EDA Step Workshop Week 9
Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA Step Workshop Week 9

Step 5

Agenda

- Discuss Step 4 Inventory homework, Workshop Worksheets pages 14-22
- We'll reflect on EDA Big Book pages 159-165, and EDA Step Workshop Worksheets pages 23-24
- A panel of EDA sponsors will address questions about Step Five
- Review Assignments for Next Week
EDA Big Book Pp 159-165

But I’m not done with my 4th Step!

That’s ok!

We are all works in progress ... and we are never “done” with the Steps

If you have considered your part and written out reasonable resolutions for the most troublesome items on your inventory you have just taken a huge step forward in your recovery.

Review worksheet page 23
Reflections

Step Five asks us to be accountable—not for what was done to us, nor for what we have had to endure past and present, but for our own dysfunctional thinking and action p. 160.

We think Step 5 is essential because it:

- **Builds objectivity**
- **Provides outside perspective**
- **Demonstrates willingness to take responsibility**

**Review worksheet page 23**
Guidance for 5th Step recipients:

- Ask if there is anything pressing not written about; allow a few minutes if there is, but gently discourage explanations—we are to stick to what we wrote for this exercise.
- Otherwise, try not to interrupt!
- Listen for “victimhood” and jot down notes.
- Make note of positives: openness, willingness to change; courage to really see their part.
- Strive for balance when giving feedback.
- Make eye contact.
- Do not provide written notes; verbal comments only!

Jot down notes for feedback on worksheet page 24.
The 5th Step

EDA Big Book Pp 159-165

Guidance for those giving their 5th Step:

◦ Please read the section titled “To your 5th Step recipient” on pages 164-165 to your 5th Step recipient.
◦ When your recipient is ready, read each row of your 4th Step.
◦ Try not to explain anything: Trust the process!
◦ Pause every now and again, to see if there is feedback
◦ Be sure to leave a few minutes at the end for feedback
◦ If you receive feedback, jot notes (p.23 on your worksheet)
◦ Be sure to thank the person who heard your 5th Step!

Fill in middle of worksheet page 23
The 5th Step

EDA Big Book page 81

One point of the Twelve Steps is to help us grow and mature as human beings: we are trying to develop maturity.

Maturity means being able to deal effectively with frustration p. 135.

Frustration: one of our 4th Step topics! Now you have more material for your 4th or 10th Steps!

Key point: you are not wrong... this compressed workshop process IS very frustrating!

Please give yourself a ton of credit for patience, tolerance, forgiveness, and objectivity: you are amazing!

And remember... we are never done with the Steps – they are a design for living that works in all conditions!
Reflections

- Normally we would take an hour, not a few minutes
- The point is to let things settle in. Rather than getting busy right away, we are to reflect, to be calm, and to find peace
- We are to review the work so far, and to determine if we have left anything out (we have, for sure, this time!)
- We consider thanking God for the opportunity to know him better, and to be grateful for this opportunity
- We ask for the power to move on, and put things behind us, so we can move forward in peace
Panel/Q&A

- I am uncomfortable with the idea of asking for feedback. What if I don't like or want to use the feedback I hear?
- In the past, I've gone home and resorted to old behaviors after a 5th Step. I am seriously scared of this happening again. It is such a vulnerable place to be. How can I insure this won't happen again?
- There aren't any EDA meetings in my area. How do I find someone with whom to do a 5th Step?
- Is it ok to do a 5th Step with someone via phone or teleconference service like Skype or Zoom?
- I am working on building a stronger relationship with my spouse and I am thinking that sharing my 5th Step would support this. Is there any guidance on this?
Assignments for next week:

- **Complete your 5th Step** (even if you feel like there is more left to do on your 4th Step) -- the point of this workshop is to *practice the process*

- **Prep for Step 6**: Read EDA Big Book pages 168-172 and [Workshop Worksheets](#) pages 25-26
EDA Step Workshop Week 9
Thank you all for being here!