EDA Big Book Step Workshop
Week 14 of 16
December 13, 2018
EDA Step Workshop Week 14

Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA Step Workshop Week 14
Step 10

Agenda

◦ Reflection on how Step Nine informs Step Ten
◦ Discussion on how working Steps Ten, Eleven, and Twelve helps us grow into full recovery
◦ Review of EDA Big Book content from page 186-halfway through 192, page 498, and pages 517-521
◦ A panel of sponsors will address questions sponsees often ask
◦ We’ll commit to take Step 10 together

▶ Review assignments for next week
Preparing for Each Day

How working Steps Ten, Eleven, and Twelve help us grow into full recovery
Step Ten – Personal Inventory

Keys to Step Ten

EDA Big Book Pp 186-192, 498, and 517-521

- Deal with things as they come up – Don’t wait!
- Take care of basics: Am I hungry, angry, lonely, tired, or ashamed? (p.188, ¶ 2)
- Do a spot-check inventory when upset
- Keep it simple—avoid perfectionism
- Make it daily
- Keep it balanced—include gratitude for what you were able to do that is good and right
- Deal with first things first: regular triage helps build objectivity (p.189, ¶ 1)

Review worksheet page 32
Step Ten – Personal Inventory

Keys to Step Ten

EDA Big Book Pp 186-192, 498, and 517-521

- Find the humor—it reduces shame and provides perspective (p. 189, ¶ 1)
- Be an adult; ask others for input and make your own decisions (p. 189, ¶ 1)
- Keep your word (p. 189, ¶ 1)
- Deal with problems directly. When anxious, get outside, do something to refocus on your physical senses, pray, or meditate. Then deal with the problem head-on. (p. 190, ¶ 1)
- Get open with others—honesty restores integrity (p. 190, ¶ 1)
- Be flexible—recovery is not rigid (p. 190, ¶ 1)
- Do the work—the Steps do not work through osmosis! (p. 190, ¶ 1)

Review worksheet page 32
Taking Step Ten

EDA Big Book Pg 186-192, 498, and 517-521

- It is essential to practice moderation and balance in working each of the Steps
- Ask for help if you are confused
- There are many viable formats
- Take what you can use and leave the rest!

Complete worksheet page 33
Panelists address Q&A

Why did EDA change the original 10th Step practice?
What exactly is a Spot Check Inventory?
I’ve started doing a daily inventory but it is frustrating because it never feels “good enough” and it makes me want to cry. I hate having to think about all the miserable ways I’ve interacted with people and all the miserable thoughts I’ve had all day.
My sponsor wants me to do a nightly inventory like she does, but by the end of the night I am exhausted and it just feels like punishment. I hate to say it but I am very resistant to picking this up again. Isn’t a spot check inventory enough?
I intensely dislike gratitude lists. Having to do them creates resentment. Yes, I have many reasons to be grateful but having to reflect on gratitude feels like denying how angry I am. It feels dishonest. I feel hopeless about my recovery if I can’t even get myself to do this simple exercise. Where do I go from here?
Assignments for next week:

- Start completing a daily inventory (*Workshop Worksheet* pages 33) and review with someone else for two weeks to be sure you are focusing enough on resolutions and on what you are doing right—the positives.
Thank you all for being here!