EDA Step Workshop Week 5
Introductions

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

Appendix B: “A Perspective on Balance” (490-499)

- Balance—not abstinence—is our goal.
- What would balance would look like in your life? (Sanity, not insanity!)
- Remember, our ideas about balance can and often do change with time!
Reflections

Chapter Five: “How It Works” Pp 124-131
(including the 3rd Step Prayer/commitment)

◦ Purpose of surrender: opening ourselves up to sanity, usefulness—and a heretofore unknown freedom
◦ Reflect on how using the 3rd Step Prayer/commitment can help us establish and maintain balance
◦ The main point of this Step is to express our willingness to set aside our daily drama so we can be of use in the world. We may not be able to do this with much grace and agility at first, but it will get easier with practice.
◦ The 3rd Step sets our intention firmly in place, so we can begin applying this idea in our daily life with greater clarity and focus.
Preparation for Step 3

- **Reflections – Sanity!**
  Balance—not abstinence—is our goal
  What balance would look like in your life?

  EDA Big Book Pp 490 – 491
  Our ideas about balance may change over time

- **Step 3 in Chapter 5 “How It Works”**

  EDA Big Book Pp 124 – 131
Panel Discussion on taking Step Three

- **Purpose of surrender**: opening ourselves up to sanity, usefulness—and a heretofore unknown freedom

- **How we rely on God, Higher Power, or higher purpose** to help us define and expand our ideas about usefulness and balance (sanity!)
Step 3

- Write out the 3rd Step Prayer/commitment (p. 131)
  - Remember: we do this *so we can recover*
  - With this Step, we are expressing our willingness to set aside our daily drama so we can be of use in the world. We may not be able to do this with much grace and agility at first, but it will get easier with practice! (p. 214, ¶ 1)
  - The 3rd Step sets our intention firmly in place, so we can begin applying this idea in daily life with greater clarity and focus (p. 214, ¶ 1)

Complete worksheet page 5
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
Step 3

- All together now (those who wish may kneel) Step 3!
  - 3rd Step Prayer and Commitment (page 131)

- Next Week:
  - Step 4 is about building on our new foundation, working out resolutions to longstanding issues.
  - The rest of the Steps are about finding the peace and power to put intention into practice!
After Step 3, many EDA sponsors introduce Step 10 as a way to diminish fear and resistance surrounding Step 4.

- Step 10 readings: pages 186-192 and 517-521, (Workshop Worksheets pages 32-33)

- Step 4 readings: Chapter 5 (pages 132-158) and Appendix D (pages 526-543)
Thank you all for being here!