

What is EDA?

Eating Disorders Anonymous (EDA) is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders.

The only requirement for membership is a desire to recover from an eating disorder.

Our primary purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.

How is EDA Supported?

Each EDA group is fully self-supporting through voluntary contribution of its members. There are no dues or fees for membership.

How Do EDA Members Maintain Recovery?

We maintain recovery by:

- Sharing our experience, strength and hope with each other
- Application of the Twelve Steps and Twelve Traditions of EDA
- Using the tools of recovery as outlined in EDA literature

Relations with Outside Agencies

EDA has adopted a policy of “cooperation but not affiliation” with other organizations and professionals concerned with the problem of eating disorders.

EDA, as such, has no opinion on outside issues and neither endorses nor opposes any outside causes. EDA is not allied with any sect, denomination, political organization, or institution.

What EDA Does Not Do

In EDA we focus on the solution, not the problem. We are not a “diet and calories club.” EDA endorses sound nutrition and discourages any form of rigidity around food. Balance is our goal.

In meetings, we discuss our disordered thinking that we might also discuss how to work a solution. Diets and weight management techniques do not solve our thinking problem. To keep our meetings safe for newcomers, we discourage discussion of numbers (weight, calories, time spent exercising, etc.). EDA members in recovery are not “triggered” by numbers, or by anything others may say or do. If they are, they work their program to regain perspective.

Why is EDA “Anonymous?”

Anonymity is the spiritual foundation of EDA. It disciplines the fellowship to govern itself by principles rather than personalities.

We are a society of peers. Anonymity fosters a unity and singleness of purpose we find empowering.

Our focus and our message are about our program of recovery, not about individual EDA members.

Anonymity in public media assures all members, especially newcomers, that their EDA membership will not be disclosed.

How to Find EDA

Look for meetings, publications and more at:
www.4EDA.org

You may also email us at:
info@eatingdisordersanonymous.org

Or write to us at:
Eating Disorders Anonymous
PO Box 55876
Phoenix, AZ 85078-5876

The Twelve Steps of EDA

(Adapted with permission from pages 59-60 in the *“AA Big Book”, Alcoholics Anonymous*)

1. We admitted we were powerless over our eating disorders – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God¹.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood God*.
12. Having had a spiritual awakening² as the result of these steps, we tried to carry this message to others with eating disorders, and to practice these principles in all our affairs.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. The principles we have set down are guides to progress. We claim progress rather than perfection.

¹ “God” in EDA literature can mean the Deity, a deity, a spiritual entity of one’s own understanding (a Higher Power), or a non-spiritual conception (a higher purpose). Reliance on any one of these conceptions confers a perspective that transcends our immediate physical, social, and emotional circumstances and allows us to “keep calm and carry on” with what really matters.

² The term “spiritual awakening” can refer to an event—a vital spiritual experience—or to a gradual change. Those of us who are atheists also experience a transformation, enabling us to place service before selfishness.

Our description of the eating disordered mind in “More on Eating Disorders,” and our personal adventures before and after finding recovery, make clear three pertinent ideas:

- a) That we had a serious problem, an eating disorder, that we could not solve despite our best efforts
- b) That probably no human power could have resolved our problem
- c) That reliance on God (a Higher Power) or a higher purpose could – and would – restore us to sanity and set us free.

The Twelve Traditions of EDA

(Adapted with permission from page 564 in the *“AA Big Book”, Alcoholics Anonymous*)

1. Our common welfare should come first; personal recovery depends upon EDA unity.
2. For our group purpose there is but one ultimate authority – a loving God as God may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for EDA membership is a desire to recover from an eating disorder.
4. Each group should be autonomous except in matters affecting other groups or EDA as a whole.
5. Each group has but one primary purpose – to carry its message of recovery to others with eating disorders.
6. An EDA group ought never endorse, finance or lend the EDA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every EDA group ought to be fully self-supporting, declining outside contributions.
8. EDA should remain forever nonprofessional, but our service centers may employ special workers.
9. EDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. EDA has no opinion on outside issues; hence the EDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need maintain personal anonymity at the level of press, radio, film, and web.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place “principles before personalities.”

EDA at a Glance



For more information please visit our website at:

www.4EDA.org

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