



**EDA Big Book
Step
Workshop
Week 04 of 16
September 27, 2018**

EDA Step Workshop Week 4

Introductions

- ▶ Founders/sponsors in the room
- ▶ Sponsors on the phone



EDA Step Workshop Week 4

Preparation for Step Two

- **Chapter Four:**
“We Agnostics, Atheists and Believers”
 - Pages 99-104: From atheists and agnostics
 - Pages 105-108: From those with faith
 - Pages 108-109: Wrapping it up
- **Chapter Five: “How It Works”**
Pp 117-124 (Step 2)



Preparation for Step 2



▶ Write:

- **What do you truly believe and trust?** (p. 211, ¶ 2)
- What ideas get in the way of your belief and trust? (p. 211, ¶ 2)
- **What answers do you have to your “ideas that get in the way?”**
(p. 211, ¶ 2)
- **What is your own concept of Balance?** (p. 212, last ¶)
- How do you know you are in balance?

Complete worksheet page 4



Step 2



- ▶ **Reliance** on the ideas that WORK helps restore us to sanity

- ▶ **Panel/Q&A**
 - What is your own concept of Balance?
 - What do you truly believe and trust?
 - What ideas get in the way of your belief and trust?
 - *Reliance on the ideas that work* helps restore us to sanity

- ▶ **Are you willing to believe recovery is possible?**

- ▶ **We'll Take Step Two together!**



Assignments for October 4, 2018

- ▶ Read Appendix B, pages 490-499, and Chapter 5 Step 3, pages 124 through 131.
- ▶ Complete [Workshop Worksheet](#) page 5 Preparation for Step 3

EDA Step Workshop Week 4





EDA Step Workshop Week 4



Thank you all for being here!



Thank you.

