EDA Big Book Step Workshop
Week 08 of 16
October 25, 2018
EDA Step Workshop Week 8
Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA Step Workshop Week 8
Step 4 (part 3 of 3)

Agenda

- Discuss Step 4 Fear Inventory homework
- Review EDA Big Book pages 137-140, 146-149, and 154-158, Appendix D pages 532-543, and Workshop Worksheets pages 14-22
- Discuss self-pity, sexual conduct, shame, and guilt/harms done, confusion, frustration, and despair
- Panel/Q&A
- Review Assignments for Next Week
Key Idea: Keep it Simple!
EDA Big Book Pp. 139-154

For this week, we brainstormed fears (Workshop Worksheet page 12) and then completed the columns for Fear (Workshop Worksheet page 13):

1. Source
2. Reason/ Cause
3. At Risk/Affects My
4. My Error/My Part
5. Resolution
Review: 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
Review: 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
Review: 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
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!
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
This Week: Exploring Sexual Conduct

Reflections

EDA Big Book Pp. 154-156

- Have we:
  - Manipulated to obtain room and board?
  - Sought validation through sex?
  - Allowed people to think we loved them when we did not?

- If so, add those affected to the “harms done” table

- In the fourth column, My Error/My Part, we list:
  - Selfishness, dishonesty, and inconsiderate attitudes and behavior
  - Where we had created jealousy, suspicion, and bitterness

- In the fifth column, Resolution, we list:
  - What ought to have done instead of what we did
  - What we will want to do in the future
Step Four: Self Pity and Shame

EDA Big Book Pp. 148-156, 532-535

Panel discussion

- **Self-pity**: Reasons we felt or feel sorry for ourselves; p. 156

- **Shame**: Anything for which we felt or feel ashamed, even though we are *not responsible* for them; p. 155:
  - Situations where we were bullied or abused
  - Childhood poverty
  - Basic personality (i.e. too introverted/extroverted),
  - Gender, race, ethnicity, or sexual orientation
  - Other peoples’ issues

- Review Worksheet Page 14
- Review Appendix D, Example 4th Step Inventory, EDA BB Pp 532-535
Step Four: Guilt or harms done

EDA Big Book Pp. 149, 154-155, 536-537

Panel discussion

- Guilt or harms done: Wrongs we have done or are doing to others p. 154:
  - Lies, cheating (including infidelity)
  - *Manipulation for recognition or reward*
  - Theft (including non-payment of taxes)
  - Property damage
  - Emotional or physical damage done to others

- Review Worksheet Page 17
- Review Appendix D, Example 4th Step Inventory, EDA Big Book Pp 536-537
Step Four: Confusion, Frustration, Despair

EDA Big Book Pp. 149, 155-156, 538-543

Panel discussion

- **Confusion**: situations where we felt abandoned or bewildered
- **Frustration**: Anything that makes us angry, even if we have no resentment in connection to them
- **Despair**: Reasons for hopelessness, past and present

- Review Worksheet Page 19
- Review Appendix D, Example 4th Step Inventory, EDA BB Pp 538-543
Wrapping up our 4th Step

EDA Big Book Pp 156-158

Relax!
- “Thorough and fearless” does not mean we are ever done
- Defining resolutions does not mean we can live up to them…. Yet!

Feelings serve a purpose Pp 156-158
- We are not absolved of our emotional difficulties, though they get easier!
- We are granted the opportunity to use our emotions for good purpose

The Steps are not magic. They are hard work!

Key Point: We are granted freedom from our eating disorders, contingent on our reliance on God, Higher Power, or higher purpose to:
- Provide perspective
- Provide a vision of how we can be of service
- Help us identify the next right thing to do
- Give us the power to carry that out
Panel/Q&A

- All my emotions seem to run together! I am overwhelmed when I try to pull things apart. Where do I start?
- Honestly, it wasn’t that bad! I didn’t steal or hurt anyone intentionally. I’m not jealous or mean. What kinds of things go on the guilt inventory?
- Can someone please explain what I am supposed to do when I just can’t bear to think of something I did?
- I am having a hard time understanding what I am supposed to do with my shame. What do you tell your sponsees who get stuck on resolutions when they still feel miserable?
Assignment: wrap up your 4th Step

Keep it Simple!
Read EDA Big Book Pp. 149-156, 532-543

Brainstorm and complete the columns for
Self-Pity, Shame, Guilt, Confusion, Frustration, Despair

1. Source
2. Reason/Cause
3. At Risk/Affects My
4. My Error/My Part
5. Resolution: focus on what you should have thought or did instead, and what you would want to do in the future should the situation arise again

Consider using the fear prayer for all the topics: “We ask Him to remove our fear [self-pity, shame...] and direct our attention to what He would have us be.”

Defining resolutions does not mean we know how to live up to them.... Yet!

Complete worksheet pages 15, 16, 18, 20, 21, 22
Ask for help if confused!
EDA Step Workshop Week 8
Thank you all for being here!