service to something greater than ourselves—whatever that may be for us individually—regardless of anyone’s position on matters of faith. Doing so brings perspective, peace, purpose, and joy, whether we consider ourselves agnostic, atheist, believer, spiritual, or “none of the above.”
  - Taking care of our own basic needs is a necessary precondition to forming relationships of trust with anyone and anything, *even something greater than ourselves.*
  - Differentiation between *powerlessness* and *unmanageability*

Panel/Q&A
- How did you reconcile yourself with the idea of powerlessness?
- What had become unmanageable?

Are you ready? Are we ready? Let’s take Step One together!
- *The rest of the Steps help us find (and retain) the peace and power to recover*

Preparation for Step Two
- Reflections on *Chapter Two* “There Is A Solution” (pages 69-83)
- Reflections on *Chapter Three* “More About Eating Disorders” (pages 84-98)

Wrap up/Assignments
- Read Chapter 4 (We Agnostics, Atheists, and Believers; pages 99-109) and Chapter 5 Step 2 (pages 117-124)
- Write about sanity, balance, and what gets in the way (*Workshop Worksheet* page 4)
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!!
Preparation for Step One

Reflections on what it takes to work the Steps

Gisele’s Story of Hope

EDA Big Book Chapter 1: Pp 51 – 68
Preparation for Step One

Reflections on what it takes to work the Steps

Free at Last

EDA Big Book Pp 243 – 261
Preparation for Step One

Reflections on what it takes to work the Steps

- A Life Solution

EDA Big Book Pp 262 – 270
Preparation for Step One

Reflections on what it takes to work the Steps

- Experience, Strength, and Hope

Full Recovery
Reflections on Step One: Powerlessness

EDA Big Book Pp 115 – 117

- Differences between *powerlessness* and *unmanageability* – greater unmanageability does not mean more powerlessness!
- In what ways are you powerless? (p. 210)
- Write it down!

*Worksheet page 3*
Reflections on Step One: Unmanageability

EDA Big Book Pp 115 – 117

- How is your life unmanageable?
  (P.210, ¶ 2, lines 11-15)

- Write it down!

  Worksheet page 3

Uncontrollable, unruly, difficult, fractious, intractable, obstinate

What are other words for unmanageable?
Step One

Answer the questions honestly

EDA Big Book p. 116

- Do you use your eating behaviors to help you manage your emotional states so your life *feels* more manageable?

- Do you feel completely safe within yourself, able to rely on yourself to do all that is required of you, without resorting to behaviors that you know cause harm?

Finish worksheet page 3
EDA Step Workshop Week 3

Q & A

- EDA Foundations
- Balance
- Doctors’ Opinions
- Letters of Support
- Eating Disorders Log
- How it works
- Stories of Recovery
Step One

- How are/were you powerless?
- How is/was your life unmanageable?

- Are you ready?

- Take Step One together! EDA Big Book Pg. 115
Preparation for Step 2

Reflections on gaining the power to recover

- **Chapter Two:**
  "There Is A Solution"
  EDA Big Book Pg 69-83

- **Chapter Three:**
  "More About Eating Disorders"
  EDA Big Book Pp 84-98
Not a Solution (in and of themselves)

- Attempts to control food and weight (p. 75, ¶ 2)
- Self-knowledge (p. 69, end of ¶ 2; p. 70, lines 2-4; p. 96, line 25)
- Desire (p. 69, end of ¶ 2; p. 75 ¶ 2 lines 10-13)
- Self-will (p. 96, line 25)
- Consequences (p. 75, ¶ 3; p. 76, ¶ 1)
- Faith without reliance on God/Higher Power /higher purpose (p. 77, ¶ 2)

(Overall Summary: p. 88, ¶ 2)
Acceptance of ourselves (and our truths) exactly as we are

Gratitude for all that is good, right, positive, and whole—in ourselves, in our lives, and in the world

Willingness to take small risks to build trust with ourselves, others, and God/Higher Power/higher purpose

Growing reliance on whatever we can truly believe to bring peace and perspective

Love and service to God/Higher Power/higher purpose
Assignments for September 27, 2018

- **Read** Chapter 4 (We Agnostics, Atheists, and Believers; pages 99-109) and
- **Read** Chapter 5 Step 2 (pages 117-124)
- **Write** about sanity, balance, and what gets in the way ([Workshop Worksheet](#) page 4)

EDA Step Workshop Week 3
EDA Step Workshop Week 3
Thank you all for being here!