EDA Step Workshop Week 16

Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA Step Workshop Week 16

Step 12

Agenda

- Reflect on EDA Big Book pages 199-208, and on how carrying the message of recovery in EDA has helped restore us to balance and sanity
- Discuss sponsorship and our experiences with it (EDA Big Book pages 208-237)
- A panel of EDA sponsors will addressing questions sponsees often ask
- We’ll commit to taking Step Twelve together
- We’ll briefly discuss how to hold an EDA Step Workshop in your area
Step Twelve

Having had a spiritual awakening...

EDA Big Book Pp 199-237

- Instead of being sidelined by our issues, we now make use of them to help others. (p. 199, ¶ 2)
- Practical experience has shown us that nothing ensures continued freedom from an eating disorder as much as working with people who still have one (p. 199, ¶ 2)
- Chapter 7 of the AA text, titled “Working with Others,” describes what it’s like to share our experience, strength, and hope with others who are afflicted as we once were, and our results have been exactly the same:

  “Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”* (pp. 199-200, ¶ 2)

- Helping others is the foundation of our recovery. A kindly act once in a while is not enough.** (p. 200, ¶ 1)


Review worksheet pages 36-37
Review of highlights
EDA Big Book pages 208-237
Step Twelve

We tried to carry this message...

General Principles

◦ Our only aim is to be helpful (p.200, ¶ 2)

◦ We are honest about our own stories and we empathize with theirs (p.200, ¶ 3)

◦ We emphatically assure everyone suffering with an eating disorder that they can get well regardless of anyone or anything. The only conditions are that they: (p.200, ¶ 4)

  • Practice reliance on their own conception of God, a Higher Power, or a higher purpose (pp.200-201, ¶ 4)

  • Own up to their own mistakes, past and present—and make amends where needed (p. 201)

  • Do their best to behave with integrity and dignity in current situations. (p. 201)

Review worksheet pages 36-37
Step Twelve

Sharing 12th Step Experience

Panel discussion
Panelists address Q&A

- I've worked the Steps but I'm still in early recovery. I don't think what I have now is "good enough" for me to sponsor others. How will I know when I am ready to sponsor?
- How much time should I spend with a sponsee?
- One gal I tried to sponsor didn't want to hear from me after I had a short lapse into old behaviors even though I was rigorously honest with her and my sponsor. I feel ashamed and like I should never sponsor again. How do I get past this?
  My sponsee doesn't seem to want to try doing what I tell him worked for me. It is frustrating hearing about the same difficulties over and over again. I am exhausted. What can I say to him?
- My sponsee has worked the Steps with me but wants to keep calling. I want carry the message to new people who need to hear it, but I feel guilty for leaving this person whom I have grown to love behind. I can't do it all. I am feeling overwhelmed. How can I feel better about this?
- Because of work and family, I can only sponsor someone via email. Can this work?
Bringing it home...

- Holding a Step Workshop in your area
  - Pointers for coordinators and facilitators
  - How the General Service Board can Help
  - Working with Professionals
EDA Step Workshop Week 16
Thank you all for being here!