EDA Big Book Step Workshop
Week 07 of 16
October 18, 2018
EDA Step Workshop Week 7

Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA Step Workshop Week 7
Step 4 (part 2 of 3): Fear can block us!

Agenda

- Review Step 4 Resentment Inventory homework
- Reflect on Fear Inventory readings
  - Reflections on EDA Big Book pages 149-154
  - Review Fear Inventory examples, EDA Big Book pages 528-531
- Panel/Q&A
- Commit to take Step Four together
Step Four Resentment Inventory Review

Key Idea: Keep it Simple!
EDA Big Book Pp. 139-148

For this week, we brainstormed our resentments (Workshop Worksheet page 6) and then completed the columns for Resentment (Workshop Worksheet pages 10-11):

1. Source
2. Reason/ Cause
3. At Risk/Affects My
4. My Error/My Part
5. Resolution
Step Four Resentment Inventory Review

- **Resentment Example**
  EDA Big Book Pp. 148, 226-227
  Completing the columns

- **Resolution:**

  As noted on page 69 in the AA Big Book, *Alcoholics Anonymous* and pages 226-227 of the EDA Big Book:
  - We asked God to mold our ideals and help us to live up to them.
  - Whatever our ideal turns out to be, we must be willing to grow toward it.
  - In meditation, we ask God what we should do about each specific matter.
  - The right answer will come, if we want it.

In each situation we ask ourselves, *What helpful attitude we can now adopt or hope for? What “kindly and tolerant view” of other people or our situations might now help us take appropriate action—instead of an inappropriate reaction—the next time we experience a similar feeling?*
Step Four: Fear Inventory

EDA Big Book Pp. 149-154, 528-531

- Fear features prominently in all our lives Pp. 149-150
  - Fear of loss of what we already have
  - Fear of not being able to get what we need
  - *Pervasive anxiety!*

- Fear stems from lack of control in our lives (accidents, illness, death)

- We were afraid *because self-reliance failed us p. 221*:
  - we who have eating disorders all have trust issues with ourselves!

**Review worksheet page 12**

Review Appendix D, Example 4th Step FEAR Inventory, EDA Big Book Pp 528-531
Step Four: Fear Inventory

EDA Big Book Pp. 149-154, 528-531

- All of us—whether we suffered from anorexia, bulimia, compulsive overeating, BED, OSFED, orthorexia, or other disorders—found balance and moderation with food challenging p. 150
- We were afraid of gaining (or losing) weight p. 150
- Our thoughts tended to revert to old patterns when anxious p. 150
- But we were scared of recovery, too; what misery!

Review worksheet page 12

Review Appendix D, Example 4th Step FEAR Inventory, EDA Big Book Pp 528-531
Step Four: Fear Inventory

EDA Big Book Pp. 149-154, 528-531

Resolutions to Fear

- Learn to listen to and trust our bodies
  - Take care of basic needs first
  - Know our bodies will adjust when we over- or under-eat
  - Take careful risks
- Eat to fuel service to God, Higher Power, higher purpose
- Recognize intimacy and sex as a fundamental human need
- Think of healthy example we want to set for others

Review Appendix D, Example 4th Step FEAR Inventory, EDA Big Book Pp 528-531
Step Four: Fear Inventory

EDA Big Book Pp. 149-154, 528-531

- **Resolutions to Fear**
  - Recognize that fear serves a useful purpose
  - Use the Fear Prayer p. 223, “We ask Him to remove our fear and direct our attention to what He would have us be.”
  - *We ask ourselves what a person of integrity and dignity would do if they found the courage to act despite their fear. p. 221*
Step Four: Fear Inventory

Discussion: Resolutions to Fear

We ask God or we turn to our Higher Power or higher purpose for help in keeping our thoughts on what we can do to be of useful service. **We use fear to motivate changes.** *P. 153*

**Please note:** Although we may be able to define resolutions that should allow is to respond with grace and dignity to situations that have formerly troubled us, this does not mean we have the power to carry that out—that’s the point of the rest of the Steps!
This week: complete your Fear Inventory!

- Keep it Simple!
  EDA Big Book Pp.149-154, 528-531

Brainstorm Fears

Consider: death, illness, insanity, abandonment, loneliness, aging, the unknown, not getting what we want, financial insecurity, body image, sex and intimacy, not being good enough, fear for others’ safety and security

Put an asterisk by the top ten entries—the people, places, or things about which you feel the most intense emotion.

Complete worksheet page 12
This week: complete your Fear Inventory

Keep it Simple!

EDA Big Book Pp. 149-154, 528-531

Complete the columns for Fear

1. Source
2. Reason/ Cause
3. At Risk/Affects My
4. My Error/My Part
5. Resolution

Complete worksheet page 13
Panel/Q&A

- Do you have your sponsees get started on Step 10 before working Step 4? Why or why not?
- How long does it take your sponsees to work Step 4?
- What do you tell sponsees who are just getting started on Step 4?
- For those who have worked Step 4 in more than one 12-Step program, what are the main differences in EDA's approach to Step 4?
- How often do YOU work Step 4?
Assignments for October 25, 2018

- Read *Workshop Worksheet* page 12 and brainstorm on fear.
- Asterisk the top 10 and do the fear inventory on these: *Workshop Worksheet* page 13.
- Prep for remaining inventory sections: re-read Appendix D examples for self-pity, shame, guilt, confusion, frustration, and despair – pages 532-543. Re-read pages 137-140, 146-149, and 154-158.
- Read over, but do not complete *Workshop Worksheets* pages 14-22.

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Thank you all for being here!